

Elizabeth (Beth) Shearon

580-231-2342 bethshearon@gmail.com

Whole Plant Foods Advocate, Advisor, Trail Guide

Vegetarian since 1991, now 33 years of experience keeping the cows off the plate, as well as the pigs, lambs, chickens, and turkeys

In 2019 began whole plant food exclusive NSOS high raw vegan

2020 added daily hypernourishment green smoothie and hydration practices

Five year deep dive into the whole plant foods way of eating and nutrition including the Moving Medicine Forward Master Class in Plant Based Clinical Nutrition 2020-2021

Maximum health and disease arrest & reversal self-study program following Dr. Caldwell Esselstyn, Dr. Brooke Goldner, Dr. John McDougall, Dr. Dean Ornish, Dr. Alan Goldhamer, Dr. Michael Klaper, Dr. Neal Barnard, Dr. Michael Greger, Dr. T. Colin Campbell, Dr. Kim Williams and others educating on the Whole Food Plant-Based WFPB or Whole Plant Food WPF transmutation of the physical body, human and microbial, which can also transform mental and emotional well-being

Way of eating and lifestyle study of classes and tutorials including how best to shop for produce and pantry, organization, selection and use of kitchen tools, spices and seasonings, foods, label reading and other dietitian tips and tricks, as well as recipes and innumerable cooking demonstrations

Created **We Celebrate Eating Plants** social service project starting in the summer of 2023 to widen outreach for the support and promotion of plant eaters on the web and in social media to help broaden exposure for health, animals, climate, public welfare, waterways, forests, and other natural spaces

Natural Living Advocate and Trail Guide

Decades getting chemicals out of and off of the body and out of the house
Best efforts toward eco-friendly living and support, environmentally in synch
Incorporating consistent time in nature for meditation, walks, and exercise

Organic, veganic

Promotion of health, immunity, vitality, and longevity
Natural Hygiene body mind spirit community support

Tech Summary:

Programmer noted to have an eye for design as well as meticulous writing and coding skills. Web specialties include coding for website download speed, elastic coding, and responsive design and development beyond the grid. Photography and photo editing proficiencies were utilized in providing images for website design and content management.

A background in caregiving and customer service as well as office positions and event center management honed skills in working independently. Continually learning, sharing, and volunteering, I participated in a local data science group dabbling in neural networks, Python, and Anaconda, and have participated with and facilitated special interest groups via local in-person meetings as well as online international groups with topics ranging broadly including civil liberties, community assistance, the environment, alternative health, and personal development.

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- ◆ Work:
 - HTML, CSS
 - JavaScript, PHP, SQL
- ◆ University:
 - C++, Java, COBOL
 - C#.NET, ASP.NET, VB.NET, Visual C++.NET
- ◆ Digital Imaging
 - Photography
 - Photo & Video Editing
 - Photo Restoration

Education:

Bachelor of Science in Computer Science, Cum Laude May 2012 GPA: 3.84/4.00
Northwestern Oklahoma State University Enid, Oklahoma 4.0 in major

- ◆ DEVELOPMENT
 - Systems Analysis and Design
 - Graphical User Interfaces
 - Data Structures and Algorithm Analysis
 - Database Management Systems & Design
- ◆ LANGUAGES
 - C++, C#.NET, Java, COBOL, Visual Basic.NET, Visual C++.NET
- ◆ SOFTWARE / TOOLS
 - NetBeans, Microsoft Visual Studio, Microsoft Access, Oracle

Bachelor of Science in E-Commerce July 2011 GPA: 3.81/4.00
Northwestern Oklahoma State University Enid, Oklahoma 4.0 in major/minor

- ◆ DEVELOPMENT
 - E-Commerce
 - Web Programming, Web Design and Development
 - Telecommunications
 - Digital Photography, Photo Editing and Enhancement
 - Internships (2)
- ◆ LANGUAGES / FRAMEWORKS
 - HTML, CSS, JavaScript, SQL, PHP, ASP.NET, some AJAX, JSON, JQuery
- ◆ SOFTWARE / TOOLS
 - Adobe Photoshop, Adobe Dreamweaver, FTP clients, graphic and coding development tools, content management systems

Associate in Science in General Studies, Summa Cum Laude May 2011 GPA: 4.00/4.00
Northern Oklahoma College Enid, Oklahoma

Major in Fine Art with a Specialty in Ceramics August 1996 – May 1998 (when closed) GPA: 3.25/4.00
Major in Political Science August 1993 – December 1994 GPA: 3.78/4.00
Phillips University Enid, Oklahoma

Work:

Turnaround Office Assistant July 2017 – July 2019 Jared Gary, Site Manager
Brock Services, LLC Tulsa, Oklahoma 281-807-8200 (corporate)
Excel, Track, Brock proprietary “BDMS”, Quantify HollyFrontier Refinery

Admin Clerk, Project Controls Jan 2017 – July 2017 Randy Beard, Project Manager
Brock Services, LLC; also Document Controls Enid, Oklahoma Mark Stone, Project Manager
Excel, Track KBR Construction at Koch Plant 281-807-8200 (corporate)

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Owner/Operator

SeeMe Digital Inc.

March 2012 – Dec 2017

Enid, Oklahoma

(site still up for portfolio)

seemedigital.com

- Website Design and Development
- Photography, Digital Graphics, Photo Editing and Restoration
- Adobe Photoshop (also Dreamweaver for two transfer clients)
- CMS Design and Development, Worked with several proprietary CMS

Website Management, contract

Cherokee Strip Regional Heritage Center

August 2012 – March 2016

Enid, Oklahoma

Andrea Holland, Director

csrhcinfo@okhistory.org

580-237-1907 (Center)

- Transferred website to new CMS
- Created content, created new pages, set up store
- Photography, Photo Editing, Digital Graphics
- Adobe Photoshop, Proprietary CMS (2)

Customer Service Associate

Sundance Wine & Spirits

December 2011 – May 2015

Enid, Oklahoma

David Shearon (deceased)

580-237-5103

Summer Website Intern

Northwestern Oklahoma State University

June 2011 – July 2011

Enid, Oklahoma

Dr. Jerry Gustafson

jjgustafson@nwsu.edu

580-402-1664 (mobile)

- Remote for Alva, transferred content to new CMS

Website and Social Media Intern

Cherokee Strip Regional Heritage Center

July 2010 – June 2011

Enid, Oklahoma

Andrea Holland, Director

580-237-1907 (Center)

Pottery and Clay Art Teacher

LASA Summer Arts and Sciences Academy

1999 – 2002

Enid, Oklahoma

Marie Pierce, Director

Pottery and Clay Art Teacher, Lab Manager

Leonardo's Discovery Warehouse

1998 – 2002

Enid, Oklahoma

Tracy

Gantz Student and Event Center Manager

Phillips University

1995 – 1998

Enid, Oklahoma

Mary Kate Reading

- Handling keys and schedules
- Verifying facilities set up and ready for patrons
- Monitoring facility and events

Owner/Operator

Amber Cleaning Services

1990 – 1993

Naples, Florida

& Surrounding area

- Scheduling
- Cleaning
- Assisting disabled clients with errands & driving them to appointments