

**TED<sup>x</sup>**

**Roseburg**

**x** = independently  
organized TED event

**More  
Than  
Words.**

Saturday, July 29, 2017



# Welcome

## Letter From the Organizers

Hello everyone and welcome to the inaugural **TEDx**Roseburg! Thank you for coming and supporting this event and everyone who made this possible. We have been blessed to have worked with many talented individuals throughout this process and can not thank them enough for all of their hard work to make this event a success.

We had 49 speakers apply to speak at this event, many from Roseburg, Oregon, but some from as far as Nashville, Tennessee. The speakers you see today were carefully chosen from that group. There are 15 who will present their talks and we hope that you pick out many ideas worth spreading to your family and friends. Their recorded talks will be uploaded to the **TEDx** Youtube channel to share with your family and friends. Check back around September on the **TEDx**Roseburg Facebook page for a notification of when they are available to view.

This year's theme is "**More Than Words**". We believe that it takes more than words to inspire meaningful change in our lives and the world around us. We hope what you hear today will inspire you to take whatever next action that is in your own life. Once again, we are blown away by the support and encouragement we've received. You've solidified one hundred times over what this theme can really mean by doing something to help, whether that was becoming a sponsor, giving a talk, helping with our communication efforts, to giving your feedback to us. This event is for you. With many more to come ;-)

**Andre and Aaron Larsen**

Organizers of **TEDx**Roseburg

# Morning Schedule

- 9:00 TEDx Intro Video**  
Welcome and Guidelines
- 9:05 Seth Beuchley**  
Gratitude Adjustment
- 9:23 Paula Marie Usrey**  
A 4th Grader, A Process,  
And Transformational Change
- 9:41 VIDEO**  
All It Takes Is 10 Mindful Minutes
- 9:51 Gregory Jones**  
Climate Change And Wine:  
Global to Regional Benefits,  
Challenges and Changes
- 10:09 Marisa Fink**  
Not All Who Wander Are Lost...  
They May Be Looking For A Letter Box
- 10:30 Break**
- 10:52 Dr. Joan Rosenberg**  
Grief: A Pathway to Forgiveness
- 11:10 Larina Warnock**  
The Other Statistic
- 11:28 VIDEO**  
How I Learned to Read and  
Trade Stocks In Prison
- 11:40 John Blackwood**  
Battling Cyberpunks to Win
- 11:58 VIDEO**  
This Is What Happens When  
You Reply To Spam Email
- 12:08 John Waller**  
Natural Sanctuaries
- 12:30 LUNCH**

# Afternoon Schedule

**13:32 VIDEO**

Beautiful New Words To  
Describe Obscure Emotions

**13:40 David Littlejohn**

The Think / Feel Conundrum

**13:58 VIDEO**

The Mind of a Master Procrastinator

**14:12 Dr. Ryan Melton**

Can We Prevent Major Mental Illness  
Through Early Identification and  
Treatment?

**14:30 VIDEO**

How Human Noise Affects  
Ocean Habitats

**14:42 Leila Goulet**

Wild Connection: How Do We  
Connect With Animals?

**15:00 Break**

**15:22 Pamela Warren**

Why The Future of Math  
Needs The Past

**15:40 Kem Farrell-Todd**

The Wonder Doors

**15:58 Brian Prawitz**

Togetherness Without Tragedy

**16:16 VIDEO**

Why You Should Talk to Strangers

**16:28 Jennifer Wood**

Nourish Beyond Nutrition

**16:55 Host Thank You and Goodbye**

*Note: The start times are anticipated times and  
may not be the actual times during the event.*



## Seth Buechley

### Gratitude Adjustment

Seth Buechley is a serial-entrepreneur and business founder. In his recent book *“Ambition: Leading with Gratitude,”* Buechley tackles the plaguing question of why ambitious people struggle to find satisfaction and reveals the critical role of gratitude in making the shift to lasting leadership impact. He pulls no punches in identifying the painful lessons learned on his journey and identifies, with great clarity, some common pitfalls driven people face.

An experienced keynote speaker and emcee, Seth is a member of Young President Organization (YPO) and the President of Legacy, LLC, his platform for writing, speaking, and coaching the next generation of leaders. Along the way, Buechley has developed into a seasoned entrepreneur, accomplished speaker, and coach for the next generation of leaders.

#### **Favorite color?**

Blue

#### **Favorite restaurant?**

One I haven't tried yet

#### **Your 5-song stranded-on-an-island playlist:**

Baker Street — Gerry Rafferty  
 So Will I — Hillsong United  
 Running Down A Dream — Petty  
 It's a Beautiful Day — U2  
 No One is to Blame — Howard Jones

#### **Greatest fear?**

Unrealized potential

#### **Beach or mountains?**

Beach

#### **Something someone would be surprised to know about you:**

I wrote a lullaby for each of my sons  
*(too bad for my daughter!)*

#### **Your hero?**

My late father

#### **Favorite book?**

*Bible*

#### **Proudest accomplishment:**

Staying married and building a family



## **Paula Marie Usrey**

### **A 4th Grader, A Process and Transformational Change**

Paula is an associate professor of communication and has taught at Umpqua Community College for thirteen years. She is passionate about helping empower others so they can live life to the fullest.

Having grown up nearly scared speechless and with no direction in life, she knows first-hand what it is like to struggle with making changes that could lead to a more positive future. Paula struggled in nearly every area of her life. Without clear direction, she also had numerous jobs including positions in insurance claims, junior high teaching, marketing, grant writing, adjunct teaching, training and development, construction, nonprofit leadership and research.

It was her position as an educational evaluation and assessment researcher that led Paula to a surprising discovery that changed her life. This discovery is grounded in a research-based approach that has been used in classrooms for years. Paula learned how to modify this approach, use it in her own life and is now sharing it with others. She looks forward to sharing this two-step approach, which she calls vision mapping. Vision mapping is a process that anyone can use at any age to make positive changes and live a more satisfying life.

#### **Favorite TEDx Talk?**

Susan Cain, "The Power of Introverts"

#### **Favorite color?**

There is only one perfect color in the entire universe — blue, of course! Cobalt blue is especially amazing!

#### **Your 5-song stranded-on-an-island playlist:**

Bach, Bach, and more Bach. To switch it up, I'd probably want to listen to a little Peter, Paul and Mary

#### **Greatest fear?**

A decadent dark chocolate dessert will strong arm my will power

#### **Beach or mountains?**

Mountains

#### **Something someone would be surprised to know about you:**

I am more of an introvert than not

#### **Proudest accomplishment:**

Sharing the joy of being a lifelong learner with others. Life is full of learning opportunities



## **Dr. Gregory V. Jones**

### **Climate Change and Wine: Global to Regional Benefits, Challenges and Changes**

Dr. Jones is director of the Division of Business, Communication and the Environment and a professor and research climatologist in the Environmental Science and Policy Program at Southern Oregon University. He specializes in the study of climate structure and suitability for viticulture with a focus on how climate variability and change influence grapevine growth, wine production and quality worldwide.

He conducts applied research for the grape and wine industry in Oregon and has given hundreds of international, national, and regional presentations on climate and wine-related research. Dr. Jones is the author of numerous book chapters, reports and articles on wine economics, grapevine phenology, site assessment methods for viticulture, climatological assessments of viticultural potential, and climate change.

His talk will cover the important connections between climate and agriculture with a focus on growing grapes for wine production. He will discuss how climate change has altered, and will likely continue to alter, the global wine map and has helped make the Umpqua Valley of Oregon a world-class wine region.

#### **Favorite TEDx Talk?**

Susan Cain, "The Power of Introverts"

#### **Favorite color?**

Green

#### **Favorite weekend getaway?**

Oregon coast

#### **Where would you go in a time machine?**

1776 and the birth of this country

#### **In the Hollywood movie about you, who plays you?**

The younger Harrison Ford

#### **Go-to website?**

National Weather Service

#### **Your perfect pizza?**

Anything but Hawaiian

#### **Best advice you've ever received?**

To understand and accept delayed gratification

#### **Proudest accomplishment:**

Having our twin sons and raising two spectacular men



## Marisa Fink

**Not All Who Wander  
Are Lost...They May Be  
Looking For A Letter Box**

Marisa is on a lifelong learning journey, and she wants to take as many people with her as she can. In her TEDxRoseburg talk, she will get us as intrigued as she is about letterboxing, a little known but growing outdoor activity where participants hide small, weatherproof boxes containing a logbook and a carved rubber stamp in publicly accessible places and post clues to finding the boxes online. We'll learn about the emergent interactions that occur in activities such as letterboxing, and its cousin geocaching, and how connections between participants, despite no organizing body or directive, result in new behaviors and new ways of thinking.

Marisa is the CEO/executive director of the YMCA of Douglas County in Roseburg. She earned her master's and doctorate degrees in Adult, Higher and Community Education from Ball State University, Indiana, where she served on the Communication Studies faculty for four years. In 2006 she published her research on emergent interaction in *A Descriptive Study of Letterboxing in North America*.

### **Favorite TEDx Talk?**

Amy Cuddy, "Your Body Language May Shape Who You Are"

### **Favorite movie?**

*Shakespeare in Love*. Witty and funny entertainment with a great cast

### **Make one change in the world?**

Everyone, everywhere would have the same wealth with access to healthy food, quality shelter, excellent health care and freedom

### **Past or present, who would you most like to have a drink/coffee with?**

It would be fun to sit down with my Grandma who died when I was sixteen. I would tell her about how I think about her every day of my life and how I learned resilience from her. Her underwear once fell down around her ankles while walking on a Brooklyn street on the way to the subway station. She calmly let go of my 10 year-old hand, stepped out of them, picked them up from the sidewalk, stuffed them into her purse, took my hand, and continued on our way.

### **Car of your dreams?**

My Bike Friday. It's a touring, traveling and commuting bicycle that folds and has gone all over the world with me.



## Dr. Joan Rosenberg

### Grief: A Pathway to Forgiveness

Best-selling author, consultant, media host and master clinician, Dr. Rosenberg is a cutting-edge psychologist known as an innovative thinker, acclaimed speaker and trainer. As a TEDx speaker and member of the Association of Transformational Leaders, she has been recognized for her thought leadership and influence in personal development. A California-licensed psychologist, Dr. Rosenberg speaks on how to build confidence, self-esteem, core emotional strength and resilience; emotional, conversational and relational mastery; neuroscience and psychotherapy; and forgiveness.

Dr. Rosenberg has been featured in the critically acclaimed documentaries *I Am*, *The Miracle Mindset*, *Pursuing Happiness*, and *The Hidden Epidemic*. She has been seen on CNN's *American Morning*, the OWN network and PBS, as well as appearances and radio interviews in major metropolitan media markets. She hosts *The MindStream Podcast*, an influential and thought-provoking iTunes podcast. Dr. Rosenberg is the author of the #1 Amazon bestseller *Ease Your Anxiety* and of a forthcoming book describing her *90 Seconds approach to emotional strength and self-confidence*.

#### **Favorite TEDx Talk?**

Simon Sinek

#### **Pet peeve?**

People who are intentionally hurtful to others, which includes any threats and use of violence

#### **Make one change in the world?**

Recognize all life is connected so we all responsibly share in its care

#### **Chunky or smooth peanut butter?**

Almond butter

#### **Karaoke go-to song?**

Wisely don't sing. Glass would be breaking, and not because of Memorex

#### **Past or present, who would you most like to have a drink/coffee/bottled water with?**

Leonardo da Vinci

#### **Favorite hiking spot?**

Coastlines . . . love being near the water

#### **Car of your dreams?**

Tesla, for the heck of it



## Larina Warnock

### The Other Statistic

Larina grew from a teen mother and high school dropout to a doctoral candidate at Creighton University and a high school teacher. Her journey has included violence, disability and the death of her youngest son. A survivor of generational poverty, she has spent much of her life studying the causes of poverty and the tools used to break the poverty cycle.

In this talk, Larina focuses on the interdependent nature of the relationship between helper and helpee. Through personal storytelling, she highlights the ways that internal and external expectations contribute to an individual's ability to recognize and accept help toward a better life. She also discusses the personal sacrifices necessary to break the poverty cycle, providing context for the rationality of choosing an impoverished life.

Warnock's dream is to create a centralized location where motivated people from poverty and other underrepresented populations can find tools and positive relationships that help them create the lives they desire. Currently, she teaches business at Roseburg High School, where she advises both the Roseburg Future Business Leaders of America chapter and the Magic and Game Clubs.

#### **Favorite TEDx Talk?**

I have favorite TEDx talks for teaching, favorites for watching, favorites for listening, favorites for learning, favorites for sharing...

#### **Favorite color?**

Beautiful, bold, vibrant red.

#### **Where would you go in a time machine?**

To a time when my son was alive.

#### **Cat or dog?**

Dog. Cats are evil. Way worse than the Illuminati.

#### **Favorite weekend getaway?**

Anywhere with an AZA-accredited zoo

#### **In the Hollywood movie about you, who plays you?**

Angelina Jolie

#### **Go-to website?**

[www.fbla-pbl.org](http://www.fbla-pbl.org)

#### **Best advice you've ever received?**

If everyone around you is being a jerk, you're probably the jerk.



## **John Blackwood**

### **Battling Cyberpunks to Win**

John Blackwood is an internationally known college professor, writer and developer and is currently a cybersecurity educator at the Umpqua Community College. He holds an M.S in Computer Systems from City University, B.A. from Indiana University, A.E. in Software Engineering Technology from the Oregon Institute of Technology, and an A.A.S. in Accounting from the College of Lake County.

John also holds industry certifications in Microsoft Server, Cisco Security, and Ethical Hacking, He is the also author of his own book about disaster preparation based on his family's experience with Hurricanes Katrina, Rita and other events. John also created a Microsoft Outlook email archiving program.

John's topic will serve as a call to the cybersecurity community to implement existing and new methods to identify, trap and capture cyber-criminals who use online media to perpetuate scams aimed at selling non-existent goods to unsuspecting buyers.

#### **Favorite TEDx Talk?**

Glenn Greenwald, "Why Privacy Matters"

#### **Pet peeve?**

I hate it when people interrupt others while they are mid-sentence. It shows that they weren't listening at all – just working to formulate their response (to what?)

#### **Make one change in the world?**

Provide every college graduate with a fully paid 18-month internship. Terms are that the graduate works for a not-for-profit and earns a family-wage and benefits. No cost to the employer

#### **Favorite movie?**

*Star Trek – First Contact*

#### **Karaoke go-to song?**

American Pie. Always

#### **Past or present, who would you most like to have a drink/coffee/bottled water with?**

Stephen Hawking. I would love to talk with him about *Star Trek* and the Big Bang Theory.

#### **Most embarrassing moment?**

I once gave a public talk with my fly open. No wonder everyone was smiling and laughing!

#### **Car of your dreams?**

A time-machine DeLorean. I would love to go back in time and have a serious chat with myself when I was around 14 years old



## John Waller

### Natural Sanctuaries

John grew up in Dixonville and spent much of his childhood roaming the creeks and hills of Douglas County, oftentimes with a fishing pole. After exploring careers of wild land firefighting, raft guiding and as a high school science teacher, John started Uncage the Soul Productions in 2004, producing commercial and documentary videos.

He will be speaking on the idea of “Sanctuary Streams” that are both refuges for wild salmonids and healthy fisheries, but that also value the healing and therapeutic activity of fly fishing, particularly for veterans who struggle with PTSD. His presentation will focus on the North Umpqua Watershed, including Steamboat Creek, Frank Moore’s personal experience with PTSD and fly fishing following WWII, and Frank and Jeanne’s contribution to conservation in that watershed.

#### **Favorite TEDx Talk?**

Dan Pallotta, “The Way We Think About Charity is Dead Wrong”... So much goodness in both content and delivery.

#### **Your 5-song stranded-on-an-island playlist:**

One — U2

Paradise — Coldplay

Canon in D — Pachelbel

Outro — M83

Home — Edward Sharp and the Magnetic Zeros

#### **Greatest fear?**

Regret and/or being held back by fear

#### **Beach or mountains?**

Mountains! Or a small wilderness lakeside beach in the mountains.

#### **Something someone would be surprised to know about you:**

I’ve always considered myself a bit of a socially awkward introvert

#### **Your hero?**

John Muir

#### **Favorite book?**

*The Alchemist*

#### **Proudest accomplishment:**

Understanding that a true happiness and self worth are not achieved through external validations or accomplishments, but is cultivated within.



## David Littlejohn

### The Think / Feel Conundrum

David is a husband, father, entrepreneur, problem solver, pragmatic optimist, and total nerd. A 17-year veteran of the financial industry, David spends most of his professional time helping others plan for and achieve their financial goals. He also volunteers in his community, serving on multiple nonprofit boards and staying active in his church.

In the off chance there is free time in his life, you can find David learning new bits of random trivia or trying out new adventures. Whether it's culture, sports or new experiences, odds are he's willing to try it. And if it's fun, there's a good chance he'll try it again.

#### **Favorite TEDx Talk?**

William Stephens, "How to Sound Smart in Your TEDx Talk"

#### **Where would you go in a time machine?**

Oooh, time paradoxes are so touchy. Not sure I could ethically do that. But maybe back to the week before the billion-dollar powerball? Because, ya know, I could play the week before when no one won, only I'd have the winning numbers.

#### **Cat or dog?**

Parrot... otherwise, probably dog

#### **Favorite weekend getaway?**

Again with the favorite thing. Probably snow skiing, though a family beach getaway is always fun too.

#### **In the Hollywood movie about you, who plays you?**

I think I'll go with Chris Pratt, cool dude, doesn't take things too seriously. And c'mon, he got to be a Marvel Super Hero. Awesomeness.

#### **Go-to website?**

Let me Google that for you

#### **Your perfect pizza?**

Alexa, what's my perfect pizza?

#### **Best advice you've ever received?**

If you can't be good, be careful

#### **Proudest accomplishment:**

It's been almost 12 years and I'm still married to the same woman (which is probably saying more about her accomplishments than my own)



## **Dr. Ryan Melton**

### **Can We Prevent Major Mental Illness Through Early Identification and Treatment?**

Dr. Melton is the clinical director of the EASA Center for Excellence at Portland State University's Regional Research Institute and an assistant professor of Clinical Mental Health at Northwest Christian University.

In addition to his academic work, he provides clinical consultation to early intervention with mental illness programs nationwide. Dr. Melton has published multiple papers and textbook chapters and has presented at multiple conferences. His research focuses on the impact of interventions with individuals experiencing early schizophrenia, engagement strategies, reducing duration of untreated illness, and feedback informed treatment.

Dr. Melton also has a private practice in which he supervises mental health clinicians for licensure and provides training on diagnosis and evidenced based mental health practices. He is a strong advocate for the health care needs for individuals with mental illness.

In his TEDx talk Dr. Melton will discuss the life-changing impact of early recognition and intervention with young people who are experiencing the early signs of schizophrenia. The audience will learn to recognize the early symptoms of schizophrenia and the interventions used to prevent the consequences of schizophrenia and help people with early signs have successful life outcomes.

#### **Favorite TEDx Talk?**

Brene' Brown

#### **Favorite color?**

Forest Green

#### **In the Hollywood movie about you, who plays you?**

Paul Rudd

#### **Go-to website?**

IMDB

#### **Your perfect pizza?**

Gourmet Hawaiian

#### **Best advice you've ever received?**

When pointing at the moon don't stare at your finger

#### **Proudest accomplishment:**

Each day my 1 year old laughs at me



## Leila Goulet

### Wild Connection: How Do We Connect With Animals?

Leila is a Montreal-born zoologist with a bachelor's degree in Agricultural and Environmental Sciences and a bachelor of education degree specializing in science. While she began as a high school science teacher, she transitioned into zookeeping, and is currently the director of education at Wildlife Safari.

She has traveled to Australia, New Zealand and Thailand to garner more knowledge in her field and has acquired more than 10 years of animal care experience working directly with large carnivores, elephants, ungulates, birds of prey, reptiles and small mammals at various zoos across Canada and the United States.

Leila's goal is to promote wildlife education and conservation, including initiating programs that bring the public into close proximity with animals. Her passion is working with animals and teaching about the importance of wildlife and environmental conservation.

We have all had an experience with an animal at some point in our lives...how have these experiences shaped the way we view and interact with living things? What can we do to be the voice of so many vanishing species? In this talk, personal wildlife conservation stories will be explored, calling on others to connect with the animal life around us.

#### **Favorite TEDx Talk?**

Sir Ken Robinson, "Do Schools Kill Creativity?"

#### **Where would you go in a time machine?**

I would love to go back to the Renaissance and wear giant dresses and ride horses to work.

#### **Favorite weekend getaway?**

Anywhere in the woods with no cell phone reception. Near a lake with my dogs, hiking a good trail then relaxing by a campfire

#### **Your perfect pizza?**

Vegetarian with white sauce, loads of cheese, peppers, sun-dried tomatoes and spinach

#### **Best advice you've ever received?**

Whatever you do, make it fun...and live in the moment

#### **Proudest accomplishment:**

DOING A TEDx TALK! I am also extremely proud of where I am at in my life right now - through a lot of experiences, risks and hard work I am working my dream job, leading my department and working hands-on with animals and on wildlife conservation projects.



## Pamela Warren

### Why The Future of Math Needs The Past

A math and logic teacher at Geneva Academy, a classical Christian school, Paula received her degree in mathematics in 2012. Having taught math at several levels, she observed a common thread woven between students of all ages and abilities — namely, that none of the pupils understood the purpose of learning math. So she set out to uncover the ruins of historically classical math, looking to the past to rediscover why this discipline was so highly prized (hint: it wasn't because it would be *useful for a job*).

#### **Favorite TEDxTalk?**

Joshua Katz, “The Toxic Culture of Education”

#### **Favorite color?**

Turquoise

#### **Favorite restaurant?**

Captain's Choice in North Bend

#### **Your 5-song stranded-on-an-island playlist:**

Some Beach — Blake Shelton

Margaritaville — Jimmy Buffett

Beachin' — Jake Owen

Toes — Zac Brown Band

No Shoes, No Shirt, No Problem — Kenny Chesney

#### **Greatest fear?**

Cotton balls

#### **Beach or mountains?**

Beach

#### **Something someone would be surprised to know about you:**

I used to be so shy I would cry when adults would speak to me. But gimme a break, that was, like, two years ago

#### **Your hero?**

My husband

#### **Favorite book?**

*The book of Isaiah in the Old Testament*

#### **Proudest accomplishment:**

I have never had a cavity



## Kemberly Farrell-Todd

**The Wonder Doors**

Kem is completing her BA in Business Management and is a 2013 Phi Theta Kappa UCC Graduate. She works at UCC's Small Business Development Center, connecting business owners with services and resources that help them to be successful.

When Kem was 15, she was entrusted with the "Big Sister Award" from her church, recognizing her friendly nature and desire to orchestrate fun. Always ready to choreograph a dance routine, be the lava monster, or go late-night rollerskating, she calls herself an "Accomplished Auntie." A self-confirmed show off, Kem is also a Zumba and Aqua Zumba instructor and is attempting to design a new dance-walking workout. She likes travel, hike, geocache, swim and make new friends and conversation with people, which can embarrass her children.

### **Favorite TEDxTalk?**

What day of the week is it? I really like the Amy Cuddy, "Your Body Language May Shape Who You Are"

### **Favorite color?**

Golden buttery sky above the hills when the sun is not quite set (though it would be a challenge to fit on a crayon)

### **Your 5-song stranded-on-an-island playlist:**

Man in the Wilderness — Styx  
 Defy Gravity — Wicked Soundtrack  
 Seasons of Love, RENT Soundtrack  
 Moonshadow — Cat Stevens  
 Somebody to Love — Queen,

### **Your hero?**

Mr. Fred Rogers & My Grandma Joy

### **Favorite book?**

*The Poisonwood Bible* by Barbara Kingsolver  
 For my teens it was *The Godfather*  
 My 30's *Tolkien LOTR*

### **Something someone would be surprised to know about you:**

Nothing. I usually tell people all my stuff upon first meeting

### **Proudest accomplishment:**

That I get up and work out almost every day. It's not that I'm driven or super fit. It just makes me feel better emotionally and physically.



## Brian Prawitz

**Togetherness  
Without Tragedy**

After a 25-year radio career, Brian Prawitz started his own marketing firm in 2015. As a tenant at The Loft in downtown Roseburg, Brian has been inspired by the energy and optimism of the entrepreneurs he spends time with on a regular basis. Brian's involvement in the community began with his role as a news and sports announcer, where getting involved in causes was his favorite part of the job. He currently serves in an advisory role with UCC Strong.

Brian was recently elected to the Roseburg City Council and has been selected to represent Douglas County in the American Leadership Forum, beginning this summer.

In his talk, Brian will discuss how we might collectively find unity without the need for tragedy to serve as the motivating force.

### **Favorite TEDx Talk?**

Kevin Bacon, "The 6 degrees of Kevin Bacon"  
(I am 0 degrees from him, btw)

### **Pet peeve?**

People who block the right lane but aren't turning

### **Favorite movie?**

*Tombstone*

### **Make one change in the world?**

More listening and fewer opinions

### **Chunky or smooth peanut butter?**

Chunky

### **Karaoke go-to song?**

Shameless (the Garth Brooks version)  
or Pickup Man by Joe Diffie

### **Past or present, who would you most like to have a drink/coffee with?**

Jesus

### **Most embarrassing moment?**

None. I have forgiven myself for them and forgotten them

### **Favorite hiking spot?**

Anything that ends with a waterfall

### **Car of your dreams?**

'65 Mustang



## **Jennifer Wood, RDN**

### **Nourish Beyond Nutrition**

Jenn Wood, RDN, began working for the Oregon State WIC program in 2014 after earning her degree in dietetics from San Francisco State University and completing her dietetic internship through Utah State University. Through her years at WIC Jennifer has counseled hundreds of families through early childhood feeding, including picky eating. She was drawn to the field of pediatric nutrition after learning the profound affects of maternal health and nutritional status on the life of the child. Jennifer further learned the importance of encouraging good eating for children in ways that build their confidence and self-esteem.

In her TEDx talk, Jenn will discuss the unspoken aspect of feeding children and will cover the importance of the feeding relationship, modeling and peer influence. She hopes to enlighten parents and the community on the harms of the “clean plate club” and compulsive snacking. Jennifer offers information on raising healthy children through what they eat and how they feel.

#### **Favorite TEDx Talk?**

Melissa Ramos, “The Answer to Your Health is in Your Poop.” As a dietitian, I like this reminder to pay attention to poop, keep our guts healthy and get the waste out regularly.

#### **Pet peeve?**

Rude drivers, especially when I’m on my bicycle. Everyone just calm down!

#### **Make one change in the world?**

Everyone would eat fruits and vegetables every day

#### **Favorite movie?**

*Clueless*, I still own my VHS tape from '97

#### **Karaoke go-to song?**

Anything by Journey works. Once my mom made me karaoke Bohemian Rhapsody, that was pretty epic

#### **Past or present, with whom would you most like to have a drink/coffee?**

My great-great-grandfather, E.A. Sather, was an explorer throughout Alaska and was one of the first settlers of Bend, Oregon. I would love to hear about his adventures and learn more about my family’s cultural roots from Norway.

#### **Car of your dreams?**

I recently saw a few VW “Things” at Roseburg’s Graffiti weekend car show. What a fun, weird little vehicle. I’d choose one of those and custom it out.



# TED<sup>x</sup> Roseburg

x = independently organized TED event

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