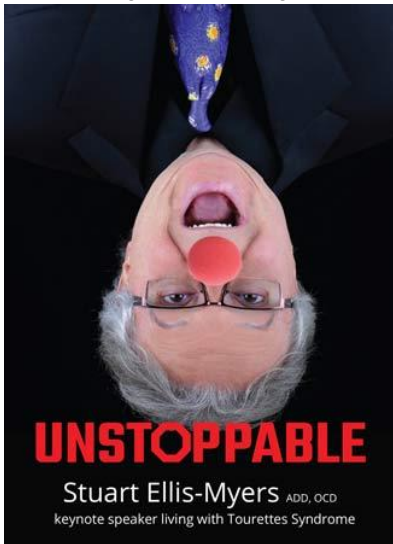


Stuart (TWICHY) Ellis-Myers



OPENING KEYNOTE: **“UNSTOPPABLE”**

What would you do if, out of the blue, your life turned upside down? What if you went from being a happy, healthy, normal child and suddenly became an anxious, depressed, twitchy mess of devastating proportion? This is exactly what happened to Stuart Ellis-Myers. At the age of eight, Stuart began to develop one of the most misunderstood mental illnesses of our time . . . Tourette’s Syndrome. Faced with the prospect of a lifetime of frustration, isolation, and shame – the typical reaction to this condition – Stuart instead chose to make his life into something remarkable. One of the most gifted and inspiring public speakers, Stuart has used the life lessons learned through years of battling this often emotionally crippling disorder to help countless others overcome their own challenges and fears. His insight and humanity have enabled him to share his own, often painful, experiences in such a way as to offer a real, usable, methodology for overcoming the many pitfalls of modern life. The countless physical and psychological manifestations of the high stress lives we all lead are made clearer to understand and easier to bear through his simple and effective system of positive change. It has worked for him. It can work for you. Told with total candor and charming wit, this is a story of inspiration and achievement with which virtually anyone can identify with. This is the story of a man who refused to accept other people’s “truths”. It is the story of a man who chose to, not only survive but become UNSTOPPABLE. So, if Stuart can overcome the ravages of Tourette’s Syndrome, and all of the disabling mental conditions that so often accompany it, and become remarkably successful in both his keynote speaker career and his personal life . . . what is holding any of us back from achieving our dreams?

Rebecca Udem



CLOSING KEYNOTE: “Living B.I.G. in the Life You’re In”

This interactive and motivational session will focus on the Increasing your boldness: how to live more authentically by showing up for yourself, your family and your community. You will find inspiration on how to continually search for sources of inspiration no matter where you live or what you do for a living. The group will focus on how to take circumstances and use them for personal and professional growth. The key takeaways for participants will be clarity on personal priorities, strategies to confidently set boundaries in relationships with others, renewed sense of optimism to tackle challenges and new opportunities with excitement and courage.

BREAKOUT SESSION: “Partners In Education”

This breakout session we will discuss how working with parents is often cited as one of the most challenging aspects for today’s teachers and yet it has never mattered more that parents are partners in the education of their children. When new school initiatives are rolled out, school administrators and teachers are tasked with communicating these directives in a way that’s clear, concise and leads to parent buy-in. This interactive session will provide schools with possible parent dialogue with their constituents. How to develop a process to handle conflict, collaborate with parents regarding the education of their children, being and advocate for the school without creating resentment among parents, develop buy-in for new ideas and how to eliminate the “US vs THEM” mentality.

Biography Rebecca Udem:

Rebecca Udem learned early in her career what mattered most—people. As the author of the book, *How Mommy Got Her Groove Back™* and speaker who gained her chops as a people developer through an international talent management firm, she’s worked with hundreds of company leaders to improve their bottom-line results by focusing on their greatest asset: their people. Today, she inspires women to live BIG no matter their zip code through her speaking events, retreats, online workshops, blog posts, and live video where she serves up a passionate and playful take on how to find and keep your groove—even if you’re feeling anything but groovy. Rebecca believes that the best way to show up for others is to show up for ourselves over and over. There’s nothing like parenthood as an in-your-face reminder. Her biggest champions and daily dose of reality are her 3 kids under the age of 10, Andrew, Carter, and Brynlee, along with her farmer husband, Jeremiah. They simultaneously ground her and keep her from taking herself too seriously. Rebecca and her family call Oakes, North Dakota, home, where her roots are the deepest, and her heart belongs. Find her at rebeccaudem.com for BFF style advice and inspiration to get your own groove back!

Dr. Mason Wilner



BREAKOUT SESSION: "Vision for Your Community 20-20"

Eyecare for most of us has been about what to do after the fact our vision has taken a turn we are not satisfied with; what glasses we need, what damage has already been done we need to fix, what prior injury or neglect needs attention now, etc. Dr. Wilner will discuss the preventative side of eyecare health along with advancements for those living in your community, so we all have many years of 20-20 vision.

Biography Dr. Mason Wilner:

Dr. Mason Wilner joined the Eyecare Associates staff in 2010. Dr. Wilner graduated from NDSU and completed his doctorate of optometry from Pacific University College of Optometry. He has also served as the clinical director for TLC Laser Eye Center and has a special interest in corneal disease and refractive surgery. Dr. Wilner enjoys fishing, hunting, boating and spending time with his growing family.

Dr. Terry Eckmann



BREAKOUT SESSION: "Life Hacks for Living Well"

In this session we will explore key lifestyle choices that enhance overall health and well-being throughout your lifespan. We will identify 15-20 effective research-based strategies to increase activity level, improve eating habits, manage stress, and improve attitude. Participants will practice a number of "LIFE HACKS" to implement fitness and overall wellness into day-to-day life thus understanding the power of simple choices. You will learn many strategies to take back to your school and community making it a better place for all to live the same place you call home.

Biography Dr. Terry Eckmann:

Terry Eckmann, PhD, is a Professor and the Department Chair of Teacher Education and Kinesiology at Minot State University. She is an award-winner presenter and has been doing seminars internationally for over 30 years. Terry is the author of three books, "101 Brain Boosters" and "101 Ways to Age Gracefully" and "101 Mindfulness & Meditation Practices". She has been active in research and writing on the effects of lifestyle choices on the brain. Terry hosted the TV segment "Eye on Fitness" in the Minot viewing region for 25 years. She is certified by ACSM, ACE and an RYT200 Yoga Teacher.

Don Moseman



BREAKOUT SESSION: “Ergonomic Factors for Educators”

Repetitive motion and overexertion are some of the biggest risk factors facing teachers today. During this session, you will learn how to evaluate basic ergonomic factors to increase wellness for your work areas. We will also touch on certain elements which will create an effective ergonomics program. You will learn the basic concepts relating to ergonomics in the workplace, gain skills to recognize ergonomic risk factors, learn how to conduct an ergonomic worksite analysis, and much more. By the end of the session, attendees will be able to identify steps to implement a successful ergonomics program at their school, classroom and own personal life.

Biography Don Moseman:

Don, his wife Angie, and their daughter Annabelle, are originally from Rapid City, South Dakota and he holds a bachelor’s degree in Criminal Justice. After serving in the U.S. Air Force, he was employed as a State Trooper for 20 years. He had many duties for the state including accident reconstruction expert and the state training director for defensive driving programs. In 2003, he was recognized as the Law Enforcement Education Officer of the Year for the United States by the BATF (Bureau of Alcohol Tobacco and Firearms) for his work in educating young people. He served the National Safety Council for 2 years as the Director of Government Programs. He has been teaching young drivers in the Alive at 25 Program for 17 years. He has been a certified instructor in more than 20 state, federal and National Safety Council programs. In total, Don has taught more than 1,200 law enforcement and safety courses to more than 25,000 people. He came to the North Dakota Safety Council in February of 2013.

Angie Williams



BREAKOUT SESSION: "Obesity Crisis? Not On My Watch!"

Today you will learn fun-interactive-instant activities that promote student engagement and fitness through active learning! Your "take-aways" from this presentation will make you the "STAR" of your physical fitness program as your students come alive through active learning and active play! With the rise in obesity in our country with our youth, it is imperative that Physical Education take a stronger stance on fitness now. What does this mean? We already have PE curriculum that is research based, aligned to the State and National Standards for Physical Education. We already teach skills and concepts that promote physical activity and health. What else can we do? How do we redirect the chaotic Physical Education classroom, or rather, organized chaos that truly engages your Z-Generation students in physical activity? In my classroom, I want *organized chaos* that excites my students so much that they will take what they've learned in class to their recess, and then home! With obesity continuing to climb at staggering heights, our students are suffering from illnesses typically seen in adults. We as Educators don't have time to *sit still*, time is of the essence! We need our curriculum to not only move and excite our students from the time they enter and exit our place of activity, but to intertwine health standards into our classrooms. Our student demographics have changed dramatically, and we need our students to "*learn to love*" physical activity again! We need to improve engagement, improve purposeful movement, and improve the "*love of play*" through active learning.

Biography Angie Williams:

Angie Williams is an Assistant Professor at Valley City State University. She currently serves as the Pedagogy Specialist in the Kinesiology and Human Performance Department where she teaches all of the Health and Physical Education Methods courses. Angie also supervises pre-service teacher candidates within the tri-state area and serves on the VCSU's Curriculum Committee. Angie earned her Bachelor of Science at VCSU in 1997, earned her first Masters of Ed at VCSU in 2008, and earned her second MA from Western Michigan University in Adaptive Physical Education in 2016. Angie has been at VCSU for 6 years. Prior to Valley City State University, Angie taught 17 years in Lisbon, ND. Angie has worked to improve student readiness for student teaching through her work on "*Active Reflection of Pre-Service Teacher Candidates Current Teaching Practices*" through the use of the GoPro, presenting at the National SHAPE America Conference in Boston, 2017. Angie also presented her work at the eLearning Tech Conference in Scottsdale, AZ in 2016. In Nov. 2018, Angie presented, along with her PE Methods students, at the MNSHAPE Conference in Wayzata, MN on Activities for the Physical Educator, again with an emphasis on fitness. For the past few years Angie has served on the NDSHAPE board as a member elect and VP General. Angie has been active in the promotion of the Health and Physical Education profession by serving on the pre-professional's workshop for future Health and PE teachers since April of 2018.

Joel Friesz



BREAKOUT SESSION: “Restorative Practices In Schools”

Restorative Practices are a set of diverse ideas and approaches used to build healthy communities, improve school climate, repair harm and restore relationships. These practices, which range from whole school strategies to specific intervention techniques, seek to move from a retributive model of group accountability to a restorative model of accountability. In other words, Restorative Practice places emphasis on addressing harm and building community and relationships, rather than simply administering punishment. Communities and schools that incorporate these practices can experience a variety of benefits. Specifically, case study research suggests that Restorative Practice can lead to reductions in suspensions and expulsions in schools, fewer serious violent acts committed by students, and improved relationships among members of the school community.

Biography Joel Friesz:

Joel Friesz is the Director of Youth Interventions for Lutheran Social Services of North Dakota. Joel has worked in the field of Restorative Justice since 2005 and instantly felt a connection and passion for restorative processes. Joel and his team work with communities across North Dakota to implement restorative practices into schools, the juvenile justice system, adult corrections, placement facilities, and other community entities. Joel currently serves on the North Dakota Juvenile Justice State Advisory Group, a position he has held since 2013. In 2016, Joel completed the Reducing Racial & Ethnic Disparities in Juvenile Justice Certificate Program at Georgetown University. Joel is a nationally certified Green Dot Bystander Intervention Community Instructor for reducing power-based personal violence. In June 2017, Joel was elected to the National Association of Community and Restorative Justice (NACRJ) Leadership Team and currently serves as Treasurer. Joel holds a master’s degree from University of Mary in Strategic Leadership.

Susan Reinhiller



BREAKOUT SESSION: “Teacher Sparks: Connecting Teachers”

One of the greatest challenges facing education in North Dakota isn't lack of innovation, it's a lack of communication. The Solution: A networking app to intentionally connect teachers by interest and by region to people, ideas, and to events. In this session, we introduce and invite you and your team to join TeacherSpark. Our app connects North Dakota teachers to authentic communities. We share the multi-facets of TeacherSpark, from a unified Professional Development calendar to a connections map. Let us help you find your people to spark innovation!

Group Biography:

We are six teachers from across the state of North Dakota who met at the 2018 Governor's 30-hour Innovative Education Challenge. We took second place with our idea of an app to systematically connect North Dakota teachers. We formed TeacherSpark, a not for profit LLC and have been developing our vision into a useful tool for teachers.

Biography Susan Reinhiller:

Susan Reinhiller is a 3rd generation North Dakota teacher. A middle child, Susan flourished in the heart of the Great Plains in Bowman, North Dakota. She was active in nearly everything her high school could offer. She graduated from Dickinson State University with a Composite Social and Behavioral Science Degree. She has taught Social Studies for over 25 years, throughout the state of North Dakota at Carrington, Divide County, in Crosby, Standing Rock Community Schools at Fort Yates, and Elgin-New Leipzig. Currently, she is beginning her 26th year at Dickinson High School in Dickinson, North Dakota. In 2007 she studied Indigenous People of Nepal as a Fulbright Scholar. Ms. Reinhiller is a James Madison Fellow from North Dakota 2010 and named a “Teacher-Scholar of the Constitution” by the James Madison Fellowship in 2016. She earned her Master of Arts in American History and Government from Ashland University in Ashland, Ohio in 2014. Ms. Reinhiller is passionate about Civic Education. She has found a new passion for the game of golf, striving to earn a “Most Improved” award from someone, somewhere, sometime. She enjoys a good conversation with friends, family, and good books.

Carrie Hjellming



BREAKOUT SESSION: “Juvenile Court and the Developing Adolescent”

The nature of adolescent development is complex. Adolescents develop in multiple areas at a time including cognitive, physical, emotional, and sexual development at a variable rate. Development is further complicated by biological and environmental circumstances that occur throughout an adolescence lifetime such as mental illness, substance abuse, trauma-related issues, and family/peer involvement. As a result, the Juvenile Justice system has incorporated an understanding of this into the way in which juveniles are handled as they come into this system. This presentation will provide an understanding of the Juvenile Court system as well as adolescent development. We will also explore the risk and needs principle as it applies to brain development and why “scared straight” is ineffective. Finally, we will explore the purpose behind restorative justice and why the core principles are crucial in treatment and rehabilitation.

Biography Carrie Hjellming:

Carrie Hjellming, Ph.D., M.A. is a graduate of the University of Mary with a Bachelor’s Degree in Psychology and Social Behavioral Sciences. Subsequently, she earned her Master’s Degree in Community Counseling from the University of Northern Colorado in Greeley, Colorado and her Ph.D. in Social and Behavioral Sciences/Counseling Studies from Capella University in Minneapolis, Minnesota. She currently serves as the Director of Juvenile Court Unit 3 which covers the South Central and Southwest Judicial Districts in North Dakota. In addition, Carrie is a Licensed Professional Clinical Counselor in the state of North Dakota with a primary focus on family, adolescent, child, and play therapy and had worked at Badlands Human Service Center as a therapist for over 9 ½ years prior to her employment with the North Dakota Court System in 2011. She has worked as an adjunct professor for Dickinson State University in the Psychology Department and the distant education program for Kaplan University. Additionally, she provides treatment services for the Dakota Women’s Correctional and Rehabilitation Center in New England, ND.

Bill Lucas



BREAKOUT SESSION: "Vision of Laughter or Seeing Yourself Hysterical"

He is no Barbara Walters on 20-20, but Bill Lucas is going to let you know, "I'm Bill Lucas and this is 2020". In Bill's fast paced, comedy infused workshop he will share his vision for health in 2020 and beyond. You can bet it is a belief that movement and laughter will help you become a person who thinks clearer, listens better, and acts on challenging situations, we all have in everyday life, with humor and passion. When dealing with challenges that we all will face in the future, Bill believes that someone who has a vision for themselves and any group with who they associate with, makes that person and group more focused, more positive, and more willing to work together to make that vision happen. Too often we see ourselves doing a lot of "stuff"—think "busy work" and little gets accomplished. Come join Bill in a workshop that will give you plenty of ways to be the visionary everyone wants to know.

Biography Bill Lucas:

Bill holds a Master's Degree in Educational Administration and retired after 30 years of teaching. Bill has written, produced, directed and acted in television, movies, commercials, live theatre, and has owned a comedy company. From these activities, along with teaching for 30 years, He has coached football and taught martial arts during those 30 years. As a Judo black belt holder, he has competed on an international level, including being the ND Judo Champion 1987. Bill was part of the Fulbright Program to Japan in 1996 where he worked with Japanese students in judo, and was chosen to speak to the Japanese delegation of Educators. As an educator, Bill "works" to bring laughter into every class, workshop, and seminar he leads. He understands and believes in the benefits of "laughter" for a healthier, happier, and more prosperous society. Bill has been a professional performer for over 30 years having done over 600 shows and has led seminars all over the United States. Bill is now full time with his entertaining production company aaacreations. His company specializes in workshops for educators and the corporate world. Bill has a unique (okay, most people may say "crazy"—He prefers unique :) way of looking at the world which you will experience through physical activities, mental exercises, and laughter until your stomach hurts. Bill now retired he will be available year round to perform for you, in leading seminars and/or performing for you and your company. Last, but not least, Bill is a dedicated Harley rider.

Kori Messer



Yoga Blend-"Make today's fitness DREAMS tomorrow's GOALS & next week's ACHIEVEMENTS"

An introduction into the history of exercise and goal setting within wellness industry standards will begin this session. Interaction with the audience will take place through general inquiry. Through this interaction, the audience will maintain audio and verbal involvement, which will heighten the awareness and cognitive skills presented. The objective is to educate participants on becoming empowered by establishing a healthier life scene for oneself, and thus setting a great example to those around us. The desired outcome is physical stimulation through exercise (Tai Chi, Yoga & Pilates) in a group setting, with cognitive development through audio, visual, and verbal cues. Statistical information from published medical research will be introduced as it relates to improvement of physical activities for each person's own healthy living. Participants will be shown proper posture, muscle groups, and techniques in promoting self-efficiency and the reduction of common intrinsic risk factors in our daily living. Participants will engage in a combination of the three exercise formats collectively referred to as "**yoga blend**". Tai Chi will assist in warming the body up to encourage a safe exercise environment and promote self-awareness. Yoga will allow an opportunity for education on strength and muscle groups and Pilates will allow an opportunity for core strengthening. To finish the yoga blend session there will be an adequate cool down comprised of both active and static stretching.

Biography Kori Messer:

Kori Messer is a Christian wife, mom & CEO of Kori Ann Faith Enterprises. She is a CPT (Certified Personal Trainer) & Inspired Life Strategist which means she empowers people to be God-driven leaders who shine light upon darkness, so the next generation is better off than the current one. As a result of working with Kori, people discover their voice and use it to release the strongholds in their life. This provides the freedom to choose how you spend your time and whom you spend it with. Kori is all about helping people acknowledge their value, discover their voice and claim victory over their life. This is how she's helped thousands of clients lift each other up, empower one another and really start living as they were designed to. She has spoken and presented on stages across the U.S.A. and helped facilitate life changing experiences along the way. It's time you get re-connected with who you were designed to be. Take the first step. Merging faith with fitness is part of Kori's Life By Design process.

Dr. Brad Strand



BREAKOUT SESSION: Fitness Assessment:

The benefits of being fit applies to people of all ages, sizes, races, abilities, and so each Roughrider participant will participate in the health assessment and health risk appraisal. Each individual will complete a set of basic exercises that will establish a baseline of aerobic, anaerobic, strength and flexibility. The participants will enter the results into the Tri-Fit program. By understanding and incorporating fitness into the classroom and our lives, we help to stimulate minds and encourage regular participation in Physical activity. Beneficial goals of participating in regular fitness programs include: improved cardiovascular endurance and activity tolerance, increased muscular strength and improved flexibility, reduction of body fat and improved weight control, improved self-image, reduced risk of disease and premature death, decreased stress and reduced feeling of anxiety and depression, improved bone strength and an overall improved “sense of well-being”. Participants will be able to list three benefits of fitness and the guidelines for fitness, and will learn fitness activities they can incorporate in a classroom setting for school-aged children. As part of the fitness assessment activity, each participant will step outside their comfort zone and associate with people from other schools team. Participants will meet and greet other participants as they are randomly placed on a mini-golf team. The mini-golf team will play eighteen holes of best ball score. The best ball format will ensure all members work as a collaborative group for the final goal. The mini-golf team members will build dialogue and report early in the week, resulting in collaboration on health reform in their communities at a much faster pace. This entire fitness assessment event will start Roughrider “34” Conference off with a “Hole-In-One”.

Biography Dr. Brad Strand

Dr. Brad Strand graduated with a BS in 1978 from Mayville State University, ND; MS in 1984 from North Dakota State University, ND; and Ph.D. in 1988 from The University of New Mexico, NM. He is currently a professor in the Department of Health, Nutrition and Exercise Sciences at NDSU. He has conducted over 200 national, regional, and state presentations, workshops and demonstrations related to physical education, sport specialization, ethics and sportsmanship, and confrontations in sport. Dr. Strand is the lead author of three books: *Assessing and Improving Fitness in Elementary PE*, *Fitness Education: Teaching Concepts-based Fitness in the Schools*, and *Assessing Sports Skills*. Dr. Strand has published over 90 professional articles and abstracts on physical education, fitness education, and technology in physical education, and has served on a number of national boards: Dr. Strand has received a number of professional honors including: Scholar of the Year Award for the Central District of the American Alliance for Health, Physical Education, Recreation and Dance; twice awarded Exceptional Contributions to Scholarly Activity from the NDSU College of Human Development and Education; twice named Teacher of the Year in the Department of Health, Physical Education and Recreation at Utah State University; received the Distinguished Alumni Award from my alma mater, Mayville State University.

Rod Volk



SESSION INFORMATION:

Opening Ceremony's:

To set the energetic tone for Roughrider Conference 34 "VISION OF HEALTH 2020". Rod will go over all the week's attractions, requirements and guidelines. Rod will cover in detail the Roughrider mission and the trends that make the mission so valid 34 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

Team Meetings for Action Plans:

In preparation for the 2020 Roughrider "34" Health Promotion Conference, all schools should be prepared to develop an action plan including goals and objectives for their team's focus at school during the 2020-2021 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools' documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

"Teddy Hill" Presidential Challenge Fitness Walk:

As part of the wonderful tradition of the Roughrider Conference, all participants will use the entrance of Theodore Roosevelt National Park for the "Teddy Walk" as part of their fitness results used for their personal wellness inventory assessment. This assessment is done by using some of the most current state of the art computer generated program software. The program will formulate individual results entered from a physical health history and a personal family health risk appraisal.

Kathy's Heart Rate Scavenger Hunt:

Participants as part of their Personal Wellness Inventory will be on a one-hour walk around the town of Medora looking for fitness items, while they collaborate with team members from other school district. Each participant will start out with their base resting heart rate. At the conclusion of the exercise session, the participants will be able to calculate a target heart rate zone and identify and use a target heart rate zone that will meet their personal fitness goals.

Maria's High Card Team Walk:

Participants as part of their Personal Wellness Inventory will interact with other conference members from outside their own district team. The fitness activity will section off the city blocks directly adjacent to the Rough Riders Hotel and Conference center. The four quadrants will be used as the course. Each pre-set team will be given a playing card each time they finish as a group going around one of the four quadrants. The participants are not allowed to leave any member of their team's side during the activity. The outcome is to bond with other members of the conference to make the collaboration process easier when working on the action plans.

Closing Ceremony's:

After a week of fun fast pace engaged learning, Rod will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the to the conference start. Before we leave for home, we will unveil the theme for Roughrider "35" 2021 with the traditional participant skit.

Biography Rod Volk:

Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track in college as a four-year letter winner. This is his 29th year teaching, where he is currently a middle school science, math and language arts teacher in Fargo. His teaching career started in Casselton as a 6th grade classroom teacher and was also a physical education teacher and athletic director. Rod has been a head varsity football, wrestling, and track coach over the years and has coached a combined 80 sport seasons. He has been involved with the Roughrider Conference for 28 years as a team member, facilitator, planning committee member, board member, and is currently the president and conference planner of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health education.