

## SCTCA High School Graduation Ceremony Honors More Than 200 Students In Class of 2024

By Gary P. Taylor, SCTCA TANF



SCTCA American Indian Education Award recipients, onstage at the High School Graduation Ceremony

In what was the third-largest graduating class, more than 200 students were honored at the annual Southern California Tribal Chairmen's Association (SCTCA) High School Graduation Ceremony in early May.

Nearly 800 people – including family, friends, tribal leaders and educators – watched as students from 25 tribes were celebrated during a four-hour celebration at the Events Center at the Pala Resort Casino.

With 207 graduates, the Class of 2024 was only a dozen fewer than last year and just 23 behind the largest ever, the 230-student Class of 2022. Joanay Benton, from the La Posta Band of Mission Indians, was the 2024 Valedictorian with a 4.52 grade point average (GPA). Kayla Latscha, from the Pala Band of Mission Indians, was Salutatorian with a 4.47 GPA.

For the second year in a row, the San Pasqual Band of Mission Indians had the most graduates, with 28. And - also for the second consecutive year- the Soboba Band of Luiseno Indians had the second highest number of graduates with 25. The Pala Band of Mission Indians had 18, while the Barona Band of Mission Indians had 15.

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## A Working Mother Achieves Her Goal: Licensed Vocational Nurse

Story and photos by Jazmine Mims

*Editor's note: Jazmine Mims has been a participant at Southern California Tribal Chairmen's Association (SCTCA) San Diego TANF. This is her story, in her own words.*

My name is Jazmine Mims and I am a descendant of the California judgement rolls, a part of the Rincon tribe.

I first opened my SCTCA case in 2013. At that time I had my high school diploma, was pregnant with my first child and worked part-time at a clothing store.

I had a dream to be a Licensed Vocational Nurse but did not know how I would be able to fulfill the dream. After having my daughter in 2014, I switched jobs and started working for Vons. I tried to go to college at the same time, but my job was not flexible with my shifts and I could not continue attending school for nursing.



Jazmine Mims

*(Continued on page 2)*



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The purpose of the Tribal TANF Newsletter is to provide the tribal communities with information about services provided by the TANF Programs and other important issues concerning our rural/urban communities and families.

SCTCA provides services to San Diego, Orange and Santa Barbara counties and the following reservations:

Agua Caliente	Los Coyotes	Santa Rosa
Barona	Manzanita	Santa Ysabel
Cahuilla	Mesa Grande	Santa Ynez
Campo	Morongo	Soboba
Ewiiapaayp	Pala	Sycuan
Inaja/Cosmit	Pauma	Torres Martinez
Jamul	Rincon	Viejas
La Jolla	San Manuel	
La Posta	San Pasqual	

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*Jazmine with her two daughters*

I was able to get an entry level position in the health care field at Community Care Center as an activities worker. I worked for a time both as an activities worker and courtesy clerk at Vons so that I would be able to move into a better place. I continued in my full-time job with Community Care where I moved up quickly and became Activity Director Assistant, which came with a raise in pay and additional responsibility.

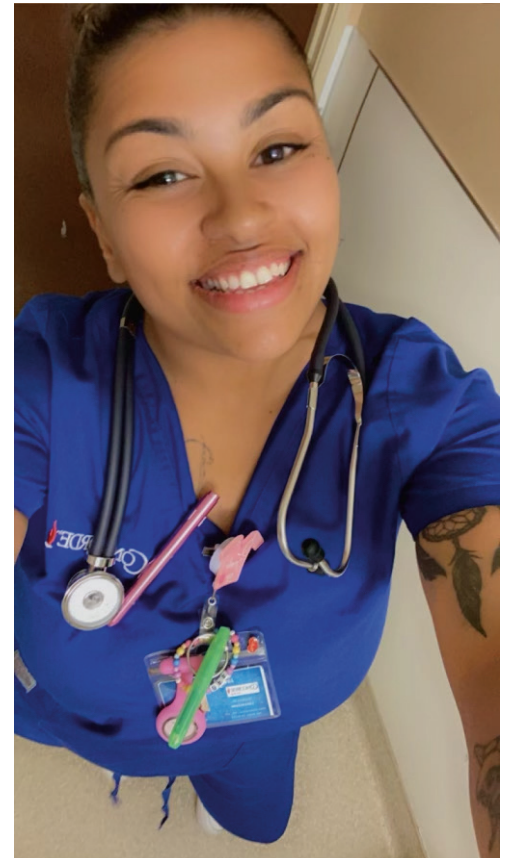
In 2017 my job required CNA certification. Community Care paid for my classes, and I also continued to work. This allowed me to take another step toward my overall nursing goal. During this time I remained on TANF and was getting assistance with my childcare. Once I completed classes, I used my tax refund from my full-time job to buy myself a car- and then closed my TANF case in 2018.

Four years later, I was in need of help from TANF again. I continued to work at Community Care Center, now as a CAN. My pay had risen, but I was pregnant with my 2nd daughter and was starting nursing school for my LVN. My job has been very supportive in allowing me to work hours around my school at Concorde Career College.

TANF has helped me- I have received cash assistance and child care for school and work. My plan has been all along to begin full-time work as an LVN once I complete school. I had to pick up a 2nd temporary job to help me get additional work hours because my clinicals are unpaid.

I have graduated now (as of April 18) and will start my LVN job as soon as I get my NCLEX test results. I have been able to get to my educational dream and feel my future is bright with the help of TANF to support me when I needed it most.

Now, my TANF case will close as my months have ended and I am ready to work in my ideal career and support my family. I am happy that I will be able to show my daughters that it is possible to make it to your dream with hard work - even if you might have some setbacks. I want them to know you should keep going because it is worth the effort.



# Native American Teen Crowned Miss Valley Center

By Gary P. Taylor, SCTCA TANF



Marlyce Howard

Marlyce Howard is the first Native American to be crowned Miss Valley Center.

Howard – from the La Jolla Band of Luiseño Indians – received the award in early April at a ceremony at the Maxine Theater in Valley Center. The theme of the event was “California Girls.”

Howard, 17, was one of five girls vying for the title. She is a senior at Valley Center High School (VCHS) and is the daughter of Matthew and Ruby Howard. She has eight brothers and three sisters.

As noted in her Miss Valley Center biography, Howard is president of the VCHS Native American club; treasurer of the Spirit Club; and is on the Cheer Team VCHS. She is also chairwoman of the La Jolla Youth Council and is a former Miss Sycuan Pow Wow.

Howard’s bio also notes “she enjoys bird dancing, basket weaving, experimenting with makeup, reading, and baking. Her immediate plans are to attend Palomar College in San Marcos and get her associate degree and then transfer to a four-year university to get a degree in nursing. She is considering further education to become a midwife. Her ambition is fueled by assisting her communities in their growth and inspiring those around her. This will take her anywhere necessary to achieve her goals and aspirations.”

The Miss Valley Center Pageant is produced by the Valley Center Pageant Association, a non-profit organization “committed to providing opportunities for the education and personal growth for young women in Valley Center.”

## DISPATCHES Rincon



Red MMIW flag raised in Rincon

Samantha Thornsberry has had enough.

Enough of loved ones missing.

Enough of loved ones murdered.

Enough of not knowing what happened.

Enough of people not caring.

“I can’t imagine if anybody in my world was missing,” Thornsberry said. “Not seeing them anymore. Not knowing anything about where they are, or who has them, or who has done something to them.”

Thornsberry is the Program Director of the Cahuilla Consortium Victim Advocacy Program (hotline: (951) 392-1919). She made

her remarks at the Murdered and Missing Indigenous Women conference in front of the Rincon Government Center in early May.

She spoke to about 30 people who had gathered to provide information and resources for family members and relatives searching for missing loved ones, both on and off the reservation.

And she spoke with a passion that, she admitted, is not how she normally talks.

“I can’t just stand here and tell any of you to accept what is happening to our people,” she said, holding a microphone in one hand, sometimes raising her other hand to emphasize a point. “It’s heartbreaking. I am tired of it. I feel myself becoming more and more enraged.”

Thornsberry said too many Native American people disappear every year – especially women and young girls. Men and boys are missing too, she said.

“Why does this happen? Why don’t more people care? I think this is the year that those of us who do care, this is the year we roar! This is the year we let everyone know we are going to let our voices rise until people finally hear us.”

Thornsberry referred to stories she had heard earlier from other speakers, including the relative of a man, Forrest (‘Oas’) from the Iipay Nation of Santa Ysabel. He has been missing for four years.

“This woman, Veronica, comes before us and she says, ‘We have not heard anything from him. We don’t know where he is, or what happened. We don’t get our calls returned from anyone in authority. We’re at a complete loss. Who can help us now? What can we do now?’”

Thornsberry paused.

“This is more than any family, any loved ones, should have to suffer,” she said, shaking her head.

Tim Ruise, who also spoke, has worked for years on behalf of Missing and Murdered Indigenous Women. He noted the number of missing and murdered has increased in the past decade. California has more than 40 cases, including several in San Diego County.

“This is something we cannot accept,” he declared. “Our voices must be heard.”

On a blustery Sunday in May, under the recently raised bright red MMIW flag, they were.

# At San Diego State, Students Gather for Dream the Impossible Conference

By Gary P. Taylor, SCTCA TANF

James Ramos is a State Assemblyman from San Bernardino. He's one of 80 members in that California legislative body. But he's also the first Native American to ever be elected to the Assembly.

"I am the first, but I won't be the last," Ramos told more than 300 cheering students at the 16th annual Dream the Impossible (DTI) conference at San Diego State in late April.

The day-long conference drew students ages 13-17 from regions throughout Southern California, including San Diego, Riverside, Orange and San Bernardino counties. Several students from Southern California Tribal Chairmen's Association (SCTCA) TANF in San Diego and Pala attended the event. DTI is designed to give Native American students a glimpse of college life.

As in years past, DTI featured representatives from more than a dozen colleges throughout California, including SDSU, UCSD, California State University San Marcos, UC Riverside, USD, UCLA, California State University San Bernardino and Palomar College. There were also representatives from the University of Oregon and individuals from several vocational schools.

Ramos, who was DTI keynote speaker, is a 57-year-old tribal member and lifelong resident on the San Manuel Indian Reservation. He was first elected to the State Assembly just two years ago. He is from the Serrano/Cahuilla tribe.

"My family didn't have much when I was growing up on the reservation," Ramos told the students. "But I never felt it would always be that way. That's not how I thought. That's not how I was raised."

Ramos urged the students to "work hard and never be discouraged. Never think to yourself that something can't be done. Think about things can get done – and then think about how to get it done."

After Ramos' remarks, students left the large classroom setting and attended any one of 10 different workshops and sessions. The sessions included MMA is Not Just a Sport; Gratitude; Construction Management, Design and Real Estate; Native Foods; Stay Rooted in Indigenous Culture Through Farming; Collage Making & Poetry with Writers from Yaamay; Culture, Tribal Law & Our Community Values; Native American College Life and Admissions; Sycuan Institute on Tribal Gaming; and The Future of Native Filmmaking. The sessions were offered in both the morning and afternoon to enable students to attend as many as they could.

All of the college booths and vocational schools were located on the SDSU Recreational Field on the far western end of campus. There, hundreds of students visited the booths and were given brochures, pamphlets, magazines, pens, stickers and other assorted memorabilia from the university representatives.

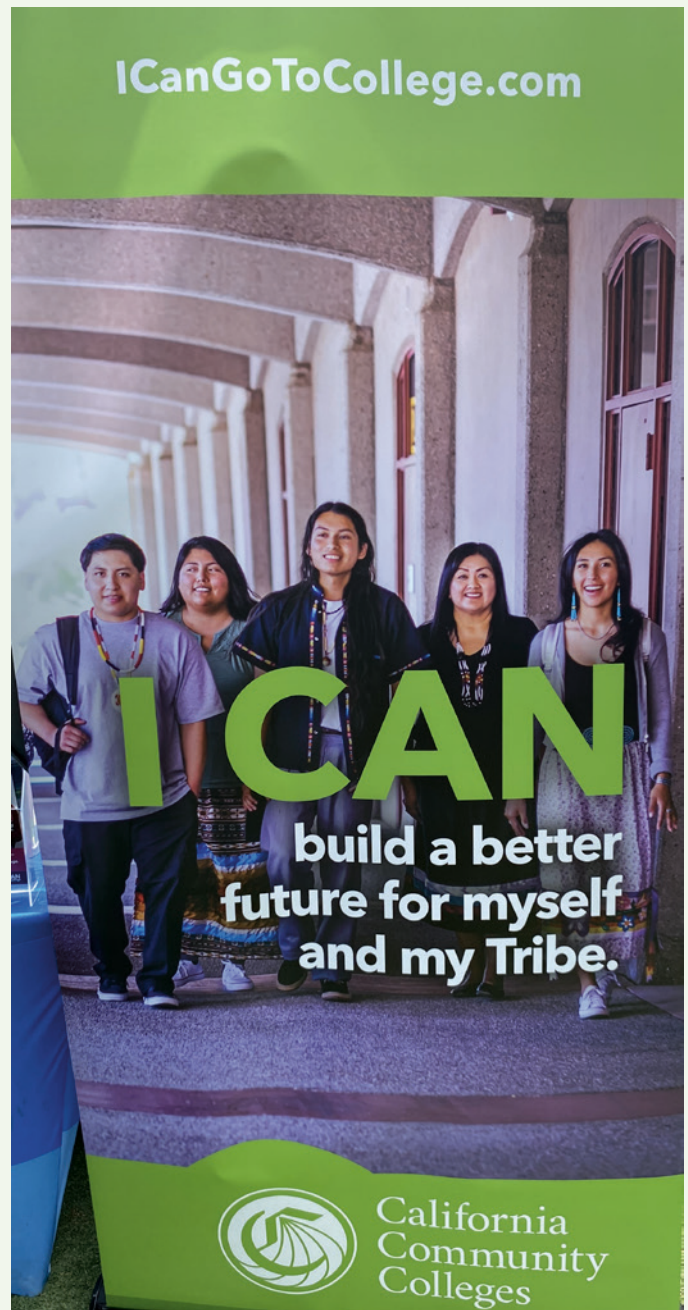
At the USD table, a representative asked a teenage girl a direct question: "Have you decided on going to college?"

The girl shook her head no.

"If you decide you want to, here's some information about our university," she said, handing the student several items from her stacked table.

Throughout the afternoon, students walked across the sprawling SDSU campus, taking guided tours from college students who led them from the far western end of the university towards the center and eastern end.

At the end of the day, a closeout performance was given by Notorious Cree (James Jones), Nehiyah from Tall Cree First Nation in Alberta, Canada. The Hoop and Powwow dancer spoke to the students before completing a performance that drew whoops and shouts from his audience.





(Continued from page 1)

The Inaja-Cosmit Band of Mission Indians and the Jamul Indian Village, A Kumeyaay Nation, each had a single graduate. The rest of the tribes had graduating classes ranging from four to 10.

The students each received an Eagle feather in honor of their graduation. Chris Devers, from the Pauma Band of Luiseno Indians, blessed the feathers during an opening prayer.

“These feathers should mean much to you,” he told the graduates. “They represent a part of what you are, and part of what of you may become.”

Robert Smith, Chairman of the Pala Band of Mission Indians, spoke to the students during the ceremony. He also congratulated them in a statement included in the graduation program.

“Think of knowledge as a powerful key that allows you to unlock doors to a brighter future,” Smith wrote. “Use it to guide you forward and inspire you to reach new heights, even when faced with challenges. As you embark on the next chapter of your journey, remember the sacrifices and efforts that led you to this moment, and never lose that fighting spirit.

“Graduation is an exciting milestone that signifies new beginnings. Your academic accomplishment has now given you the ability to proceed down different paths. Whether you choose to further your education, enter the workforce, or explore new horizons, embrace every opportunity that comes your way.”

Many graduates received awards and honors during the celebration, including several who received multiple awards.

The San Manuel Band of Mission Indians presented its Scholarship Awards to Shawnee Ramos; Aidan Martinez; Joanay Benton, La Posta; Kierra LaChappa; Destiny Castellano; Miali Mae Guachino; Kayla Latscha, Pala; and Brianna Trujillo, Pala. The Soboba Band of Luiseno Indians presented its Soboba Foundation Scholarship Award to Celina Morales and Kayla Latscha. Miali Guachino, Teagan Stalcup and Shawnee Ramos received awards from the Native Youth Foundation. Intertribal Sports honored Aidan Martinez. Walking Shield Award winners were Brianna Trujillo; Celina Morales; Aidan Martinez; Destiny Castellano; and Miali Mae Guachino.

In her brief remarks during the ceremony, class Valedictorian Benton was emotional in her gratitude to all those who have supported her throughout high school – especially her mother.

“I could not have been capable to do what I have done without you,” Benton said, briefly pausing. “I would not be here without everything you’ve done.”

Benton – who is graduating from Mountain Empire High School - is planning on enrolling at UCLA in the fall.

Latscha, the Salutatorian, also spoke briefly, expanding on remarks she wrote in the graduation program.

“God gave me the strength to overcome so many hardships throughout my journey, and I developed the qualities it takes to be accepted into the world’s number one School

(Continued on page 12)



## **SCTCA American Indian Education Award Winners**

*The following students received the SCTCA American Indian Education Award during the High School Graduation Ceremony:*

*Kierra LaChappa, La Posta  
Destiny Castellanos, Los Coyotes  
Miali Guachino, Mesa Grande  
Adrian Morales, Mesa Grande  
Brianna Trujillo, Pala  
Nakoylah Garcia, Pauma  
Erica Hood, Pauma  
Shawnee Ramos, San Manuel  
Aidan Martinez, San Pasqual  
Celina Morales, San Pasqual  
Teagan Stalcup, Santa Ysabel  
Jadalyn Pham, Sycuan  
Abrianna Pingleton, Viejas  
Braxton Pingleton, Viejas*



Southern California Tribal Chairmen's Association's  
High School Graduation Ceremony  
Class of 2024

*Salutatorian*



*Kayla Latscha*

*Pala Band of Mission Indians  
Graduating from St. Jeanne De Lestonnac  
Attending University of Pennsylvania, Fall 2024*

I believe it is crucial to thank those who supported me on my journey. Thank you, Mom, Dad, Sienna, cousins, grandparents, aunts, and uncles, for cheering me on to achieve my goals and aspirations. It was a dream of mine to attend an Ivy League University, but as a first-generation student, it seemed far-fetched. That did not stop me from working hard every day to make myself and my family proud. I wanted to be accepted into a university and fulfill my dreams of becoming something great. God gave me the strength to overcome so many hardships throughout my journey, and I developed the qualities it takes to be accepted into the world's #1 School of Nursing. It has not been easy, but I kept chasing my dreams and have been accepted into the University of Pennsylvania, becoming an Ivy League student. No matter what happens, keep chasing your dreams.



Southern California Tribal Chairmen's Association's  
High School Graduation Ceremony  
Class of 2024

*Valedictorian*



*Joanay Benton*

*La Posta Band of Misson Indians  
Graduated from Mountain Empire High School  
Attending University of California, Los Angeles, Fall 2024*

At 18 years old, Joanay Benton, a member of the LaPosta Band of Mission Indians, boasts an impressive list of achievements from her journey through school. Currently holding prominent positions such as Associated Student Body president, Future Farmers of America president, and Vice President of the Mountain Empire 2024 class, Joanay stands out as a leader among her peers. Topping her senior class with the highest GPA, she has diligently tackled a rigorous curriculum that includes AP and Honor courses, alongside her enrollment at Cuyamaca College since her sophomore year. Even with her busy academic and involved schedule, Joanay devotes herself to sports and academic teams year-round, participating in cheerleading, basketball, club volleyball, and FFA Farm Records. Joanay's unwavering commitment to excellence is exemplified by her perfect attendance record, reflecting her determination to give her best effort in everything she undertakes.

# 2024 Graduates

## Agua Caliente Band of Cahuilla Indians

Kaval'ly Allen	Desiree Duran
Keyana Arviso	Seish Norte
Natawne Cummings	Destiny Preckwinkle

## Barona Band of Mission Indians

Robert Aguilar Jr.	Deziree Dudoit
Tehya Banegas	Wyatt Gibson
Keaven Brown	Chance LaChappa
Benicio Castillo	Leo Martinez
Nahum Christman	Senna Maxcy
Rebecca Devers	Erika Osuna
Arthur Dibble	Daniela Quintero
James Ray	

## Cahuilla Band of Mission Indians

Victoria Chacon	Alanna Magee
Jianna Esparza	DeAngelo Mangilinan
Joseph Heredia	Jacquelenn Mangilinan
Timothy LaChappa	Anthony Salgado
Terrance Lewis	Sunla Salgado

## Campo Band of Kumeyaay Indians

Cory Cavallero	Jeanette Quihuis
Frank Hatmaker	Seth Rodriguez
Mary Hyde	Tatiana Shipp
Autumn Lopez	America Villegas

## Iipay Nation of Santa Ysabel

Briana Brady	Kyla Osuna
Jaleel Hasan	Kiana Scheanwald
Miah Lasseigne	Teagan Stalcup
Nicolai Navarro	Priscilla Zuniga
Elisha Ortega-Gauchena	

## Inaja-Cosmit Band of Indians

Lilliana Alcantara

## Jamul Indian Village A Kumeyaay Nation

Carlene Pinto

## La Jolla Band of Luiseño Indians

Brandon Contreras	Marlyce Howard
Aidan Cuevas	Nahish Mejia
Alvarado Dalton	Chris Rodriguez
Rueben Galvan	Shiya Walsh

## La Posta Band of Mission Indians

Joanay Benton	Peanut Lindholm
Kierra LaChappa	Mono Lindholm

## Los Coyotes Band of Cahuilla and Cupeño Indians

Destiny Castellano	Jonathan Salamanca
Alex Chapparosa	Madison Siva
Anthony Meza	Wom'Sí Stoneburner
Lance Morrell	Maritza Zaragoza-Castellano

## Manzanita Band of the Kumeyaay Nation

Jason De Los Santos	Jesus Jimenez
Deziray De Los Santos	Mya Leddy

## Mesa Grande Band of Mission Indians

Alexander Brane	Adrian Morales
Miali Mae Guachino	Chiara Oyos-Haynes
Victor Gutierrez	David Rivera

## Morongo Band of Mission Indians

Zachery Gonzales	Sava'nah Norte
Max Hernandez	Nikki Soza
Ne'shuun Johnson	Edward III Soza
Xavier Leyva	Eli Waters
Jacob Necochea	

## Pala Band of Mission Indians

Dalaysia Blanton	Jozie Nejo
Ty Boles	Titus Nieto
Joseph Gonzales	Nataleigh Orozco
Lydia Hobbs	Michael Peralta Jr
Kayla Latscha	Rainy Rodriguez
Victor Lawton Jr	Ta'vish Russell
Eshpaa Leo-Saavedra	Kayla Spruell
Louis Linton Jr	Brianna Trujillo
Lucas Miranda	Duke Zwicker



# 2024 Graduates

## Pauma Band of Luiseño Indians

Yothengeemal Ambriz	Ericka Hood
Jesse Patrick Brown	Malosi Laird
Michelle Calac	Asonex Olson Powvall
Lee Dixon	Joaquin Peters
Nakaylah Garcia	William Salgado III

## Rincon Band of Luiseño Indians

Austin Anthony	Christian Herrera
Temet Calac	Jeremiah Kolb
Michelle Cully	Leilana Trevino

## San Manuel Band of Mission Indians

Raven Casas	Nathan Martinez
Kaiya Chacon	Jordan Murillo
Dominic Green	Shawnee Ramos
Gauge Hernandez	Marguerite Reiley

## San Pasqual Band of Mission Indians

Keilani Bucsit	Diego Morales
Isabella Calderon	Aubrey Ochoa-Williams
Kaley Calnan	Nicacia Orosco-Smith
Justin Caputto	Lakota Peart
Jaelyn Chaipos	Charles Plant
Judah Clay	Saxon Plasterer
Tyjon Cowie	Robert Posik
Adelynn Escalante	Liam Quisquis
Landyn Escarcega	Skyla Quisquis
Kevin Garcia	Isaiah Reynolds
Ariel Lucero	Eleanor Selby
Aidan Martinez	Robert Shaw
Jayla Martinez	Ethan Tompkins
Celina Morales	Alaya Vasquez

## Santa Rosa Band of Cahuilla Indians

Delilah Ham	Alexandria Orozco-Alto
Raymond Miranda-White	Irianna Ramos

## Soboba Band of Luiseño Indians

Abigail Arres	Joseph Resvaloso
Yawaywish Boniface	Alayna Resvaloso-Wood
Ayalkawut Boniface	Luisa Rivera
Breanna Casarez	Raymond II Russell
Jesse Cruz	Lorraine Salgado
Leah Franco	Rudy Sanchez
Crystal Gonzalez	Mariah Seaton
Joe Hernandez	Leandro Silvas IV
Trinity Lewis	Daniel Valdez
Avellaka Manzanilla	Jose Valle
Vernon Mitchell	Damien Vega
Precious Munoz	Ava Wyant
Peyton Post	

## Sycuan Band of the Kumeyaay Nation

Justice-Eagle Eckel	Joanna Hyde
Samuel Hollins	Blake Peterson
Isaac Hollman	Jadalyn Pham
Felix Hyde	Leah Worrell

## Torres Martinez Desert Cahuilla Indians

Joshua Cagey-Limon	Richard Espinoza-Martinez
Rodney Dominguez-Santana	Timothy Morreo Jr.
Serenity Duro	Kimmie Tortes

## Viejas Band of Kumeyaay Indians

Reese Christman	Abrianna Pingleton
Enyaa Chiipam Craddock	Braxton Pingleton
Kuuchut Grijalva	



**SAN MANUEL**  
BAND OF MISSION INDIANS



of Nursing,” Latscha wrote. “It has not been easy, but I kept chasing my dreams and have been accepted into the University of Pennsylvania, becoming an Ivy League student. No matter what happens, keep chasing your dreams.”

Latscha, who is graduating from St. Jeanne De Lestonnac High School, is planning on enrolling at the University of Pennsylvania in the fall.

The graduates were also honored by Bird Singers, who took the stage and sang traditional songs after all the students had their names announced, received their Eagle feathers and then had their class photo taken by a professional photographer.

And throughout the evening, graduates took their own pictures with each other, family and friends at photo booths located on the far side of the Events Center.

Cody Martinez, Chairman of the Sycuan Band of Kumeyaay Nation, concluded the evening as he had begun it as the celebration’s Master of Ceremony - congratulating the Class of 2024.

“Every one of us here tonight – your parents, grandparents, family and friends - are proud of all you have accomplished,” he said.



## About the Centerpieces

SCTCA would like to thank the children, teenagers, tribal community members, and elders of the following tribes for designing and constructing our centerpieces in honor of the Class of 2024 High School Graduates:

*Campo Kumeyaay Nation*

*Pala Tribal Youth*

*La Jolla Band of Luiseno Indians*

*San Manuel Band of Mission Indians*

*Los Coyotes Tribal Youth*

*San Pasqual Band of Mission Indians*

*Mesa Grande Tribal Youth*

*Sycuan Band of the Kumeyaay Nation*





# Killer Tips: Develop Effective Habits



**Lucy Luna, Pala Office  
Career Development Specialist**



## **START SMALL AND BE CONSISTENT**

Consistency is key, commit to practicing the habit daily to reinforce its development.



## **SET CLEAR AND SPECIFIC GOALS**

Make your goals measurable, achievable, and relevant to keep yourself motivated.



## **TRACK YOUR PROGRESS**

Keep a habit tracker or journal to monitor your daily adherence to the habit.



## **USE POSITIVE REINFORCEMENT**

Celebrate small wins and reward yourself for sticking to the habit. Positive reinforcement encourages continued behavior.



## **BUILD A SUPPORT SYSTEM**

Share your habit-building journey with friends or family who can encourage and support you.



## **FOCUS ON THE WHY**

Understand the reasons behind developing the habit and its positive impact on your life.



## **LEARN FROM SETBACKS**

Accept that setbacks are a part of the habit-building process. Analyze the reasons for setbacks and use them as opportunities to improve.



## **REVIEW AND ADJUST**

Visualize yourself performing the habit effortlessly and achieving your goals.



## **IMPLEMENT HABIT STACKING**

Attach the new habit to an existing one that is already well-established. This way, you build on an existing routine to develop new habits seamlessly.



## **VISUALIZE SUCCESS**

Regularly review your habit-building journey and assess the effectiveness of the habit.



# Let's talk about Anger

## Why anger?

Everybody feels anger at times, to varying degrees. It's simply part of being human. Feelings of anger can arise in many different situations such as; feeling you have been treated unjustly, being criticized or not getting your way. The experience of anger can range from mild irritation, to frustration, to blind rage.

Anger can be useful sometimes. Without feelings of anger, we wouldn't take a stand against unfairness or injustice. Anger is our internal alarm that tells us something is not quite right.

## Anger and Depression

Anger is also a common symptom of depression. If you are feeling depressed you might be overwhelmed with intense feelings of sadness and hopelessness. This can make even the simplest of tasks unbearable. When you feel overwhelmed, you might feel irritable, and this can progress into anger. Depression can also lead to negative thoughts and behaviors, all of which create a negative attitude. A negative outlook on life can lead to acting out in anger that you might not be aware of at the time.

## Anger is a secondary emotion

Many people don't realize is that anger is a secondary emotion. What does this mean? Look at the example of the iceberg on the right. Anger is what people may see but there are other emotions under the water that we can't see.

Feeling fear or sadness for example can make us feel vulnerable and oftentimes not in control. Because of this, people tend to avoid these feelings in any way they can. One way to do this is to subconsciously shift into anger mode.

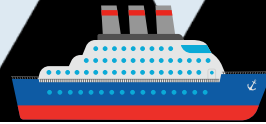
In contrast to fear and sadness, anger can provide a surge of energy and make you feel more in charge, rather than feeling vulnerable or helpless. Essentially, anger can be a means of creating a sense of control and power in the face of vulnerability and uncertainty.

## What Can You Do?

The next time you're feeling angry- whether mild or strong - pause for a moment to check in with yourself and see if you can identify the primary emotion driving the anger. If it's hard to notice anything but the anger, start by exploring your thoughts, as those are what fuel all emotions. Keep in mind that the shift from a primary emotion like fear or sadness into anger mode is typically quite fast and unconscious. Feeling anger may be an ingrained habit for you, which means that it can take more time to identify the deeper thoughts and feelings that lie underneath.

By working with the fear, sadness, or both, you will develop more skillful ways of relating to your anger. For example, you may find that you have some unresolved grief. Or, you may notice that you feel scared about a certain outcome. That's good data for you to work with, as it involves addressing a deeper need than the anger. By identifying the primary emotion, you can more easily determine the best course of action to resolve your problem. For example, you can figure out whether another's actions are truly unjust or simply a blow to your ego. Standing up for injustice, like protecting yourself or another from being taken advantage of or harmed, is rational. But, choosing to argue with somebody over something trivial is more about ego. Putting attention on the latter is a waste of energy that could be spent more wisely.

In summary, working with the underlying primary emotions is a way of decreasing habitual anger, cultivating more inner peace, and facilitating thoughtful action.



# ANGER

FRUSTRATED, INSECURE, JEALOUS,  
TIRED, HUNGRY, OVERWHELMED,  
EMBARRASSED, PAIN, SADNESS, GRIEF,  
ANXIETY, STRESS, THREATENED,  
CONTEMPT, HURT, SCARED,  
SHAME, GUILT, LONELY,  
DISAPPOINTED,  
HELPLESS.



The Anger Iceberg,  
first coined by the  
Gottman Institute

If you have any questions or would like to discuss this further, please contact Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913 or cgilliam@sctca.net





# RESUME BUILDING IN PERSON CLASS

**Join this free Interactive class &** explore the latest strategies to help you stand out in today's job market such as:

- Learn formatting and critical sections, learn what employers are looking for in your resume, understand different resume types.
- Create or edit existing resume, update email address, create an Indeed account.
- If you have an existing resume, bring with you if possible.
- Walk in times are open according to your schedule arrive between 9 am and no later than 12 pm (class ends at 1:15pm)
- Two Fridays open as needed.



**Bring with you!**

—  
**\*Education History**

—  
**\*Employment history**

—  
**\*Pin/thumb drive**

—  
**Open to ALL TANF  
Participants and  
community  
members. Please  
RSVP to reserve your  
seat if possible.**

**TWO DIRECTIONS, INC.**

#39 Claudina Lane  
Valley Center, Ca 92082  
Rincon Indian Reservation

760-749-1196

JUNE 14<sup>th</sup> and 21<sup>st</sup>

9 am to 1 pm



# Class Calendars

Two Directions, Inc.

Through June 30th, 2024

**2024 CLASS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Space #8 Classroom 1 Classes</b>				
	<b>Life Skills</b> <b>9:00-11:00 am</b> <b>Laura Rizza</b> (Soft skills, Building Healthy Families, Social skills, Survival skills, Employability, Finances, & more)			<b>Tribal Culture</b> <b>9:00-11:00 am</b> <b>Heather Turnbull</b>
Break 11:00-11:15				
	<b>Culture Class</b> <b>11:15-1:15 pm</b> <b>Heather Turnbull</b> (Ribbon Shirts & skirts, gourd projects, Moccasin making, cradleboards, and much more)		<b>Tribal Culture</b> <b>11:15-1:15 pm</b> <b>Heather Turnbull</b> (Basic Beading, Lazy Stitch, Applique, Rosette, Peyote stitch, gourd stitch, brick stitch, Loom work, & more)	<b>Indep. Tribal Culture</b> <b>11:15-1:15 pm</b>
Break 1:15-1:30 pm				
	<b>Independent Culture</b> <b>1:30-4:30</b>		<b>Indep. Tribal Culture</b> <b>1:30-4:30</b>	

Two Directions, Inc.

Through June 30th, 2024

**2024 CLASS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Space #8 Classroom 2 Classes</b>				
<b>9:00-11:00</b> <b>Study Period</b>	<b>9:00-11:00</b> <b>Study Period</b>	<b>9:00-11:00</b> <b>Study period</b>	<b>9:00-11:00</b> <b>Study Period</b>	<b>9:00-11:00</b> <b>Diploma / HiSet/ *ABE</b>
Break 11:00-11:15				
<b>11:15-1:15</b> <b>Study Period</b>	<b>11:15-1:15</b> <b>Study Period</b>	<b>11:15-1:15</b> <b>Study Period</b>	<b>Diploma / HiSet/ *ABE</b> <b>10:30-12:30</b> <b>Josh M.</b> (WASC accredited diploma program, HiSet 5 series and GED 4 series test prep; state-endorsed high school equivalency certificate, ABE; basic skills development, writing & math)	<b>Diploma / HiSet/ *ABE</b> <b>11:15-1:15</b> <b>Josh M.</b> Skills, college assessment prep, college, community college and online course support)
Break 1:15-1:30				
<b>1:30-4:30</b> <b>Study Period</b>	<b>1:30-4:30</b> <b>Study Period</b>	<b>1:30-4:30</b> <b>Study Period</b>	<b>1:30-4:30</b> <b>Study Period</b> <small>*Adult Basic Education</small>	No classes <small>*Adult Basic Education</small>

Two Directions, Inc.

Through June 30th, 2024

**2024 CLASS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Space #39 Computer Lab Classes</b>				
<b>Self Paced Class</b> <b>9:00-11:00</b> <b>Staff</b>	<b>Computers</b> <b>9:00-11:00</b> <b>Staff</b>	<b>Computers</b> <b>9:00-11:00</b> <b>Staff</b>	<b>Intro to PCs</b> <b>9:00-11:00</b> <b>C. Illingworth</b>	<b>Computers</b> <b>9:00-11:00</b> <b>J. Murphy</b>
* Classes offered but are not limited to; Introduction to Computers, Word, Excel, PowerPoint, Quick-Books, Keyboarding, Accounting, Business budgeting, Business Ethics, Business Management, Business Professionalism, Payroll Management, Small Business classes, Business Branding, Business Writing, Career Training, Entrepreneurship, Language Arts, Legal Classes, Medical Billing, Office Skills, and more classes.				
Break 11:00—11:15				
<b>Self Paced Class</b> <b>11:15-1:15</b> <b>Staff</b>	<b>Computers</b> <b>11:15-1:15</b> <b>L.Rizza</b>	<b>Computers</b> <b>11:15-1:15</b> <b>Staff</b>	<b>Intro to PCs</b> <b>11:15-1:15</b> <b>C. Illingworth</b>	<b>Computers</b> <b>11:15-1:15</b> <b>J. Murphy</b>
Break 1:15-4:15				
<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Computer Class closed @1:15 pm on Friday's</b>

TWO DIRECTIONS COMPUTER LABS ARE OPEN AT ALL TIMES DURING BUSINESS HOURS.  
MAKE SURE TO SIGN IN AND OUT TO RECEIVE WORK PARTICIPATION HOURS.

35008 Pala Temecula Road PMB 4 Pala, CA 92059  
Phone (760) 749-1196 Fax(760) 749-9152  
Email : staff@twodirections.com

**OFFICE CLOSURES:**  
**Wednesday, June 19, 2024**  
**for Juneteenth.**

*\*Life Skills class may change*

**JUNE 2024 CALENDAR**

**BG ASSOCIATES INC.**  
 210 S. JUNIPER ST., SUITE 212  
 ESCONDIDO, CA 92025  
 PH: (760) 737-0113  
 FX: (760) 737-0581  
 WWW.BGASSOCIATESINC.COM  
 MONDAY-FRIDAY  
 8:30AM-4:00PM

FOR CLASS INFORMATION, CONTACT KAYLEIGH at  
 KGUACHENA@BGASSOCIATESINC.COM.

**BG ASSOCIATES INC.**  
 PROVIDES INDIVIDUALIZED  
 LEARNING TO  
 ACCOMMODATE THE  
 SCHEDULE & NEEDS OF  
 PARTICIPANTS.

**CLASSES & TIMES ARE  
 SUBJECT TO CHANGE.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON CLASSES</b>	<b>IN PERSON CLASSES</b>	<b>IN PERSON CLASSES</b>	<b>IN PERSON CLASSES</b>	<b>IN PERSON CLASSES</b>
*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)
<b>VIRTUAL CLASSES</b>	<b>VIRTUAL CLASSES</b>	<b>VIRTUAL CLASSES</b>	<b>VIRTUAL CLASSES</b>	<b>VIRTUAL CLASSES</b>
<b>IN PERSON AND VIRTUAL</b>	<b>IN PERSON AND VIRTUAL</b>	<b>IN PERSON AND VIRTUAL</b>	<b>IN PERSON AND VIRTUAL</b>	<b>IN PERSON AND VIRTUAL</b>
<b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>SPANISH</b> 9AM-11AM (available online/app & can be tracked by instructor) <b>PHILLIP ROY: HEALTH CARE TERMS</b> 9AM-11AM (lessons can be emailed) <b>KEYBOARDING</b> 9AM-12PM (available online & can be tracked by instructor) <b>APPLIED SKILL PRACTICE (GED)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>SPANISH</b> 9AM-11AM (available online/app & can be tracked by instructor) <b>KEYBOARDING</b> 9AM-12PM (available online & can be tracked by instructor) <b>SELF-SUFFICIENCY: FINANCIAL FREEDOM</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>LIFE SKILLS:</b> (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>SELF MOTIVATION</b> 9-11AM <b>WORKPLACE ETIQUETTE</b> 11:30AM-1:30PM <b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>COMPUTER SKILLS (GENERAL)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>KEYBOARDING</b> 9AM-12PM (available online & can be tracked by instructor) <b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>COMPUTER SKILLS (GENERAL)</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>SPANISH</b> 9AM-11AM (available online/app & can be tracked by instructor) <b>APPLIED SKILL PRACTICE (GED)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>MATH/ENGLISH REFRESHER</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>SPANISH</b> 9AM-11AM (available online/app & can be tracked by instructor) <b>PHILLIP ROY: WELDING TERMS</b> 9AM-11AM (lessons can be emailed) <b>KEYBOARDING</b> 9AM-12PM (available online & can be tracked by instructor) <b>APPLIED SKILL PRACTICE (GED)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)

SCAIR, Inc.  
 239 E Main St. • El Cajon, CA 92020  
 Monday-Friday • 8:00am-4:30pm  
 888.21.SCAIR • 619.328.0676  
 www.SCAIRinc.org



**SCAIR**  
 Southern California American Indian Resource Center, Inc.

**JUNE 2024**

**SCAIR Weekly Calendar**  
 Serving the Native American  
 Community Since 1997

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm
<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services  <b>Summertime Workshops: 10am-2pm</b> 6/4, 6/18, 6/25	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services <b>Summertime Workshop: 10am-2pm</b> 6/14 <b>Summer Gathering</b> 6/28



SCAIR Program Flyers

**By appointment only:**  
 Counseling Services  
 Youth Academic Tutorial Services  
 County Approved Typing Tests

*\*After hour tutoring and counseling requests available based on availability of instructors and clinicians*

Please visit [www.SCAIRinc.org](http://www.SCAIRinc.org) for more information about SCAIR's programs:

**Native Networks Program**  
**Tribal TANF Program**

**American Indian Education Center (AIEC) Program**

**Sacred Pipe Tobacco-Use Prevention Education (TUPE) Program**

**HOWKA Community Service Block Grant (CSBG) Program**

# Santa Ynez

Santa Ynez – SCTCA TANF • 185 W. Highway 246, Suite 102, Buellton, CA. 93427  
 Phone: (805) 688-1756 • Fax: (805) 688-6827

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOB SEARCH**	CAREER DEVELOPMENT 10AM - 1PM*  JOB SEARCH**	PARENTING 1PM - 3PM*  JOB SEARCH**	CAREER DEVELOPMENT 10AM - 1PM*  JOB SEARCH**	JOB SEARCH**

\* By Appointment Only      \*\* Must be Pre-Approved

# Manzanita

Manzanita SCTCA Tribal Training Program • 39 A Crestwood, Boulevard, CA  
 Phone: (619) 766-3236

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Culture/ Entrepreneurial Class 9AM-12PM  Native Arts & Crafts 12:30PM-3:30PM	GED Prep 10AM-1PM  Computers 10AM-1PM  Parenting Class 12:30PM-3:30PM	World of Work 9AM-12PM  GED Prep 12:30PM-3:30PM	GED Prep 10AM-1PM  Computers 10AM-1PM	Tutorial 9AM-12PM

## Commodity Distribution Schedule June 2024



Chickpea Curry Stew

COMMODITY DISTRIBUTION SCHEDULE FOR JUNE 2024		
DATE	LOCATION	TIME
JUNE 10, MONDAY	SAN PASQUAL	8 AM – 12 PM
JUNE 11, TUESDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
JUNE 12, WEDNESDAY	RINCON	8 AM – 12 PM
JUNE 13, THURSDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
JUNE 17, MONDAY	PALA	9 AM – 11 AM
JUNE 18, TUESDAY	MANZANITA/LA POSTA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM -12:30 PM
JUNE 20, THURSDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
JUNE 24, MONDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
JUNE 25, TUESDAY	CAMPO	10 AM – 12 PM



## Coming in July:

- Native American Graduates at SDSU
- A Self-Care Workshop
- Pala Sessions Focus: Mechanics and Traffic Laws

SOUTHERN CALIFORNIA  
TRIBAL CHAIRMEN'S ASSOCIATION  
Tribal Temporary Assistance for Needy Families  
P.O. Box 1470 Valley Center, Ca 92082

