



Northern
Marianas
College

1st Annual
SET SAIL
CONFERENCE

MARCH 25, 2022 | ROYAL TAGA BALLROOM, WORLD RESORT SAIPAN

*"Student,
Advocacy,
Inclusion, &
Leadership"*

Photo features 500 Sails canoe, Aunty Oba

TIME	AGENDA
8:00 AM - 8:20 AM	PARTICIPANT ARRIVAL & REGISTRATION
8:20 AM - 8:30 AM	EMCEE INTRODUCTIONS, ANNOUNCEMENTS, HOUSEKEEPING <i>Guadalupe Camacho, Roman M. Tudela</i>
8:30 AM - 8:40 AM	WELCOMING REMARKS <i>NMC President Galvin Deleon Guerrero, EdD</i>
8:40 AM - 9:00 AM	ICE BREAKER <i>Associated Students of Northern Marianas College (ASNMC)</i>
9:00 AM - 10:00 AM	PLENARY SESSION I: EFFECTIVE COMMUNICATION LEADS TO SUCCESS <i>University Center for Excellence in Developmental Disabilities (UCEDD) - Eileen Alepuyo Babauta, Pamela C. Sablan, Josephine Tudela, and Greg Borja</i>
10:00 AM - 10:10 AM	10 MINUTE BREAK
10:10 AM - 11:00 AM	PLENARY SESSION II: NAVIGATING THROUGH CHANGE <i>Galvin Deleon Guerrero, EdD</i>
11:00 AM - 12:00 AM	PLENARY SESSION III: THE LEADERS TOOLKIT: INTEGRITY, EMPATHY, SELF-AWARENESS, AND GRATITUDE <i>Rev. James S. Balajadia J.C.L., Director Kaelani Demapan, Thomas Manglona II, Riya Nathrani, EdD, & Peachy Quitugua, MSN</i>
12:00 AM - 1:00 PM	LUNCH
1:10PM - 1:50PM	BREAKOUT SESSION I <i>I. Courageous Conversations! Cultivating a Climate of Inclusion by Honoring Indigenous Knowledge - Dr. Beylul Solomon</i> <i>II. Beyond NMC: Transfer & Research Opportunities - Maria Dizon, Jesse Deleon Guerrero, Beda Mundo</i> <i>III. Your Journey Starts Here: Earn a Congressional Award! - Maia Pangelinan</i>
2:00 PM - 2:40 PM	BREAKOUT SESSION II <i>I. Broadening You Horizons at Home and Away - Project PROA</i> <i>II. VOICES (Very Outspoken Individuals Can Each Succeed)</i> <i>III. Emerging from the Pandemic: How to Empower Yourself to Prioritize your Mental Health - Guadalupe Camacho</i>
2:50PM - 3:40PM	PLENARY SESSION IV: NAVIGATING CHANGE WITH HEALTHY COPING STRATEGIES <i>2022 School of Education Rehabilitation & Human Services Graduating Cohort</i>
3:40PM - 3:50PM	CLOSING REMARKS <i>Alexis Cabrera-Manglona, Program Manager</i> <i>Office of Student Activities & Leadership</i>
3:50PM - 5:00PM	AFTER CONFERENCE EXCURSIONS <i>Navigating Ahead with 500 Sails</i> <i>Stand Up Paddle Boarding with SUP SPN</i>

PRESENTATION TRACKS



STUDENT



ADVOCACY



INCLUSION



LEADERSHIP

PLENARY SESSION I

9:00 AM - 10:00 AM

EFFECTIVE COMMUNICATION LEADS TO SUCCESS

Eileen Alepuyo Babauta, Pamela C. Sablan, Josephine Tudela, and Greg Borja

This presentation will provide communication tips and strategies to effectively communicate with Individuals with Disabilities and introduce attendees to various Assistive Technology apps that enhance communication, in addition to providing insight into consumer rights for individuals with developmental disabilities.

PLENARY SESSION II

10:10 AM - 11:00 AM

NAVIGATING THROUGH CHANGE

Galvin Deleon Guerrero, EdD

As we transition through life, new opportunities and challenges await, bringing shifts that can go against our plans and expectations. How can we prepare for change and pivot towards change? What does leadership mean amidst uncertainty and how can we overcome doubt and unease while navigating the ebbs and flow of everyday living?

PLENARY SESSION III

11:00 AM - 12:00 PM

THE LEADERS TOOLKIT: INTEGRITY, EMPATHY, SELF-AWARENESS, AND GRATITUDE

Rev. James S. Balajadia J.C.L., Director Kaelani Demapan, Thomas Manglona II, Riya Nathrani, EdD, & Peachy Quitugua, MSN

The purpose of this panels is to educate, inspire, and spark discussion on leadership development through a panel forum. We hope to gain insights on diverse perspectives and story telling on personal and professional challenges and triumphs highlighting Integrity, Empathy, Self-awareness, and Gratitude.

BREAKOUT SESSION I

1:10 PM - 1:50 PM

COURAGEOUS CONVERSATIONS! **S** **A** **I** **L** **CULTIVATING A CLIMATE OF INCLUSION BY HONORING INDIGENOUS KNOWLEDGE**

Dr. Beylul Solomon

What can you learn from thousands of years of experience and expertise? What if that knowledge helped you feel better and also made you a better student? This workshop will discuss how knowledge based on Eurocentric skills and values has resulted in a disconnect not only for our students, but our society as a whole. It will provide data on the academic and mental health outcomes of students in the CNMI and emphasize how utilizing Indigenous knowledge can address many of the mental health and academic disparities seen on our islands today.

BEYOND NMC: TRANSFER AND RESEARCH OPPORTUNITIES

Maria Dizon, Jesse Deleon Guerrero, Beda Mundo **S** **A** **L**

Are you thinking about transferring to a four- year university or pursuing a graduate degree, then you've come to the right place. This session features 3 NMC Alumni who have successfully transferred and participated in undergraduate research programs. Learn more about scholarships, internships, research programs through the first hand experiences of our guest speakers!

YOUR JOURNEY STARTS HERE: EARN A CONGRESSIONAL AWARD! **S** **L**

Maia Pangelinan

Earned. Not Given. The U.S. Congressional Awards is the United States Congress' only non-profit and highest honor for youth civilians. The Congressional Award provides opportunities for young people to unleash their potential by achieving personal goals focused on volunteerism, character development, fitness, and expedition/exploration.

BREAKOUT SESSION II

1:10 PM - 1:50 PM

BROADENING YOUR HORIZONS AT HOME AND AWAY S L

Project Promotion, Retention, Opportunities, and Advancement (PROA)

With COVID-19 impacting employment opportunities, you may be wondering whether to pursue a bachelor's or perhaps even a master's degree to delay your job hunt. This workshop will discuss options for furthering your education at home or off-island and help you find comfort in funding your postgraduate studies.

VOICES (Very Outspoken Individuals Can Each Succeed) OF THE CNMI A I L

Monika Diaz, Hannah Igisaiar, Robert Mendiola

The Very Outspoken Individuals Can Each Succeed (VOICES) of the CNMI is a non-profit organization lead by self-advocates with intellectual/developmental disabilities for the island of Saipan, Tinian, and Rota

EMERGING FROM THE PANDEMIC: PRIORITIZING YOUR MENTAL HEALTH S A I L

Guadalupe A. Camacho

During this time of the Coronavirus pandemic, it's important you take care of your physical, mental, and emotional health. If you've been on social media in the past few months you've probably seen posts about how important it is to eat healthy, exercise, get enough sleep, and stick to a daily routine. These things are important. It's also important to take care of your heart! That can be more difficult than ever since COVID-19 has bluntly forced us to realize that we simply can't change what's happening in the outside world. This workshop will dive into how the pandemic has changed our lives. Participants will have the opportunity to learn practical steps needed to sail on through rough waters, ask questions, share their story, and be among other compassionate peers. Join in to learn more about how we can empower each other to navigate through it all.

PRESENTERS' BIO



GALVIN DELEON GUERRERO, EDD

President, Northern Marianas College

Dr. Galvin Deleon Guerrero earned a Bachelors of Arts degree in English from the University of Puget Sound, a Masters of Arts degree in School Administration from the University of San Francisco, a certificate in digital filmmaking from New York University, and an education doctorate in organizational change leadership from the University of Southern California's Rossier School of Education. For over two decades, he has served in many educational policy positions, including the state Board of Education for the Northern Mariana Islands, the Board of Regents for Northern Marianas College, and as an education adviser for the Office of the Governor in the Commonwealth of the Northern Mariana Islands. He has also served in numerous educational leadership positions in K-12 and post-secondary institutions, including vice principal, principal, director of institutional development, director of institutional effectiveness, and accreditation liaison officer.



EILEEN ALEPUYO BABAUTA

Program Manager, University Center for Excellence in Developmental Disabilities

Eileen Alepuyo Babauta has joined the CNMI UCEDD in July 2021 as the Program Manager. An alumni from the University of Guam with a Bachelor of Arts in Psychology. Eileen is a strong advocate for Individuals with Developmental Disabilities and or Disabilities. She works closely alongside the Disability Network Partners (DNP) to create more accessible events for individuals with developmental disabilities and supports a fully engaged life for all individuals with disabilities.



PAMELA C. SABLAN

Executive Director, Council on Developmental Disabilities

Pamela Sablan has been the Executive Director of the Commonwealth of the Northern Mariana Islands Council on Developmental Disabilities since 2009. Pam has been working with her colleagues in the Developmental Disabilities Network since 2005 to address the gaps and barriers that individuals with developmental disabilities and their families are experiencing in the CNMI. She works to address these barriers by conducting advocacy, systems change and capacity building initiatives that promote self-determination, integration, and inclusion of individuals with developmental disabilities within the community.

PRESENTERS' BIO



JOSEPHINE TUDELA

Assistive Technology Program Manager, Council on Developmental Disabilities

Jo started in the disabilities field in 1997 in Texas with the former Johnson-Ellis-Navarro Mental Health and Mental Retardations Services (JENMHMRS), as their Quality Management Director. Jo eventually returned to the CNMI in 2003 to work for the CNMI Head Start Program as their Health and Disabilities Coordinator then subsequent Head Start Director. She eventually moved to the Women, Infant & Children's (WIC) Program as their Program Director to open the first CNMI WIC Clinic. Jo returned to Disabilities Services in 2014 as the Administration and Operations then Counseling Program Manager for the CNMI Office of Vocational Rehabilitation. She eventually joined the DD Network in 2020 as the DD Council/Assistive Technology Program Manager.



GREG BORJA

Executive Director, Northern Marianas Protection and Advocacy Systems, Inc

Gregory Borja is the current Executive Director of the Northern Marianas Protection and Advocacy Systems, Inc or NMPASI, the Commonwealth of the Northern Mariana Islands (CNMI) state designated disability rights organization. Greg has been with NMPASI since 2002, where he served as an advocate for individuals with disabilities, as well as conducting training and awareness activities related to disability rights protections prior to his recently taking the helm. A former educator and sports coach, Greg received his Bachelors in Education degree from the Northern Marianas College and currently sits on the CNMI State Board of Education. Greg continues to give back to the community as an active member of the Rotary Club of Saipan, where he serves as the Director of New Generations (Youth Services), providing guidance to our future leaders. Greg's and loving wife, Mel, have three children, Melissa, David, and Garrett, and are the proud grandparents of their granddaughter, Aria.



REV. JAMES S. BALAJADIA J.C.L.

*Parochial Administrator, Kristo Rai Parish
Nuestra Señora Bithen De Los Remedios (Santa Remedios)*

James Salas Balajadia was born on March 7, 1989 to Victor and Elizabeth Balajadia. He was born on Guam, but raised on Saipan. He attended Mt. Carmel High School and graduated in 2007. He then went to Oregon and obtained a Double Major in Philosophy and Literature from Mt. Angel College and Seminary in 2011. He then pursued and completed his Masters in Theology from the Pontifical Urbaniana University in Rome in 2014. After being ordained a priest on December 13, 2014, he served as Parochial Vicar of Mt. Carmel Cathedral before becoming an administrator and pastor of St. Jude Parish in November 2015. During his tenure at St. Jude Parish, he was also appointed Chancellor of the Diocese of Chalan Kanoa. In 2019, he was sent to study Canon Law and completed his License in Canon Law in July 2021. Since returning to the CNMI in October 2021, He is the Administrator of Kristo Rai Parish and Nuestra Señora Bithen De Los Remedios parish.

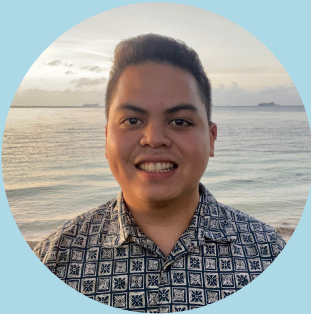
PRESENTERS' BIO



KAELANI DEMAPAN

Director, Project PROA, Northern Marianas College

Kaelani Demapan is the Director of Project PROA—Promotion, Retention, Opportunities, and Advancement at the Northern Marianas College (NMC) and serves as a Board of Director of the Saipan Higher Education Financial Assistance (SHEFA) program and a Board of Director of 500 Sails. A member of the NMC Proa Tribe since returning home in 2016, she has served as a program coordinator, counselor, advisor, mentor, and adjunct instructor to students. She completed her undergraduate studies at Chaminade University of Honolulu-Hawaii with a B.S. in Psychology and A.A. in Business Administration, and graduate studies at the University of Michigan-Ann Arbor with a M.A. degree in Higher Education Administration with a concentration in student access and success. In her spare time, you can catch her chasing sunsets, exercising, or watching netflix.



THOMAS MANGLONA II

Sr. Digital Producer and Regional Correspondent, KUAM News

Thomas Manglona II is a journalist from Rota, Northern Mariana Islands, with experience in local, regional, and national newsrooms. He is a Senior Digital Producer and Regional Correspondent for KUAM News based in Guam covering Micronesia and Pacific issues. Thomas received an M.A. in Journalism at Stanford University as a Harry S. Truman Scholar. He is a Phi Beta Kappa graduate from the University of California at Berkeley where he earned his B.A. in Media Studies with High Distinction in 2020. He is a 2016 Gates Millennium Scholar. He has worked at ABC7 News in San Francisco and Good Morning America in New York City. At UC Berkeley, he served as executive director of its television news station, CalTV, and supervised over 100 members. Thomas successfully advocated establishing a permanent staff position for Pacific Islander student development with funding for programs. He helped establish the first Critical Pacific Island Studies Library Guide at the UC Berkeley Ethnic Studies Library. He is an active member of the Native American Journalists Association and Asian American Journalists Association. At AAJA, he founded the Pacific Islander Journalism Task Force to advocate for journalists and coverage across Oceania.

PRESENTERS' BIO



RIYA NATHRANI, EDD

2022 State Teacher of the Year, Computer Literacy Teacher, Hopwood Middle School, CNMI Public School System

Dr. Riya Nathrani is a seventh-grade computer literacy teacher at Hopwood Middle School and the 2022 State Teacher of the Year. Dr. Riya graduated from the Northern Marianas College with a Bachelor of Science degree in Education as class valedictorian. While a student at NMC, she was a work-study for the Information Technology department and an active member of the Associated Students of NMC for three consecutive years. After pursuing her Master of Education degree in International Teaching, she completed a Doctorate in Education degree in Digital Transformation to support the advancement of technology and innovation in the CNMI Public School System. She has a passion for using digital tools and research-based practices to effectively design classroom lessons and activities. Dr. Riya is a lead instructor for the Public School System's Educational Technology program through which she showcases strategies and best practices for using technology in the classroom and collaborates with educators to enhance learning experiences for students. She was awarded the Education Technology Teacher of the Year Award in 2020 for supporting the district with technology advancement.



PEACHY QUITUGUA

MSN Nurse Midwifery, Applied for Certified Nurse-Midwives position at CHCC

Northern Marianas College nursing graduate Peachy Quitugua recently earned a Master of Science in Nursing degree from the University of Cincinnati (UC) and also earned her national certification in Nurse Midwifery from the American Midwifery Certification Board or AMCB. A former Miss Marianas, Quitugua earned an Associates of Science in Nursing from NMC in 2016, and her Bachelor of Science in Nursing from UC in 2018. Quitugua completed her Masters program last December, and passed her nurse-midwife certification on February 8 of this year.

According to Quitugua, she wanted to pursue further education in the field of nursing as she felt that she needed to grow more in her career. She was inspired to do more in her field, and to be able to care for her community. Upon graduation from NMC and after passing the NCLEX-RN, Quitugua worked as a labor and delivery nurse at the CHCC. She hopes she can now work at both the Womens' Clinic and the Labor and Delivery department of CHCC, and to also provide birth and breastfeeding classes.



DR. BEYLUL SOLOMON

Associate Professor, School of Education, NMC

Dr. Beylul Solomon has been an Associate Professor at the School of Education's Rehabilitation and Human Services concentration of the Northern Marianas College since 2016. She received her B.A. in Social Sciences from the University of Bridgeport, her M.A. in Psychology from Pace University, and her Ph.D. in Developmental Psychology from Yeshiva University, NY in 2009. She has spent over 8 years teaching in the Micronesian region of the Pacific, specifically in the Republic of the Marshall Islands and the CNMI. Dr. Solomon has several years of experience teaching, conducting research, and has authored numerous publications and presentations. She has a passion for developing underrepresented students to become mental health professionals and scientific researchers, as well as enjoying all that these beautiful islands have to offer!

PRESENTERS' BIO



MARIA THERESA DIZON

*OHSU-PSU MPH Health Promotion Student '22,
Graduate Research Assistant, BUILD EXITO*

Maria Theresa Dizon is a proud first-generation college student. She began her college journey at NMC and then transferred to Portland State University to complete her bachelor's degree as a researcher and scholar in the BUILD EXITO Program. She has 9 years of health research experience, with a focus on alternative medicine, animal venom, Pacific health disparities, child anthropometrics, functional brain imaging, pediatric clinical trials, and more. She is currently a second-year Master of Public Health student at Oregon Health & Science University set to graduate this spring.



BEDA MUNDO

2018 Build EXITO Alum

Beda Mundo was born and raised on the island of Rota. After high school, She decided to pursue higher education as a first generation student where she transitioned to NMC and was eventually accepted as one of the first BUILD EXITO Scholar from NMC. Mundo graduated from NMC in 2016 with the degree of A.A. in Liberal Arts and from Oregon Health and Science University- Portland State University with a degree of B.S. in Health Studies: Community Health Education in 2018. Upon returning to serve in the CNMI, She started her career in public health employed by the Commonwealth Healthcare Corporation as the Non-Communicable Disease Bureau Tobacco/Diabetes Prevention and Control Program Project Assistant and a year and a half as the Epidemiology & Laboratory Capacity (ELC) Program Surveillance Coordinator II. Mundo is grateful for all of the scholarship opportunities offered by the institutions she has attended, and she is thankful for all of her family, friends, instructors, and mentors who have supported her throughout my journey.



JESSE DELEON GUERRERO

Extension Agent, Cooperative Research, Extension, & Education Services

Jesse Deleon Guerrero (he/him) is a parent, a first-generation college graduate and a returning Proa. He is a NMC BUILD EXITO alumnus and recently graduated from Portland State University (PSU) with a M.S. in Educational Leadership and Policy with an emphasis in Leadership for Sustainability Education. He also earned a graduate certificate in Sustainable Food Systems and an undergraduate degree in Community Development. While at PSU, Jesse conducted research that focused on comparing heavy metals in spinach grown on Ecoroofs to ground sites with Dr. Olyssa Starry. He is the new Agroforestry and Food & Nutrition Security Extension Agent at Northern Marianas College's Cooperative Research, Extension, & Education Services (NMC-CREES). In his free time, Jesse enjoys going to the beach, gardening, and cooking.

PRESENTERS' BIO



MAIA PANGELINAN

Program Coordinator, Office of Student Activities & Leadership

Maia Pangelinan started her journey in higher education in 2017 at the Northern Marianas College through the Northern Marianas Academy Program. During this time, she was an active volunteer with the 4-H Club where she found her passion for youth empowerment and where she developed her leadership skills which she used in her various leadership positions such as 4-H Marianas President, ASNMC Vice-President, and ASNMC President. Maia work-studied at the Cooperative Research, Extension, and Education Services and later at the Office of Student Activities and Leadership. She graduated in 2018 with an A.A. in Liberal Arts receiving Summa Cum Laude honors as well as Academic Excellence. She furthered her education at NMC's School of Education with a concentration in Rehabilitation & Human Services and graduated in 2021 with highest honors and receiving the Excellence in Leadership Award. Maia is now at NMC as a full-time employee at the Office of Student Activities & Leadership.



PROJECT P.R.O.A.

Northern Marianas College

Project Promotion, Retention, Opportunities, and Advancement (PROA) program goals are to increase student interest in science, technology, engineering and mathematics (STEM) fields and provide financial literacy education to students and their families through a variety of services and activities.



HANNAH IGISAIAR

Very Outspoken Individuals Can Each Succeed

My name is Hannah and I'm a 33-year-old Carolinian. I'm also a person with a disability who loves to keep her mind busy by practicing my writing skills, reading the Bible, working on computer designs like daily newsletters, PowerPoint presentations, business cards, making event cards, posting pictures on Facebook and Instagram. Long story short, every day I go to the Center for Independent Living & I'm a consumer as well. At the center, my job is to work on their website, their Facebook page, and their Instagram account. It's great for me because every single day, I learn new stuff about the computer, I also meet an awesome lot of people. I'm on three different boards of directors which are; CLI, NMPASI, And UCEDD CAC. It's a big challenge for me because I got in those three different boards that I begin to understand what they are.

PRESENTERS' BIO



MONIKA DIAZ

President, Very Outspoken Individuals Can Each Succeed (VOICES)

Monika H. Diaz graduated from Oregon State University with a Bachelor's in Human Development and Family Sciences. Diaz is the current President of the Very Outspoken Individuals Can Each Succeed (VOICES) Tinian Chapter, Vice-president for Team Koka, and a board member of Consumer Advisory Committee, the Northern Marianas Protection and Advocacy Systems Inc., and the Council on Developmental Disabilities. Monika enjoys being a mother and helping people in her community.



ROBERT DANIEL ATALIG MENDIOLA

Very Outspoken Individuals Can Each Succeed (VOICES)

Robert Mendiola was born on Guam and raised on the beautiful paradise island of Rota. He is married and during his free time Robert enjoys doing photography and film making. Mendiola graduated from Dr. Rita Hocog Inos Senior Highschool and is currently taking onlin classes at Grand Canyon University. Robert joined VOICES because he wanted to see changes on the island of Rota. On Rota, there is no accessibility, no accessible transportation service. If Robert was given the opportunity to change our society It would be equality.



GUADALUPE "LUPE" CAMACHO

Student Success Counselor, Learning Support Services

Guadalupe Camacho, better known as Lupe, is the Student Success Counselor under Learning Support Services at the College. She is no stranger to the College, as she graduated in 2017 with her Bachelor of Science in Education with a Concentration in Rehabilitation & Human Services. Prior to returning to the PROA Tribe, she worked with the CHCC Community Guidance Center for over 4 years, providing behavioral health support and services to individuals who were experiencing severe emotional challenges. During her spare time, she enjoys baking, going to the beach, and doing arts and crafts.