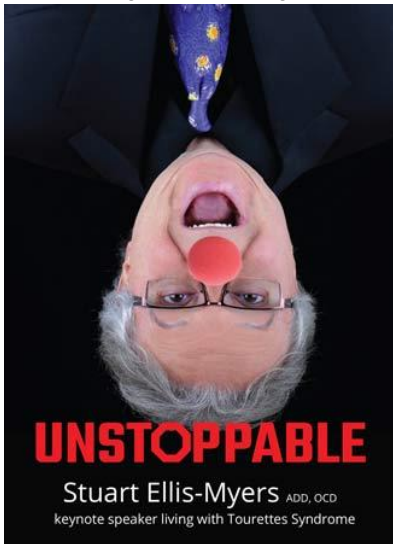


## Stuart (TWICHY) Ellis-Myers



### 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?

## Candy Whirley (M.S.)



### **CLOSING KEYNOTE: "It Takes 2 to Tango"**

These People Are Not Difficult, They Are Just Different! Candy will share her 4C's of Teams and Leaders: Confidence, Communication, Creativity and Change in the workplace. Then she will take you through a brilliant exploration of the 4 personality styles. You'll learn to overcome personality differences that lead to problems like communication breakdown, negotiation let-down, and delegation fall-down by learning the secrets to connecting and partnering with other personalities.

### **BREAKOUT SESSION: "Let's Bridge The Gap-Generational Differences"**

It Takes 4 Generations to Tango We will take an exploration of the generations in the workplace...there are 5 now! In this group activity you will get to discuss what motivates your generation, how you like to be managed and MORE! Then the best part, you will get to ask a burning question you would love to have the answer to from all the other generations! The good news is YOU will be with your own generation to discuss these questions so we can truly learn to work better and be more productive with ALL the generations.

### **Biography Candy Whirley:**

Candy brings 'real world' experience from many industries including training, retail, customer service, restaurant, entertainment, management, youth ministry and business owner. Candy has been speaking over 30 years and has owned SBG Services since 2001. She has spoken nationally and internationally and written several books. Some of Candy's clients include Harvesters International, Million Dollar Round Table, 7 School Nutrition Association Conferences, 12 MGMA State Conferences, 4 Association of Fairs Conferences, Annual SHRM Conferences and Regional Conferences and Johns Hopkins Medical Center. Candy graduated Cum Laude from Missouri Western State University with a B.S. Degree in Speech Communications, and Human Relations Emphasis, and has earned her Master's in Management at the University of Phoenix and she received her CSP (Certified Speaking Professional) designation in 2016

**Dr. Carrie Hjellming**

**and**

**Chase Breitbach**



**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 Dr 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 and her Ph.D. in Social and Behavioral Sciences/Counseling Studies from Capella University 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.

**Biography Chase Breitbach**

Chase Breitbach moved to Dickinson from Grand Forks in 2013 after graduating from the UND with a baccalaureate degree in Criminal Justice Studies. He worked as a Juvenile Probation Officer for the North Dakota Supreme Court for five years offering direct case management services to youth and families in Southwest North Dakota. In May of 2020, he completed his Master’s Degree in Social Work at UND and was afforded an opportunity to transition into a managerial role within the North Dakota Court System. In Chase’s spare time, he works as a therapist for USpireND – Violence Free of Dickinson working with men and women who engage in domestic violence towards one another and for the Sex Offender Treatment and Assessment Program in North Dakota providing evidence-based treatment for individuals convicted of sexual crimes. Chase has served as the Vice President for Best Friends Mentoring Program and has served in other advisory positions with local non-profits. Chase is passionate about improving the human condition and will be speaking on matters related to the North Dakota Juvenile Court system and the developing adolescent.

## Dr. Jake Schmitz



### **BREAKOUT SESSION: "Maximizing Your Correct Level of Testosterone and Estrogen"**

What exactly do testosterone and estrogen do for our bodies? Teenagers, what is puberty? Men, what is hypogonadism? Ladies, what is menopause? Why is it happening in the body? What are the symptoms and why are they occurring? Dr. Jake will teach you nutrition strategies that could be applied to correct the imbalances that are causing your symptoms. Menopause doesn't have to be something you "have to endure". Instead, it could be what it was designed to be...a transition to something better! And men, do you want to feel like you did in your 20's? There is a path to the life you once had. Teenagers need to be educated on the hormones that control and shape their bodies during these important years.

### **Biography Dr. Jake Schmitz:**

Dr. Jake played many sports when he was younger. He experienced several injuries from his passion for the game. He sought the help of a chiropractor to help his recovery. "When I was adjusted, I could stay in the game longer, heal faster from injuries and perform better." He initially decided to become a chiropractor to help others with sports injuries. Dr. Jake attended chiropractic college at Northwestern Health Sciences University. It was there that he found out chiropractic could help much more than just for pain. When he started his chiropractic education, Dr. Jake was on seven different medications and living an unhealthy life without even realizing it. He started receiving regular chiropractic care and was off his medications nearly overnight. His body started healing again and he has never taken any medication since. Dr. Jake's focus is on overall health and wellness in addition to helping athletes perform better. Dr. Jake grew up in North Dakota and is a self-proclaimed home-grown boy and loves being a chiropractor. Dr. Jake practices everything he preaches to his patients. "We don't ever ask a patient to do something that we either aren't doing ourselves or that we haven't done already." Practicing what he preaches includes a healthy lifestyle of eating right and receiving regular chiropractic adjustments.

## Dr. John Skretta



### **BREAKOUT SESSION: "Eustress vs. Distress: Slaying the fire-breathing stress dragon"**

In this presentation, Dr. Skretta will probe the particular crucible of stress educators have endured during the COVID pandemic with practical advice on turning distressing situations into opportunities to re-align and recommit to our core values as educators. Whether you've had to learn to live with mandates that impact our schools but are beyond our control or de-escalate hostile parents who are angry about outside circumstances, this session will help you slay the stress dragon!

### **Biography Dr. John Skretta:**

Dr. John Skretta is the administrator in Milford Nebraska, which serves 16 school districts. Dr. Skretta has been a K-12 school administrator for over two decades. He has been a school district superintendent, assistant superintendent and high school principal. He began his career in education as a high school English and reading teacher. John has a long-standing commitment to promoting a culture of individual and collective commitment to health. An accomplished distance runner with over 20 marathons to his credit, John has also completed numerous ultramarathons including distances of 50K, 40 miles and 50 miles. As a school administrator, John has worked to connect schools with community coalitions and engage in proactive advocacy to ensure beneficial health supports are in place for all students. This advocacy and Dr. Skretta's work as a visible and vocal proponent of coordinated school health and the whole child have taken many forms. He has been recognized as a national Healthy Schools Champion by the Alliance for a Healthier Generation. He participated in the national conference call rollout of Let's Move Active Schools with then-First Lady Michelle Obama, and his schools have been featured in AASA national publications as well as documentaries profiling school health initiatives such as the AASA Courageous Leadership series. Dr. Skretta was selected by Nebraska colleagues as the 2018 state Superintendent of the Year. He is an adjunct professor at Doane University. Dr. Skretta is a parent of four children and resides with his wife Dr. Sara Skretta in Lincoln, Nebraska. His keynote presentations focus on optimizing productivity through practical advice and insights on health and happiness

## Rachel Iverson (M.S.)



### **BREAKOUT SESSION: "Promoting Healthy Behaviors with Positivity"**

Guilt. Shame. Fat-phobia. You're eating that? When making a healthy change or trying to support changes in our community we battle misinformation, guilt-based marketing, conflicting recommendations from providers and social media trends. How do we support healthy changes without negativity and making those around us feel inadequate? Positivity needs to be front and center in our journey to healthier communities. Learn how to set positive goals and create an environment that supports health without shame.

### **Biography Rachel Iverson:**

Rachel Iverson is passionate about evidence-based nutrition information. Her work specializes in healthy sustainable lifestyle change and sports nutrition. She frequently appears on KX news as a local nutrition expert and helps run a cooking class. In her day-to-day work for Sanford Health Rachel meets with patients to help them build healthy lifestyles one step at a time. She also provides health education to the NDPERs group (state employees). Rachel creates education materials on nutrition, exercise, stress management and work life balance. Rachel's biggest wish is for everyone to realize that dietitians are not the food police; we are food therapists!

# Melanie Carvell



## **BREAKOUT SESSION: "Finding The Calm In The Storm-Mindful Leadership In Education"**

Do you need simple, proven tools to help you cope with stress, burnout and difficult situations? Are you interested in practical tools that can help your students improve their focus and concentration? Scientific studies have shown that practicing mindfulness, meditation, and kindness can literally rewire our brains. You will leave this uplifting presentation equipped with ideas to help you recharge and restore your wellbeing, while improving your ability to react more thoughtfully to challenges. Come be inspired!

### **Biography Melanie Carvell:**

Melanie Carvell is an inspirational speaker whose compelling presentations energize her audience with practical solutions, humor, and storytelling. She is a six-time All-American triathlete, a physical therapist, certified Worksite Wellness consultant, and author of *Running with the Antelope; Lessons of Life, Fitness and Grit on the Northern Plains*. Melanie was named Sanford Health's "Manager of the Year" in 2016 and recently named one of the state's "Leading Ladies" by the North Dakota Women's Center for Technology and Business.

## 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.



## Melissa Markegard (M.S.)



### **BREAKOUT SESSION: “Vaping: Spot the Signs”**

Vaping is on the rise in youth across the nation and North Dakota is no exception. Ever-changing information and education to students, parents, staff and community members is essential as tobacco companies aim to addict our youth with fun flavors, easily concealable devices (you don't even know what you're looking at or for), and advertising via Netflix, YouTube and various social media platforms. Learn more about vaping during this informative session and see different vape products firsthand.

### **Biography Melissa Markegard:**

Melissa earned her Bachelor of Science from Minnesota State University Moorhead in Community Health Education. She earned her Master's in Emergency Management from NDSU. She has been employed with Fargo Cass Public Health as the Tobacco Prevention Coordinator for 8 years. Previously, she was a Community Liaison and Suicide Prevention Educator at Prairie St. John's. In her spare time, Melissa loves to spend time outdoors with her husband and twin almost-6 year-old sons. She likes to cook and bake, exercise and golf. She and her husband also run a rental business in the Black Hills of South Dakota.

# Nancy Kelpinski



## **BREAKOUT SESSION: Dance With Nanc!**

In Nancy's fun paced session you will feed off her enthusiasm. 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 have in everyday life. Nancy will have you move your body, meet new people, and help you to become All-Star Healthy!

## **Biography Nancy Kelpinski:**

Nancy Kelpinski attended the second Roughrider Health Conference and has been a regular participant and presenter at the conference ever since. Nancy graduated from the University of Mary with a degree in Physical Education and in Elementary Education. She has taught elementary school in Carson, North Dakota and in Fort Yates, North Dakota. For the last 25 years of her teaching career, Nancy taught Health and Physical Education at Mandan High School. While at Mandan High School she served as the SADD Advisor and has coached Special Olympics swimming in Mandan. Nancy believes in an active healthy lifestyle (Health is your best resource). Nancy has also taught swimming and water aerobics courses. Nancy and her husband Mark reside in Mandan and have three grown children: Rebecca, Jessica and Bryan. In her spare time, she enjoys dancing, riding bike, swimming, and spending time with her family.

# 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.

## Rod Volk (M.S)



### **SESSION INFORMATION:**

#### **Opening Ceremony's:**

To set the energetic tone for Roughrider Conference 36 "A HEALTHY NEW WORLD 2022". 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 36 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.

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#### **Team Meetings for Action Plans:**

In preparation for the 2022 Roughrider "36" 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 2022-2023 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.

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#### **"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.

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**Kathy's Heart Rate Scavenger Hunt:**

Participants as part of their Personal Wellness Inventory will be on a team walk around the town of Medora looking for fitness items, while they meet and 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.

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**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.

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### **Pauline's Closing Ceremony Week Video**

After a week of fun fast pace engaged learning, The Roughrider Board will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants, that Pauline works super hard to put together. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the conference started. Before we leave for home, we will unveil the theme for Roughrider "37" 2023 with the traditional participant skit.

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### **Larry's Week of Amazing Pictures**

From the second you arrive to the moment you walk out the door Friday, Professional Photographer and RR conference veteran Larry Holmstrom will capture you in all the Roughrider fun filled action. The pictures will be shared in the mid-week and closing video. The pictures will forever be preserved on the [NDROUGH RIDER.COM](http://NDROUGH RIDER.COM) website.

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### **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. Rod retired from teaching in 2021 after 30 years as 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 90 sport seasons. He has been involved with the Roughrider Conference for 30 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