

11th Annual Diversity Conference

Indian Hills Community College

Friday, March 20, 2015

****Note: this schedule is subject to change**

Session #1 Breakouts:

Ann Naffier

Biography:

Ann Naffier is an immigration attorney with Iowa Justice For Our Neighbors (JFON), a non-profit legal immigration services organization that holds clinics throughout Iowa, including a monthly clinic in Ottumwa. Ann was previously in private practice at the Davis Brown Law Firm in Des Moines, also practicing immigration law. Ann graduated from Drake University Law School in 2011. Before law school, Ann practiced immigration law as a Board of Immigration Appeals Accredited Representative for almost 12 years with the American Friends Service Committee in Des Moines.

Session Summary:

“Immigration: Myths vs. Reality”

This session will explore and debunk common myths about immigration in the United States, including “Immigrants take our jobs,” “Immigrants all go on welfare,” and that mythical line that immigrants are supposed to be able to wait in line to immigrate the “right” way. Join this session to learn the truth and to hear an update about President Obama’s Executive Action as well.

Tracy Clawson, DNP, MSN, RN

Biography:

Tracy Clawson is a Classroom and Clinical Instructor at Indian Hills Community College in Ottumwa, Iowa. Educated in Iowa and Minnesota, Tracy was born and raised in the Bloomfield/Ottumwa area, where she continues to live with her husband and two daughters. Professional nursing experience includes a focus in Pediatrics and Geriatrics. She has taught at the college level since 2008.

Session Summary:

“Fun, Facts, and Fiction – How to Protect Your Memory and Brain Health”

Everyone forgets things from time to time and this only increases with age. However, it's never too late to prevent memory loss or preserve your current memory. This session will discuss strategies to reduce memory deterioration and keep your memory strong and robust!

James E. Bell

Biography:

James E. Bell is a business developer and speaker that founded Winning Edge 360 with the vision of “Investing Into the Lives of people and developing champions!” He serves people and businesses with leadership, diversity, project management and career development materials creating a more effective and inclusive organization.

Session Summary:

“Diversity: ‘Your Unique Opportunity for Leadership’ – This is Your Call to Leadership!”

In this workshop, James will cover: 1) The shortfalls of working with executives and leadership toward improving diversity in the organization in corporate American and why managers fail at recruiting and developing talent that is not reflective of their team/board; 2) How to tap into diversity into an individual level to increase team performance; and 3) Why your difference is your value and your common needs and wants connects you with everyone. This workshop will create an open and inclusive environment sharing insight, challenges, and victories in corporate leadership regarding project development, diverse recruiting, and community empowerment initiatives that assisted individuals from all walks of life to discover and develop the leadership within in order to achieve organizational success.

Sarah Derry Ph.D.

Biography:

Dr. Sarah Derry is the South Central Iowa STEM Regional Manager, housed at Drake University. Sarah earned a B.S. in genetics from Iowa State University and a Ph.D. in developmental biology from the University of Iowa. She has conducted research in commercial and academic laboratories. Sarah started her career as a science teacher in a low income, urban high school.

Session Summary:

“STEM for ALL – Increasing Diversity in STEM Careers”

In Iowa, careers in science, technology, engineering, and math (STEM) have greater job growth and pay than all other occupations combined. However, the demographics of the individuals in STEM careers do not currently reflect the diversity of the general population. Learn what the Iowa Governor's STEM Advisory Council is doing to increase opportunities for populations under-represented in STEM, and take away resources to help you encourage STEM for ALL.

Miyoko Hikiji

Biography:

After nine years of Army service that included a one-year tour in Iraq, Miyoko completed BS degrees in journalism and psychology at Iowa State University and wrote her first book "All I Could Be: My Story as a Woman Warrior in Iraq." Interviews on her experiences and knowledge of post-traumatic stress, military sexual trauma and suicide have been taken to a worldwide audience via Armed Forces Radio, NPR, USA Today and Marie Claire. Miyoko continues to work as a veteran advocate as the project director for the Veterans National Recovery Center. She is a mentor in the Vets Journey Home weekend retreat program.

Session Summary:

"Veteran Status: An Exploration for our Community on the Pride, Pain and Complexity of Military Service"

Media coverage of the recent wars in the Middle East has inundated our community with labels and stereotypes about military service, including post-traumatic stress, sexual assault, and suicide. This session candidly explores the pride of being a member of the greatest military in the world and the painful reality of reintegrating back into civilian life after combat. It will also address how we as community members can better understand, support, and serve those that have sacrificed for us.

Stan Hildebrand

Biography:

Stan grew up in a Mennonite community in Canada. He has been living at Sandhill Farm, an intentional & egalitarian community (commune) for the last 35 years. He enjoys discussing interpersonal and community dynamics, bees, organic farming, and being an advocate for organics in general.

Session Summary:

"Diversity at Sandhill Farm Community"

Imagine living in a world where cooperation and interpersonal mutual support are the basis of economy, work, play, interpersonal relationships, and lifestyle. That is how we structure our lives at Sandhill Farm in Rutledge, Missouri, an intentional egalitarian community. In living intensely with each other at Sandhill, we are all faced the differences that each of us bring. How does each and every one of us look at money, work, relationships, and love? It's a journey...

Lata D'Mello

Biography:

Lata D'Mello is the assistant director of Monsoon United Asian Women of Iowa, an organization serving victims/survivors of domestic violence and sexual assault in Asian and Pacific Islander communities in Iowa. She works as an advocate, providing direct services to victims; trains and supervises advocates; edits Monsoon's communication materials; and conducts community outreach and education. She has also led an oral history project on older Asian women in Iowa who have been victims of sexual assault. Lata comes from Mumbai, India, and has had about 22 years of experience as a journalist in newspapers in India, Singapore, and the United States. Her interests are social and economic justice, gender studies, community health, and arts and culture.

Session Summary:

“What Does Justice Look Like for Asian Victims of Gender-Based Violence?”

Gender-based violence (GBV) is universal and exists across the board – only the forms sometimes differ. Asian immigrants and refugees who are victims of GBV have to address multiple challenges, such as histories of colonization and militarization; sexual assault in conflict zones; lack of English language communication skills; no access to culturally specific resources; and low conviction rates, among others. This session will explore options for victim empowerment, community accountability, and transformative justice.

Brenda Aguero

Biography:

Brenda graduated with a B.A. in psychology and Spanish Literature from Creighton University. In December 2014, Brenda graduated with her M.S. in Organizational Leadership from College of St. Mary. She currently lives in Council Bluffs where she works for Iowa Western Community College as the TRiO Program Specialist. Brenda is also very involved with the Latino community through different organizations who promote education for Latinos.

Session Summary:

“Juntos, Podemos! An Overview on the Juntos Program”

Do you want to help the Latino Community through a program that has successfully helped Latino families? This session will give you insight on what this program is all about and how easily it can be implemented. Be the voice for those who are voiceless.

Jacob Stallman

Biography:

Jacob Stallman is currently a senior in Tipton, Iowa. Jake plans to continue on with his education studying Public Relations, and will attend the University of Northern Colorado. Jake has two older sisters, a recent uncle and a host brother to our exchange student from Italy. Jake is the first male cheerleader at Tipton, is involved in speech, sings in the Concert Choir, a member of FCCLA, and works at Wal-Mart, all while maintaining a solid 3.0 or higher GPA. Jake is a 2013 National Award Winner of ‘Spirit of Matthew’ Award from The Matthew Shepard Foundation, a current blogger for MSF, and has been featured on NBC Nightly News, US Today, and CNN. ‘To Jake, With Love’ is a documentary featuring Jake’s journey and family support that was released this year.

Session Summary:

“Bullied – Jacob Stallman’s Story as an LGBTQ”

“Your son is a fag and we are coming to kill him” are words that Jacob Stallman will never forget. The boys who made this threat walk the same halls as Jake at his high school in Tipton, Iowa...and he believes they deserve a second chance. As the youngest blogger for Matthew’s Place (through the Matthew Shepard Foundation), Jake is also the 2013 recipient of the *Spirit of Matthew Award* for his community work to overcome bullying and homophobia. Join Jake as he speaks about coming out in a small town, overcoming bullying, coping with death threats, surviving during his darkest times – including contemplating suicide when he thought life wasn’t worth living – and finding out how to love himself just the way he is.

Session #2 Breakouts:

Vicki Crompton

Biography:

Vicki Crompton holds a BA from Augustana College and an MA from the University of Iowa. She lives in Davenport, IA. She is married and has two children and four grandchildren. She is the co-author of “Saving Beauty From the Beast: How to Protect Your Daughter from an Unhealthy Relationship”, published in 2003 by Little Brown & Co.

Session Summary:

“Murder: A Journey From Grief to Forgiveness”

The speaker will take the audience through the story of her daughter’s dating relationship and subsequent death. She will share her personal journey: how the death of her daughter was her first knowledge of teen dating violence, the mistakes she made as a parent, the innocence of her daughter and the lack of information available on the subject at the time, the myths and stereotypes about young victims – culminating in the process of research that lead to the publication of her book. She will talk about warning signs, safety measures, parent tips, and the reality of the problem today. The presentation includes video clips showing reconciliation with both the killer and his parents.

Sue Clarahan, RD, LD, CEDRD

Biography:

Sue Clarahan, RD, LD, CEDRD is a registered dietitian who has over 30 years of experience in the field of dietetics. Sue blended her passion for nutrition with practical and sensible approaches to eating by founding Clarahan Consulting, LLC, a private practice that specializes in treating clients with eating disorders and disorder eating. She is the only Certified Eating Disorder Registered Dietitian in the state of Iowa. She is an active board member with the Association for Size Diversity and Health, as well as the Eating Disorder Coalition of Iowa. In 2007, she was awarded the Iowa Recognized Dietitian of the Year.

Session Summary:

“Body Respect: Embracing the Diversity of Body Size and Health”

Has conventional medicines weight-based view of health promoted weight stigma and shame by ignoring the natural, beautiful diversity of body sizes? In today’s session we will examine if current methods for weight loss are effective or if it promotes weight stigma. We will look at the media influences on our bias and ideals of health. You will be introduced to Health At Every Size ®, a weight-neutral approach to managing health and embracing the body you have right now.

Tom Lazio & Larry Reisch

Biography:

Tom Lazio is the retired Executive Director of American Home Finding Association and active community supporter of good programming for children and families. Tom is currently serving as the Mayor of Ottumwa.

SESSION SUMMARY

“Responsible Fatherhood”

This session will discuss the importance of Responsible Fatherhood as an outgrowth of the National Fatherhood Initiative. Wapello County has developed a Fatherhood effort, which is supported by local fathers and community agencies in the area. By attending this session, you will hear from fathers and others about the importance of engaging dads in children’s lives.

Dr. Samir Koirala

Biography:

Samir Koirala is completing his second year at the Iowa Department of Public Health as a CDC Epidemic Intelligence Services (EIS) officer. He is a physician from Nepal. He completed his medical school in Nepal and his Master’s degree in Public Health from University of Oxford in the United Kingdom. He was deployed to Sierra Leone for a month to assist with the Ebola outbreak.

Session Summary:

“Ebola Outbreak in Sierra Leone”

The latest Ebola outbreak is the largest in history, affecting multiple countries in West Africa. The number of people who are contracting Ebola and dying are increasing day by day in West Africa. This session will provide general information on Ebola and will discuss the situation in West African countries, particularly Sierra Leone. Dr. Koirala will share the challenges this country is facing to contain this disease.

Lalith Jayawickrama

Biography:

Professor Lalith was born and raised in Sri Lanka and completed most of his higher education and research work in the US. He is a scientist by training, in the fields of Environmental Science and Nutritional Biochemistry. As a biological researcher, he has worked at the Smithsonian Institute as well as at several US leading universities. Buddhism is his way of life and as a scientist, he sees no difference between the two. As a practicing Buddhist over the years, he developed a keen interest about the cultural influence on Buddhist art and icons, which is also known as “Buddhist Iconology.”

Session Summary:

“What Does The ‘Buddha Image’ Have To Do With Buddhism?”

Buddhism is an age-old religion and a way of life that has been practiced for over 2,558 years by more than 300 million followers. It encompasses a variety of

cultures, traditions, and practices largely based on teachings attributed to the Buddha himself. As a practitioner of Buddhism, Professor Lalith was born and raised in Sri Lanka. The USA is his adopted “home” now, and as a US Citizen, he currently teaches at the University of Dubuque. In this session, Professor Lalith will explore the traditions and basic practices of Buddhism; along with the evolution of the “Buddha image.” What rituals and icons are unique to Buddhism and what do they actually mean? What is the importance of the Buddha statue to Buddhists? Did the Buddha really look like this? And what does the “Buddha image” have to do with Buddhism? Come to this session prepared to learn a wealth of knowledge about this age-old religion and a way of life.

Nate Monson

Biography:

Nate Monson leads Iowa Safe Schools where he has been Executive Director since 2007. He is a well-known voice in Iowa on issues related to LGBTQ youth and school climate issues. He speaks annually to many colleges/universities, schools, corporations, and community organizations. In his role at Iowa Safe schools, Nate works to lead the organization’s strategic plan, development efforts, organization of the Annual Iowa Governors Conference on LGBTQ Youth, and creation of programming efforts.

Session Summary:

“Supporting Queer & Trans* Youth”

Lesbian, gay, bisexual, trans*, questioning/queer (LGBTQ) youth face a variety of issues including bullying, homelessness, and increased suicide risk. In the past five years, the landscape has shifted dramatically for LGBTQ persons; however, studies continue to show that percentages of youth experiencing these issues has remained stagnant. This session will explore topics related to queer & trans* youth and how you can be an ally to your next generation of leaders.

Heliene Tobler, Ph.D.

Biography:

Heliene Tobler is the founder of Body of Health, a nutritional and lifestyle mentoring company, and co-founder of DrTobler.com, a health and wellness information site. She has a Bachelor’s degree in business and Master’s and Ph.D. degrees in Holistic Nutrition. Her addiction to healthy eating led to culinary training under Chef Gordon Rader, Director of the nationally recognized culinary program at Indian Hills Community College, where she has served as an adjunct. A broadcaster, blogger and coach for families who want to stay healthy, Heliene teaches practical wellness, from the eyes of a recovering fad dieter.

Session Summary:

“Superfoods to the Rescue!”

What if you were told that certain foods have the power to douse the fires of inflammation in our bodies, defeat free radicals, improve our brain power, and taste good to boot? Impossible you say! This session will shatter that myth. There is a group of foods – the “superfoods” – that fit the bill. Attendees will hear the peer-reviewed science and learn practical tips and methods to incorporate “superfoods” into their everyday routine.

Stephanie Snow

Biography:

Ms. Stephanie Snow was raised on the Meskwaki Settlement with traditional Meskwaki beliefs and language and carries the name Aditea of the Swan Clan. She is an enrolled member of the Ho Chunk Nation of Wisconsin. Along with her Meskwaki and Ho Chunk heritage, Stephanie is also part Oglala Lakota and Omaha. Stephanie is currently employed at Grinnell College where she earned a degree in Anthropology. As a member of a local Native American song, storytelling and dance troupe, she’s also had the opportunity to work with acclaimed Native American artists, performers and actors.

Session Summary:

“Coming Back: Native American Traditional Lifeways in the 21st Century”

Ms. Snow is a Native American woman who was raised on the Meskwaki Settlement with traditional Meskwaki beliefs and language and carries the name Aditea of the Swan Clan. Along with her Meskwaki and Ho Chunk heritage, Stephanie is also part Oglala Lakota and Omaha. Join this session to be involved in a discussion about returning to traditional Native American tribal practices to heal from historical and intergenerational trauma.

Michelle Parrinello-Cason

Biography:

Michelle Parrinello-Cason is an English instructor at St. Louis Community College-Forest Park. She is also completing a PhD in rhetoric and composition at Saint Louis University. Her research interests include developmental writing, agonistic rhetoric, and rhetorical identity construction.

Session Summary:

“Not Until It Touches You: Piercing the Buffer Around White Privilege”

One of the most insidious aspects of privilege is the way that it protects itself. The lack of personal experience with various kinds of oppression creates buffers around members of privileged groups that leave them at a disconnect from the lived experiences of people around them. Even when acts of oppression are public and well-documented, this buffer of privilege can act as a way to dismiss, diminish, and silence those realities. This presentation will weave together personal narrative and current events to look at some ways those who benefit from privilege can consciously pierce that buffer and make an effort to become better allies.

Session #3 Breakouts:

Amy Pollpeter

Biography:

Amy Pollpeter is a Criminalist with the Iowa Department of Public Safety's Division of Criminal Investigation Crime Laboratory in the DNA and Crime Scene Sections. She has worked in the DNA section since 2006 and the crime scene section since 2007. She has analyzed approximately 1,000 forensic cases including homicides, sexual assaults, and property crimes. She is a very active in the sexual assault response community training nurses and law enforcement in evidence collection for sexual assault cases. Ms. Pollpeter holds a Bachelors of Science degree in Biology from Iowa State University, a Master's of Science degree in Biology from University of North Carolina at Wilmington, and a Master's of Science degree in Forensic DNA and Serology from the University of Florida.

Session Summary:

"CSI – Iowa: Reality vs. TV"

There are very few people who haven't seen at least one episode of one of the many crime drama TV shows. CSI, NCIS, Criminal Minds, Forensic Files and all their spin-offs certainly make working at a crime lab look thrilling and exciting. But, we also all realize these are TV shows, designed to entertain. What is the real world of working in a crime lab like? What does a day consist of? What is the process that evidence goes through as it travels through the DNA section? Why can't we solve crimes in 45 minutes like they do on TV? These are some of the questions that will be answered in this presentation about what really happens in the Iowa DCI Crime Lab.

Scott Miller

Biography:

Scott Miller is a United States Army Veteran who fractured two vertebrae during a motorcycle accident a few years ago, which left him paraplegic. In late 2012, he

started flight training at IHCC; and recently completed his private pilot check ride and medical flight test on November 25, 2014. His next goal is to complete IHCC's advanced flight training.

Session Summary:

“Overcoming Adversity: A Paraplegic Pilot’s Story”

In this session, United States Army Veteran Scott Miller, will share his compelling and inspiring story of facing adversity yet refusing to give up on his dreams. Scott lost the use of his legs after a motorcycle accident several years ago, but he didn't let this impede his positive attitude or his drive to succeed. Instead of giving up on or settling for a lesser dream, in late 2012, Scott enrolled in the pilot program at Indian Hills Community College. On November 25, 2014, he passed his flight tests to become a certified private pilot. Join this session to learn about how Miller's story serves as true motivation for anyone who faces challenges on the road to success and in achieving their dreams.

Rich Kennedy, MBA & DaJuan Foster

Biography:

Rich Kennedy is a training facilitator at Iowa Works-Southern Iowa who deals with diverse populations in our ten county area. He is a combat wounded veteran who served in Operation Iraqi Freedom and Operation Enduring Freedom from 2003 through 2006. He achieved his Master's in business administration from St. Ambrose University and his Bachelors from Buena Vista University in Criminology. Rich received his Associates Degree from Indian Hills Community College.

Session Summary:

“A Game (ATTITUDE)”

The 'A Game' is a training program that focuses on the soft skills needed to be a valuable employee. Having the hard skills is only 50% of the equation to ensure hiring and retention of your job. Attitude is the first module that focuses on the ways your persona and behavior can influence your occupational career. This session will be very interactive and participation is required.

Pastor Bill Hornback

Biography:

Bill Hornback is the Pastor at the First Church of the Open Bible in Ottumwa, Iowa. He has been in ministry for more than 40 years. He is married and has 7 children and 16 grandchildren. He formerly served as chaplain for Hospice of Wapello and

Davis counties, and Bereavement Coordinator and chaplain for Good Samaritan Hospice.

Session Summary:

“Good Grief Charlie Brown...What’s Good About Grief?”

Grief hits us all in one way or another through life...and helping others deal with this grief and to find their “new normal” is not always easy. In this session, we will discuss ways of dealing with personal grief and with the personal loss that others experience.

IHCC International Student Panel

Anuja Gamage, Sri Lanka (male)

Maria Burkle, Venezuela (female)

Akari Kinjo, Japan (female)

Brandon Fonkwen, Cameroon (male)

Session Summary:

“Around the World in 60 Minutes”

Have you had the chance to travel to other parts of the globe? Or ever wondered what it was like to live in another country, to eat their food, or wear their traditional clothing? This session will explore a handful cultures from around the world being represented right here in Ottumwa, Iowa, at Indian Hills Community College. Come ready to learn about their food, culture, school system, social life, and so much more!

Cathy O’Keeffe

Biography:

Cathy O’Keeffe is a former teacher and co-founder of Raising Hope International, a non-profit that provided play equipment and school supplies to over 30 orphanages in eleven countries from 2006-2013. Cathy first became passionate about fighting human trafficking in 2008 while living in China, where sex trafficking was often out in the open. Upon returning to the United States in 2011, Cathy joined Braking Traffik to eradicate this form of modern day slavery from the Quad Cities community and to give a voice to the hundreds of thousands of American women and children who fall victim in our country each year.

Session Summary:

“Sex Trafficking: Any Kid Anywhere”

Sex trafficking is a growing crime in Iowa, targeting children as well as adult women. Participants will learn ways children and young adults fall victim to sex trafficking, various forms of control, and why no community is immune to this horrific crime. This session will also explore the concept of human trafficking as a business and how pop culture can fuel demand by negatively influencing the way society views women and girls.

Patrick Schrodt

Biography:

Patrick Schrodt has worked in LGBTQ social services and women's health since 2002. He has volunteered in a number of LGBTQ service organizations and worked in women's health both in a clinic and hospital setting. His most recent position prior to joining IowaCASA was leading the process improvement team on his unit at a local hospital.

Session Summary:

"The Deaf Queer Jew"

This presentation will be discussing the presenter's experiences with society's categorization of people. What happens when you have more than one "box" that you fit in? What if you don't fit in a "box"? We will be discussing various forms of oppression and power and how that changes from situation to situation. Questions are welcome, and the presenter will be available for individual questions after the presentation.

Nu Huynh & Som Baccam

Biography:

Nu Huynh was born in Vietnam and immigrated to the United States in 1979 as a refugee with her family at the age of 5. Huynh spent over 15 years of her career with Principal Financial Group prior to joining Iowa Asian Alliance as their Executive Director in August of 2013. Her mission with Iowa Asian Alliance is to unite Iowa's diverse Asian, Asian American, and Pacific Islander communities for the purpose of fostering economic growth and community development within the state of Iowa. In her current role, Huynh feels she can truly make a difference and contribute to creating an environment that is culturally diverse, inclusive and welcoming for all Iowans.

Som Baccam was born in Vientiane, Laos, and immigrated to the United States in 1975 as a refugee with her family at the age of 11. Som obtained her Associate Degree of Nursing (RN) in 1986 from Des Moines Area Community College and has served as a professional healthcare worker for nearly 30 years. She is currently a Claims

Medical Specialist, RN at Nationwide. Baccam is a recipient of numerous awards for her volunteerism and leadership, with her most recent accomplishment in winning the election to the County Public Hospital Board of Trustee.

Session Summary:

“40th Anniversary of Governor Ray’s Legacy: The Struggles and Triumphs of the Southeast Asian Refugees in Iowa”

Iowa Asian Alliance presents the struggles and triumphs of the Southeast Asian Refugees here in Iowa. Join us for a firsthand account of one’s journey to escape a war-torn country and rebuild a new life. Thousands of families fled their homeland to find refuge in a foreign land – it was Iowa that opened their hearts and homes to start the legacy that was led by former Governor Robert D. Ray. Lives and Iowa’s landscape forever changed. This year we are celebrating the 40th anniversary of the resettlement of Southeast Asian refugees by sharing our personal stories, then and now.

Vicki Crompton

Biography:

Vicki Crompton holds a BA from Augustana College and an MA from the University of Iowa. She lives in Davenport, IA. She is married and has two children and four grandchildren. She is the co-author of “Saving Beauty From the Beast: How to Protect Your Daughter from an Unhealthy Relationship”, published in 2003 by Little Brown & Co.

Session Summary:

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