

Nominee name: Sarah Couch

Class year and major: 2012, BA English/Film Studies; 2014, MA English

Contact info: SACRAMENTO, CA 95826

Is nominee aware of nomination?

Occupation: Government

Title: Chief of Staff

Employer: California State Senate, 1021 O Street, Room 7220, , Sacramento, CA 95814

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

Getting involved with the Sacramento State Alumni Association has been on my mind since I graduated Sac State in 2014. However, my career at the State Capitol took most of my focus in the past ten years. Now, I'd love to join the board and help support my fellow Hornets in whatever capacity the association needs. Since I've graduated college, I've stayed involved in the local community, supporting my sorority as an advisor the past ten years and serving on boards for the Capital Fellows Alumni Association, among others, to support new and younger staff starting their careers. It has always been in my genes to support the next generation of Sac State alumni ever since I served as the Student Alumni Association's first President in 2010. I love the Alumni Association. I now have more time to give back and hope to join the board if you'll have me!

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Bachelor's Degrees in English and Film Studies from Sac State

Master's Degree in English Literature from Sac State

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

Sacramento State Student Alumni Association (2010) - First President

Associated Students, Inc (2008-2014) - Undeclared Director, Vice President of University Affairs, Director of Office of Governmental Affairs

California State Student Association (2012-2014) - Chief of Staff, President

Advisor for Phi Sigma Sigma at Sac State (Current)

Board Member, Capital Fellows Alumni Association (Current) - Past President

Past Member of the Hornets Policy & Politics Association

Past National Committeewoman for the California Young Republican Federation

Nominee name: Robert Cathey

Class year and major: 2011 EMBA VSP1 Cohort

Contact info: Folsom, CA

Is nominee aware of nomination? Yes

Occupation: Executive Consultant; Chief Data Officer, VSP (Retired, 2024)

Title: Consultant

Employer: Unleashing Leaders

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

Robert is strategically insightful, balancing data, foresight, and experience to imagine what might be possible, especially working through complexity, change, and growth. He is open-minded and curious, asking questions for diverse perspectives that lead to thoughtful recommendations. He is well connected to many leaders across the region to influence advocacy, engagement, and contributions from alumni and supporters.

Recently retired from a 20+ year career at VSP with his last role as Chief Data Officer, Robert is expanding his capacity to contribute in ways that lead to meaningful impact. As a proud alum of Sac State and one of the early graduates from the EMBA program, Robert would be honored to serve and make an impact to the SSAA board, especially during a time of change and possibilities.

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Prior to earning his EMBA from Sac State, Robert received his Bachelors in Business Administration from the University of Phoenix.

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

Volunteering and community service is very important to Robert. His current engagements include:

American Cancer Society, Board Member

Sacramento Running Association, Board Member

Black Men Run Sacramento, Captain

Nehemiah Emerging Leaders Program, Advisor

Nominee name: Austyn Perry

Name while attending, if different: Austyn Perry Cromartie

Class year and major: 2015, Environmental Studies

Contact info: Citrus Heights, CA

Is nominee aware of nomination? Yes

Occupation: Non-Profit Director

Title: Director of Leadership Development Programs

Employer: California Coalition for Rural Housing, 717 K Street, Sacramento, CA 95814

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

As a proud Sac State alumna and community leader, I am committed to advancing the mission of the Alumni Association by fostering inclusion, increasing alumni engagement, and amplifying Hornet pride! My extensive experience in leadership development, community engagement, and equity-driven programming has equipped me with the skills to build meaningful connections across age-gaps and generational differences. In my role as the Director of Leadership Development Programs at the California Coalition for Rural Housing, I lead an internship program dedicated to preparing college students of color for careers in affordable housing development. This experience has strengthened my ability to engage diverse communities, facilitate inter-generational communication, and create programming that resonates across various demographics. I have the ability to maintain a robust professional reputation within the real estate and affordable housing sectors, while remaining deeply connected to Gen Z students and emerging professionals, which I believe are the skills necessary to design alumni initiatives that are both relevant and impactful!

As the co-founder of YBUILD, a nonprofit supporting Black and Brown professionals in land use and real estate development, I have successfully developed strategic partnerships and initiatives that align with the Alumni Association's mission of connection and community. My active presence on LinkedIn and expertise in social media management would allow me to effectively amplify the university's events, successes, and initiatives, reaching a broad audience and fostering engagement among alumni.

In these polarizing times, it is more important than ever for Sac State to be an inclusive, safe, and supportive environment for all. I am eager to contribute as a leader that current students can look up to and fellow alumni can collaborate with. My love for Sac State and my commitment to lifelong learning and community impact makes me an ideal candidate to serve and advance the strategic goals of the SSAA Board of Directors.

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Master of Urban and Regional Planning, University of Colorado Denver, 2018

Bachelor of Science in Environmental Studies, Sacramento State University, 2015

Recipient of ENVIS Patrick James Dugal Scholarship, 2015

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

YBUILD: Co-Founder & Vice-President

YBUILD is a small membership organization supporting Black and Brown professionals in land use and real estate development in Northern California. Our organization was established on a volunteer basis in 2020 and has been supporting a strong and ever-growing cohort of under-35-year-old professionals ever since.

Urban Land Institute Sacramento, DEI Chair and Board Member

I have served as Chair of the DEI Committee, leading efforts to advance diversity in the built environment from June 2020 - December 2024. I am excited to pass the baton to other young leaders within the world-renowned real estate members' organization as I step down to pursue a Board position with the Sac State Alumni Association.

City of Sacramento Small Developer Incubator Program, Local Host Committee Member

I am honored to serve on the Local Host Committee for the City of Sacramento's Small Developer Incubator Program, where I provide guidance on community engagement strategies and help build a network of support for underrepresented developers, especially builders of color and women in the real estate industry.

2022 Sacramento Bee Black Changemaker Award Recipient

In 2022, I was recognized for my leadership in social equity and community development. This recognition was also what brought me back into the fold at Sac State, as the Alumni Association made a point to celebrate those of us who were Sac State alumni. I felt very welcomed and honored by this and it sparked my interest in alumni participation.

Nominee name: Kevin Bell

Class year and major: 1990, BS Criminal Justice and Communication Studies

Contact info: Davis, CA

Is nominee aware of nomination? Yes

Occupation: Attorney **Title:** Deputy Attorney General

Employer: California Department of Justice, 1537 41st Street, Sacramento, CA 95814

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

Kevin is passionate alum of Sacramento State. He was fully involved in the Sacramento State campus as a member of Greek life in addition to a male cheerleader. As an alum, and parent of sons at CSUS he will be an enthusiastic member of the SSAA Board of Directors. Along with Kevin's passion he is a respected attorney who has represented the State of California and served as an adjunct professor for King Hall School of Law at UC Davis. Kevin would bring a legal mind to our team, and he has the ability and time to meet in person for board meetings.

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Lincoln Law School, Sacramento

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

Umpire, Little League Dist 64 - Current

Baseball coach, Davis Little League - 2004-2018

Coach, youth soccer, 2006-2016

Concord Blue Devils Alumni Association

Nominee name: Jeffrey Mrizek

Class year and major: 2016 EdD

Contact info: Rancho Cordova, CA

Is nominee aware of nomination?

Occupation: Business Owner

Title: CEO

Employer: SmartStart AI, 3425 Noblessa Way, Rancho Cordova, CA 95670

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

Dr. Jeffrey Mrizek would be a valuable asset to the SSAA Board of Directors due to his:

- Deep connection to Sacramento State as a multiple alumnus (B.A. Psychology and Ed.D. Educational Leadership)
- Extensive experience in educational leadership and program development, particularly through his roles at the California Community College Chancellor's Office and as Principal of Mrizek Global, LLC
- Proven track record in fostering public-private partnerships and strategic planning
- Strong background in grant management and program development, which could help advance funding initiatives
- Active involvement in educational innovation and workforce development, which aligns with Sac State's mission of preparing students for career success
- Recognition as a Sac State Champion of Change Video Finalist (2018), demonstrating his commitment to positive institutional impact
- Experience in leadership roles at Sac State, including serving as President of the Doctorate of Educational Leadership Student Alliance (DELSA)

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Educational Information:

- Ed.D. Educational Leadership (Community College Track) - CSU Sacramento (2016)
 - Graduated with Distinction
 - Outstanding Dissertation Award
- MBA - Business Administration - University of Phoenix (2005)
- Community College Faculty Preparation Certificate - CSU Sacramento (2005)
- B.A. Psychology with Minor in Real Estate and Land Use - CSU Sacramento (2001)
- SD Bechtel Jr. Foundation 2014 Fellow

- CSU National Science Foundation (NSF) ITEST Fellow

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

Volunteerism, Clubs, Organizations, and Community Activities:

- American Society for Public Administration (ASPA) - Sacramento Chapter
 - Chapter President / Executive Council Member (2018-Present)
- Health Education Council - Workforce Advisory Board Member (2018-Present)
- Global Urban Nomads, Inc - Founder (2018-Present)
- Multiple leadership roles in professional organizations:
 - California Community College Administrators of Occupational Education
 - California Network of Learning Professionals
 - United Way-California Capital Region Emerging Leaders
- Community service activities:
 - Bayside Serve Day projects
 - Senior Gleaners
 - CSECC campaigns
 - Rebuilding Together
 - Ride against Hunger
- Professional memberships:
 - The Honor Society of Phi Kappa Phi
 - Golden Key International Honor Society
 - Various real estate and business education associations

Nominee name: Parvati Ryan

Class year and major: 2013 - MA English; 2016 - EdD Educational Leadership

Contact info: Rocklin, CA

Is nominee aware of nomination?

Occupation: English Professor and Writer

Title: English Professor, Author

Employer: California Community College

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

As a member of the SSAA Board of Directors, I would work to advance the mission of the Alumni Association in many ways.

The Board mission to connect, engage, and celebrate alumni, students, and friends of Sacramento State while building lifelong relationships that support the future of our university is one that is very near and dear to me. I have spent a lot of time working on finding ways to create retention within organizations through finding value and interest for members. Within the Junior League, in 2019-2020, I was the Junior League of San Diego's member marketing chair, where I worked on our marketing team to help supporting our members. From 2018-2024, I was part of Kappa Kappa Gamma's public relations team, supporting our members with every collegiate chapter and our international alumni associations. And currently, I am working on the Association of Junior Leagues retention task force to find better ways for all leagues to help create value, engagement, and connection through their membership.

As a member of the SSAA Board of Directors, I would take my knowledge, experience, and passion for this mission to help bring more value and connection within our alumni association. Further, I would love to be part of this board so that I can give back to my alumni association from a school where I earned two of my degrees. I want to support our alumni association, but even more so, I want to support our alumni. And the best way for me to support our alumnus to help them find value with their membership and connection with their fellow alumni. :)

2. Please share any additional educational information (degrees earned, years awarded, etc.)

I have my BA from UC Santa Cruz in literature (2007) with an emphasis in creative writing poetry, my MA from Sacramento State in English (2013) with an emphasis in creative writing fiction, my doctorate in educational leadership from Sacramento State (2016) in higher education, and my masters in innovation and entrepreneurship (MIE) from UC Irvine (2022).

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

I am a member of the Junior League of Pasadena (mid transfer to Sacramento as I have moved back to my hometown) and the international women's organization Kappa Kappa Gamma. Until last year, I also was a volunteer with the Humane Society as a District Leader and volunteered on the national level as the public relations director for Kappa Kappa Gamma. Further, I am currently part of the Association of Junior Leagues International as part of their international task force on retention.

Nominee name: Louis Ly

Class year and major: 2018 Business Finance Risk Management

Contact info: Sacramento, CA

Is nominee aware of nomination?

Occupation: Business Loan Officer

Title: Business Relationship Officer

Employer: EastWest Bank, 4790 Freeport Blvd., , Sacramento, CA 95828

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

My 5 main focuses will be in the following: Improving Communication, Building Relationships, supporting programs, finding innovative ways to engage alumni, and Building partnerships.

1. Sharing my book of clients and building a strong network where all Business owners can help one another to learn and enhance their current state of mind.
2. Conduct a strong connection with students, alumni, and the people of Sacramento.
3. Efficiently engage any type of programs that can benefit our current students and future leaders.
4. Host events where alumni can navigate and guide new students.
5. Create and engage a strong partnership with business owners, locals, and federal entities.

As a Alumni, my mission is to give and share to those who needs it.

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Cosumnes River College - Associate of Science, Business Administration

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

Asian American Business Club - Sacramento

Nominee name: Laurie Powers

Name while attending, if different: Laurie Chavez

Class year and major: 1995 Early Childhood Development

Contact info: Sacramento, CA

Is nominee aware of nomination?

Occupation: Talent Aquisition

Title: Senior Recruiter

Employer: Korn Ferry

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

I plan to leverage my experience on the Board of Directors and passion for improving the school and community. I aim to support the mission by engaging alumni and colleagues to grow the Association's membership, increase visibility, and contribute time and guidance to advance the association, university, and Board.

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Bachelor's of Arts 1995

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

* National Charity League, Sacramento Chapter May 2020- present

Board of Directors - President 2023, President Elect 2022-2023, VP Membership 2021-2022

* Junior League of Sacramento November 2002 - present

Board of Directors - President 2013-2014, President Elect 2012-2013, VP Membership 2009-2010

* Rio Americano PTSA member - Fundraising committee

* Sacramento Children's Chorus Board of Directors 2017-2018

* FamiliesNOW Board of Directors 2017-2018

* Sigma Kappa Sorority Executive Board 2003-2004 - current Alumni member

Dedicated volunteer at St.John's Program for Real Change and River City Food Bank

Nominee name: Tessa Turner

Class year and major: 2010 - Bachelor of Science in Criminal Justice (GE Honors Program)

Contact info: Sacramento, CA

Is nominee aware of nomination? Yes

Occupation: Operations & Logistics

Title: Vice President of Operations

Employer: Luxer One, 5040 Dudley Boulevard, , McClellan, CA 95652

1. How would the nominee/applicant work to advance the SSAA Board of Directors, Sacramento State and the mission of the Alumni Association?

Tessa Turner would be a tremendous asset to the SSAA Board of Directors, bringing a wealth of experience in organizational management, analytics, marketing, and human resources. Her strong leadership skills, combined with her deep commitment to education and community engagement, position her to drive meaningful initiatives that strengthen alumni connections and advance Sacramento State's mission.

With her background in mentorship and volunteerism-most notably with Junior Achievement of Northern California and the University of Connecticut-Tessa understands the importance of fostering relationships between alumni, students, and the broader community. She would actively contribute to alumni engagement strategies, leveraging her expertise to enhance networking opportunities, career development programs, and philanthropic efforts that support current and future Hornets.

Tessa's ability to navigate complex challenges with grit and intelligence, paired with her collaborative spirit, would help the Board advance key initiatives that promote lifelong connections, institutional pride, and a thriving alumni network.

2. Please share any additional educational information (degrees earned, years awarded, etc.)

Tessa Turner holds a strong academic and professional background, complemented by several prestigious certifications. She has attained the highest levels of performance in Lean Six Sigma, earning her Black Belt, which reflects her deep expertise in operational efficiency and process improvement. In addition to her academic achievements, Tessa has pursued continuous professional development, earning multiple certifications focused on driving organizational excellence.

Further demonstrating her leadership capabilities, Tessa was selected to attend the Assa Abloy-sponsored Executive Entrepreneurial Leadership Program at Babson College, a highly regarded program designed to cultivate strategic thinking and innovation among top industry leaders. Her commitment to lifelong learning and professional growth underscores her ability to bring valuable insights and expertise to the SSAA Board of Directors.

3. Please share any volunteerism, clubs, organizations, community activities and affiliations.

Tessa Turner has a strong record of volunteerism, leadership, and community involvement. She is a proud graduate of the GE Honors Program and was an active member of Alpha Phi Sigma during her time at Sacramento State. Her dedication to service extends beyond academics, as she currently serves

as a Board Member for the American Heart Association, where she contributes to initiatives that promote heart health and community well-being.

Professionally, Tessa is a strong advocate for operational excellence within Assa Abloy, a multi-billion-dollar global firm. Her commitment to continuous improvement and strategic leadership has had a lasting impact on the organizations she serves. Additionally, she has been a dedicated volunteer with Junior Achievement of Northern California for over eight years and has served as a Materials Science Mentor at the University of Connecticut, supporting students in their academic and professional growth.

Through these affiliations, Tessa has consistently demonstrated her passion for leadership, mentorship, and community engagement, making her a valuable candidate for the SSAA Board of Directors.