



## Presenters-Social/Recreation Panel



**Russ Pierson, LCC**

Russ Pierson is a GreenFaith fellow, earned a Doctor of Ministry in Global Leadership from George Fox University and holds several sustainability-related certifications. He served as the Associate Director of Facilities Management and Planning and the Transportation Coordinator at Lane Community College prior to accepting his current

assignment as Dean of LCC's Florence Center in March 2015. Russ has an intriguing, mixed-up background in construction management, the faith community and higher education, and he is currently serving as a Conversation Project leader around Faith and Politics with Oregon Humanities. He has contributed to Huffington Post, Justice Unbound, Sojourners, A Matter of Spirit, The Siuslaw News and is a frequent presenter at education-related conferences. Russ also begins a term as President of the Board of the Florence Area Chamber of Commerce in June. He loves great conversations, his wife Tami, three adult children and his three grandboys, among other things.



**Justin Helberg,  
Honeyman  
State Park**

My name is Justin Helberg. I am the Park Manager at Honeyman State Park. I was raised in Florence, Oregon and graduated from Siuslaw High School. I attended college at Oregon State University and have worked for Oregon Parks and Recreation Department for 20 years. I care deeply about this community and the community's connection to Jessie M. Honeyman Memorial State Park and its resources.



**Kristin Anderson,  
FRAA**

Kristin Anderson spent 26 years working as engineer, manager and director of Engineering at Hewlett-Packard and MontaVista Software. In retirement, Kristin turned her focus to fused glass art which led to her work with Florence Regional Arts Alliance in Florence, OR, of which she is currently President. She loves combining her love of working with people with her love of art and FRAA allows her this synergy. Kristin's goals at FRAA include creating an environment in Florence for artists to meet and create together and working with the local youth providing a venue for them to learn how to promote and sell their artwork. Kristin is also a member of the Backstreet Gallery Co-op leading their marketing team. Kristin has an BS and MS in Engineering from Santa Clara University and an Management of Technology from National Technology University.



## Presenters



**John Herbst, Coastal Fitness**

John Herbst is a Colorado native living there for 49 years. He became a full time Personal Trainer in 2004 while living in Colorado and has been continuing this occupation ever since. John has lived in Florence for a total of 8.5 years and working

at Coastal Fitness for 7 of those years. John is a senior and currently 95 % of his clients are also seniors. Perhaps this is due to the fact he can relate to the issues of aging and because he has been at the health club for 7 years.

John does strength, endurance, flexibility, and balance training with all his clients, no matter their gender or age. John finds that several people think they can lose weight by exercising. This is partly true, however John likes the saying- lose weight in the kitchen and get fit in the gym. This is especially true as we age. Our lifestyle changes, there are hormonal changes, wear and tear on our joints, and gravity issues with the physical body.

**Mary Shaw, Farmers Market**

Mary Shaw has been a whole foods teacher and advocate for over two decades. After working at the Ashland Food Co-op as the Education Coordinator and serving on the Rogue Valley Food System Network for 12 years, she retired and moved with her husband to Florence where she has continued her work as was a driving force in the founding of the new Florence Farmers Market. She also leads a group of dedicated and experienced food specialists who provide cooking demonstrations for several local service organizations.

**Frances Klippel**

Frances Klippel has lived in Florence for 18 years. She has spent years honing her crafts as healer, herbalist, creator of concoctions, potions, and recipes that are healthy and natural. She volunteers at Lane Community College with English as a Second Language and Citizenship classes. She is active in the Big Wave poetry group and the Florence Baha'i Community. She is a committed volunteer in the effort to support local food production and sales. And she loves to dance!

