

Life History of Trisha Adelena Howell

July, 2002 to September 2004: Created Howell Canyon Press, publishing 5 new titles in the past year in the genres of children's picture books, humor, poetry, and personal growth/self-help. As President and sole full-time employee of the company, wrote all books, did all editing, created photographic art, organized others' artwork, layout, and printing, created all press releases and other ancillary promotional materials, coordinated all marketing and advertising efforts, and achieved national distribution through Biblio Distribution (a sister company of National Book Network). Also created a section published in the book *Animals and the Afterlife* by Kim Sheridan (2003). Performed school and library presentations, book readings and signings all over Washington State.

September 1997 to February 2004: Worked full-time in husband Dean Howell's naturopathic medical office, performing services ranging from front office to patient massage to patient photography to secretarial work. Published travel articles in the New York Post. During this time also began writing books (16 to date) as well as editing husband's nationally distributed supplement catalog and conceiving the idea for his first book, *NeuroCranial Restructuring: Unleash Your Inner Power* (2000). Created and developed each of the sections of this book as well as contributed several articles to it. May 2004 the book won a Legacy award from Writer's Notes. With neither advertising nor placement in bookstores, the book has sold 10,000 copies in 3 years.

January to August 1997: Completed Eastern and Western massage program at School of the Healing Arts in San Diego, California.

1996: Completed 7-month course in Plant Spirit Medicine under acupuncturist and shaman Eliot Cowan in Tepoztlan, Mexico. Worked in Southern California and Hawaii pet sitting and house sitting while writing screenplays and poetry.

1995: Studied Tensegrity over 6 months with Carlos Castaneda and other shamanic practitioners in Los Angeles and Mexico City. Studied acting and voice at Santa Monica Community College to improve dramatic writing skills. Continued to professionally edit.

1990 to 1994: Completed MA degree in Critical Film Studies and Screenwriting at the University of Southern California in Los Angeles. Co-taught many film classes to undergraduates. Wrote 60+ articles for two newspapers and one magazine, winning an award from USC for exceptional journalism. Worked at a small film production company, Cineville, as a reader and evaluator of hundreds of screenplays. Also took many non-academic courses in screenwriting and acting. Poems published in anthologies. Tutored English literature privately and started business editing novels and dissertations.

1986 to 1990: Completed MAs in Philosophy and in Humanities and was a PhD candidate in Philosophy at Stanford University, attending with the support of the Mellon Fellowship in the Humanities. Also co-taught courses in Ethics and in Greek philosophy at Stanford. Spent a summer studying French literature in Nice, France (1987), a summer studying German language and culture in Salzburg, Austria (1988), and 6 months

studying philosophy with world-famous philosopher Hans-Georg Gadamer in Heidelberg, Germany (1989). Achieved fluency in French and German.

1984 to 1986: Completed BA in philosophy magna cum laude at the University of Washington in Seattle while also studying French and German. Worked teaching Spanish to preschoolers in a Montessori school. Was Phi Beta Kappa and won prestigious Mellon Fellowship in the Humanities. Nearly perfect score on the GRE.

1983 to 1984: Attended Seattle University, studying philosophy, psychology, and Classical Latin. Taught Classical Latin and Ancient Greek as a private tutor.

1982 to 1983: Attended Bellevue Community College, studying philosophy and music theory. Also completed extensive Bible night school at the Kirkland Church of Christ.

1980 to 1982: Attended St. John's College in Santa Fe, New Mexico, studying the Great Books Program (a rigorous course of study encompassing literature, history, philosophy, biology, chemistry, physics, mathematics, music, and learning to read and write Classical Greek). Won prizes for philosophy essay and for innovative mathematics proof. Published poems and articles.

1977 to 1980: Graduated San Diego High School as the Most Outstanding Student in a class of 500+, earning a 4.0 GPA, 1550 on the SAT, and numerous awards and scholarships (including a National Merit Scholarship). Achieved fluency in Spanish. Became an outstanding long-distance runner (lettering in track and cross country). Joined American Mensa Ltd. (with an IQ higher than 99% of the population). School president of the California Scholarship Federation Club and the American Field Service Club, Secretary of the Spanish Club, and representative at the General Assembly. Studied to become a ballet dancer (and later performed ballet, modern, and jazz dance on stage, retiring from dance in 1998). Private tutor in English and mathematics. Won school and county competitions in mathematics. Won Veteran's of Foreign Wars' 1978 Voice of Democracy Contest for essay "Why I Care About America." Wrote much of the school year book and received the Harvard Prize Book Award (1979). Attended scholarship programs at the Freedoms Foundation at Valley Forge (1979), a high school in Morelia, Michoacan (Homestay in Mexico Program—1979), the San Diego Rotary Club's Camp Enterprise (1979), where studied business and economics, and American University in Washington D.C., where studied political and economic theory (Summer, 1980).

1962 to 1977: Born Patricia Bennett Fike on February 6, an only child, in Anchorage, Alaska to William Jewel Fike (innovative small aircraft designer, published author, and pilot for Alaska Airlines) and Frances Thomas Fike (published author, secretary, and homemaker). Traveled throughout the US with parents, collecting many experiences that later manifested in literary work. Wrote short stories and poetry. Cared for stray animals. Moved to San Diego, California in 1973. Excelled in academic studies and pursued a wide variety of other interests, including leadership in numerous academic and charitable organizations. Acting and stagecraft for plays at Roosevelt Junior High School and at San Diego Junior Theater. Studied television acting at the Barbizon School of Modelling.