



# Now What?

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OUR VOLUNTEERS  
AND MANY OTHERS



# Now What?

# TED<sup>x</sup>BellarminoU

x = independently organized TED event

FRIDAY, FEBRUARY 18, 2022, WYATT HALL, BELLARMINE UNIVERSITY, LOUISVILLE, KY

# #TEDxBellarminoU

## WELCOME!

Our focus is on the question “Now What?” Unprecedented changes have wrought havoc on our world, continually pushing and pulling humanity through challenging situations such as a global pandemic, racial tension, mass shootings, and extreme political division. In spite of these challenges, we must listen to one another and forge onward, seeking answers to quell turmoil with safety, unity, justice, and peace.

## MESSAGE FROM THE ORGANIZERS

In 2015, TEDx Core Team members Shawn and Quincy were killing time between classes by sharing their favorite TED talks when the topic of hosting a TEDx event at Bellarmine University came up. The two wrote numerous notes on Shawn’s office whiteboard and dug around as best they could. When Quincy graduated, Core Team member Jacob picked up the dream and formed much of the first TEDx Core Team. Today we see this dream being manifested. Thank you for sharing this time with us. We hope you are as inspired and engaged by the topics being discussed as we were during every stage of this event-planning process!

## THE TEDx CORE TEAM

Dr. Shawn Apostel  
Kristi Apostel  
Crystal Bhagwandin  
Abby Bullock  
Jacob Gagel  
John Klapheke  
Angela Miller  
Quincy Nelson  
Grace Potts  
Lucas Rogers  
Jacob Schuhmann

## OUR EMCEES



Jacob Schuhmann  
Bellarmine Class of 2017  
TEDx Core Team



Abby Bullock  
Assistant Stage Manager  
TEDx Core Team

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## WHAT IS TEDx?

In the spirit of ideas worth spreading, TED has created a program called TEDx. The program consists of local, self-organized events that bring people together to share a TED-like experience. Our event is called TEDxBellarminoU, in which x = independently organized TED event. At TEDxBellarminoU, live speakers will spark deep discussion and connection. The TED Conference provides general guidance for TEDx program, but individual TEDx events, including ours, are self-organized.

This independent TEDx event is operated under license from TED.



SUNERGOS COFFEE  
— EST. 2003 —



## ABOUT THE TEDx SIGN DESIGN

The property of light is inherently mysterious. Its waves travel invisibly through time and space until it reaches its observer, and even then its presence cannot be physically obtained. Light is very much present in the sense that its qualities can be physically perceived and observed. However, it isn't a tangible object that can be defined by any one material form.



Reflecting on the events of the past two years shows that our future as cohabitants of Earth is similar. The future comes to us from parts unknown as we observe the current events leading us there like astronomers analyzing light waves from a distant galaxy. Although we know the future is imminent, its qualities aren't perceivable; it's elusive until it meets its observers. We are only left to wonder, "Now What?"

The emanating light through the openings of the TEDx sign are representative of the mystery of the coming future. Like stars observed from earth, they're representative of a much larger presence. Viewed at a distance, the future appears small but will inevitably become the consuming present. The intricate line-work cascading from the openings is symbolic of lightwaves. The red and blue lines as well as the multicolored prisms represent the beginning and end of our visible spectrum.

### SHAE GOODLETT, MFA

Shae Goodlett is an artist and illustrator from Louisville, Kentucky whose work has been featured by *Sports Illustrated Kids*, *Louisville Magazine*, and Heaven Hill Distillery. Shae received a bachelor's degree from Bellarmine University and a master's degree from the University of Louisville. Currently, Shae is serving in a short-term position as Assistant Professor of Art in the Bellarmine Art Department.

**SPECIAL THANKS TO STEVE BAKER, WHO BUILT THE TEDx ON-STAGE LOGO IN 2019**



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**106.3 in the East End of Louisville**

**104.9 in the Prospect area**

**100.1 in Northern Louisville &  
Southern Indiana**

and

***103.5 all over WAKY-Land!***



**Now What?**

### NOW THIS: MEN TO THE #METOO FRONTLINE



In the 2006 book *We Believe You*, activist Brenda Tracy said, "Women can't stop rape. If we could, we would have already done it."

There are some good men out there, but they're not speaking up and doing their part." This quote highlights what's needed to continue the amazing work that came from the #MeToo movement. Through self-reflection, compassionate listening, and accountability, men can step to the frontline, pick up the #MeToo torch, and create cultural change. Since #MeToo isn't currently in the viral spotlight, now is the time for this work to be done.

### DR. JAMES WILKERSON, @THE\_TITLE\_IX\_GUY

James Wilkerson is the Director of Equity and Diversity and Deputy Title IX Coordinator at Indiana University Southeast. He is the author of the best-selling book *The Title IX Guy* and was named Best Local Writer in the 2021 LEO Weekly's Readers' Choice Awards.

### IS ALCOHOL REALLY HELPING US COPE?

"I need a drink" is too often a common refrain. Alcohol consumption in the U.S. has drastically increased since the beginning of the pandemic. Culture often treats alcohol like a cure-all for stress through, in part, messages about how desirable and relaxing it is to drink. However, within hours of the first sip, the process of breaking it down creates interruptions to almost every system in the human body, especially the brain. Furthermore, alcohol use impacts mental health and can increase stress. What if humans looked at alcohol intake with the same scrutiny as calories, sugar, caffeine, and harmful chemicals? Rather than using alcohol to cope, humans can make better choices to move forward as a society.



### SAMANTHA PERKINGS, AUTHOR, @SAMANTHAPERKINS\_ALIVEAF

Samantha Perkins is an author, speaker, wellness coach, and proud advocate for living alcohol free. Her first book, *Alive AF: One Anxious Mom's Journey to Becoming Alcohol Free* explored her relationship with alcohol and how she began to heal from lifelong anxiety through eliminating alcohol and embracing self-care.



### THE FIGHT FOR INCLUSION: GETTING SELF-DEFENSE AND COMBAT SPORTS EDUCATION TO THOSE MOST IN NEED

Offering self-defense training often comes with a very unique problem: it generally does a poor job of attracting and retaining those most in need of the training. The reason is simple. It's tough, and getting self-defense training to those that need it the most is plagued with hurdles. Jesse will explore a multi-modal approach, which is required at each step of the process because sharing the message with the right audience, getting that audience to try training, and, finally, turning self-defense training into a healthy, long-term habit are imperative actions to promote self-defense for those who need it most.

JESSE WALKER, CO-OWNER AND HEAD COACH, ROUGH HANDS

Jesse Walker has been coaching martial arts and combat sports for 15 years. As the head coach at Rough Hands, Jesse's focus is providing a conceptual and principle-based framework with the goal of making fighting and self-defense skills accessible to anyone who walks in the door.

## Intermission

### UGLY BEAUTY: JAZZ, SPIRITUALITY, AND COURAGE

The world today faces unprecedented challenges: a health pandemic, an ongoing racial pandemic, mass shootings, socioeconomic injustices, and extreme political division. Humanity finds itself once more at a crossroad, asking the question yet again, "Where do we go from here?" In heeding that call, theologian and mystic Howard Thurman puts forth, "Don't ask the world what it needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive." Jazz musicians have been some of our most courageous exemplars in answering this call. Dave will share revelations in thought and sound from two jazz masters: Duke Ellington and Thelonious Monk.



DAVE CLARK, SAXOPHONIST AND SPEAKER

Dave Clark is the Director of Jazz Studies at Bellarmine University. Besides teaching an array of classes, Dave directs Bellarmine's Nouveau Gumbo ensemble. Having earned a bachelor's degree in music education and a master's in jazz performance, Dave is currently a doctoral student in Bellarmine's School of Education and is the Executive Director of the Louisville Jazz Initiative, a diverse, inter-generational coalition of musicians and educators committed to the authentic teaching and performing of jazz, seeking to preserve the connection between the music and its cultural and historical contexts. Together, the Initiative highlights the inherent value in individual experience and expression, empowering its participants to advocate for social and racial justice.



### FROM COCKTAILS TO TURKEY STOCK

For 368 consecutive days, Lee wrote and distributed words of support to an email list of approximately 250 people, letting them know they were in a community, working toward a common goal. Each individual in this community was there to support and be supported. During this time, Lee and fellow firefighters were surrounded by the pandemic for 36 hours out of every 48, confined to home the remaining 12 hours. Together, they experienced three distinct emotional phases, all marked by what they ate and drank. These phases, combined with the daily email routine, prepared them for "Now What?"

LEE LOOK, FIREFIGHTER, PHD, @LLOOK

Lee Look is a company officer with St. Matthews Fire Department and a department director at Cedar Lake Lodge, a facility for people with intellectual disabilities. He spent the pandemic running Incident Management Teams, writing, and cooking.

### PANELS AND PERSPECTIVE: CAN COMICS CREATE CHANGE?

Julian was inspired when stumbling on a previously unfamiliar commonality between two powerful forces: the indescribable magic of reading favorite comics for the first time and the inertia of the ever-advancing movement away from oppression and toward steps for social justice change. Comics and manga—once considered childish and lacking literary substance—became popular, scholarly media, challenging perceptions of the genres. At this stage, Julian realized education, empathy, and exposure could be forces against injustice. Accepting that current oppressions come in many forms, Julian's talk challenges the notion of freedom to explore "unfreedoms" and how education and working within the community can break down preconceived notions to inspire the next generation.



JULIAN THOMAS, AUTHOR, @BLACKHEARTCOMIC

Julian Thomas is a multimodal artist from Kentucky and the author of the graphic novel epic *Black Heart*. When not creating or teaching writing courses for youth, Julian spends time immersed in community outreach and raising his daughter.

## Reception

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