

VEGETARIAN SUMMERFEST 2014 PROGRAM

★ *Our 40th Anniversary Celebration* ★



July 2 - 6 ★ Johnstown, PA

VEGETARIAN ²⁰₁₄ SUMMERFEST

40th Annual Conference of the North American Vegetarian Society

navs

GENERAL INFORMATION

ANNOUNCEMENTS

Such as class changes, will be posted on bulletin boards in the Student Union Building and Living Learning Center. Please consult them daily.

NAVS' INFORMATION DESK

1st floor lobby of the Student Union Building.

SUMMERFEST BADGES

Must be worn for admission to all sessions.

SUMMERFEST SESSIONS WILL BE HELD IN THE FOLLOWING LOCATIONS:

Classes, Lectures, Workshops

Living Learning Center: Heritage Hall A and B, University Room, Campus Room, Scholars Room, President's Room; Engineering and Science Building: Auditorium, Room 200; Blackington Hall; Room 138

Plenary Presentations

Pasquerilla Performing Arts Center

Food Demonstrations

Heritage Hall C, Living Learning Center

Morning Yoga

Heritage Hall A, Living Learning Center

Exercise Classes

Terrace Room, Living Learning Center
Studio Theatre, Pasquerilla Performing Arts Center, Outside as designated

Children's Center

Laurel Hall Lower Lounge

Youth Activities

Locations as indicated in the Youth/Child Program

Evening Social Activities

Heritage Hall, Living Learning Center

NAVS BOOKSTORE

Located in the Cambria Room, Student Union.

EXHIBITS

1st & 2nd floor corridors, Student Union Lobby.

MEALS

Meals will be served Wednesday lunch through Sunday lunch in the following two locations in the Student Union: the Cafeteria on the 2nd floor and the Cambria Room on the 1st floor. The gluten free, raw and oil free stations will be located only in the cafeteria. Salad bars, entrees, side dishes, desserts and drinks are available in both locations. Meals will be served at the following times:

Breakfast:	7:30 AM – 8:30 AM
Lunch:	12:30 PM – 1:30 PM
Dinner:	5:30 PM – 6:30 PM
Farewell Dinner:	5:30 PM – 7:00 PM

We're sorry, food and beverages may NOT be taken out of the dining hall.

Meals are prepared by the Food Service of the University of Pittsburgh at Johnstown, under the direction of Executive Chef Mark Reinfeld of Vegan Fusion and assisted by Chef Chris Jolly of Live Jolly Foods and Chef Kevin Archer with guidance from NAVS. All food and meal related questions should be directed to the NAVS staff members at the (signed) NAVS table, and not to the University's food service personnel.

MEAL TICKETS

Are required to enter the cafeteria. Treat them as you would cash. You will be charged full price for replacement tickets.

SWIMMING & FITNESS

Zamias Aquatic Center pool hours:

Wednesday	11:30 AM – 2:00 PM 3:00 PM – 7:00 PM
Thursday	11:30 AM – 2:00 PM 3:00 PM – 6:00 PM
Friday	Tentatively 1:00 PM – 3:00 PM
Saturday	Tentatively 1:00 PM – 3:00 PM

(Times may vary, always check in advance for any changes - dial hotline: 2002)

Adults: Living Learning Fitness Center offers 24-hour-a-day use of weight training machines and cardiovascular equipment.

SPEAKERS

MARIBETH ABRAMS (CT) Certified Nutritional Consultant, Holistic Health Practitioner, Lifestyle Educator; author, *The 4-Ingredient Vegan* and *Tofu 1-2-3*; NAVS board member; Associate Editor *Vegetarian Voice* magazine; vegan for 21 years; mother of two teens, vegan since birth

CHEF AJ (CA) Author of the popular book *UNPROCESSED: How to Achieve Vibrant Health and Your Ideal Weight*; chef to many TV shows and celebrities; culinary teacher

PHIL ALLAMONG, CMT CTN (PA) Certified Tai Chi Instructor; founder and facilitator of the Lancaster Vegetarian Society

DINA ARONSON, MS, RD (NJ) Internationally-recognized nutritionist specializing in wellness-related technology and healthy living; President of Welltech Solutions, a health and wellness consulting company

JONATHAN BALCOMBE, PhD (MD) Author, *Pleasurable Kingdom: Animals and the Nature of Feeling Good* and *Second Nature: The Inner Lives of Animals*; Department Chair for Animal Studies and online course instructor for Humane Society University

CHIP BALLEW (MO) Co-founder Veg. Club Ozarks; entertains/teaches juggling stix, top & bubble tricks & other toys/games; longtime vegan animal advocate

NEAL BARNARD, MD (DC) President and Founder of Physicians Committee for Responsible Medicine (PCRM); author of *Dr. Neal Barnard's Program for Reversing Diabetes*, *21-Day Weight Loss Kickstart* and *Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory* among others

CAROL H. BARNETT, PhD, JD (NY) Co-coordinator, Rochester Area Vegetarian Society; mother of three vegan children

TED D. BARNETT, MD (NY) Board certified interventional and diagnostic radiologist; co-coordinator, Rochester Area Vegetarian Society; father of three vegan children

JOHN BESKE (IL) Long-time vegan activist; graphic designer; co-founder of Chicago VeganMania; and Vegan Street, a vegan web store and resource

PATTI BREITMAN (CA) Co-author of *Never Too Late to Go Vegan*; *How to Eat Like a Vegetarian, Even If You Never Want To Be One*; and *How to Say No Without Feeling Guilty*; founder and Director of the Marin Vegetarian Education Group

HAROLD BROWN (NY) President, Farm Kind, Ltd.; raised on a cattle farm in Michigan and spent half of his life in agriculture; appears in the film, *Peaceable Kingdom: The Journey Home*, where he tells the powerful story of his transformation from "beef" farmer to vegan farm animal advocate

JENNY BROWN (NY) Co-founder and Director of the Woodstock Farm Animal Sanctuary, a farm animal shelter; went undercover in Texas to film farmed animal abuse; author of *The Lucky Ones: My Passionate Fight for Farm Animals*

MICHAEL BUDKIE, AHT (OH) Co-Founder & Executive Director of Stop Animal Exploitation NOW! (SAEN), which has been successful in terminating animal research projects

T. COLIN CAMPBELL, PhD (NY) Project director, China-Oxford-Cornell Diet and Health Project, the most comprehensive study of health & nutrition ever conducted; author *The China Study: Startling Implications for Diet, Weight Loss & Long-Term Health* and *WHOLE: Rethinking the Science of Nutrition*

SPEAKERS (con't)

MARY CLIFTON, MD (MI) Clinical Associate Professor, Michigan State University's medical school, and private solo internal medicine specialist; co-author of *Waist Away: How to Joyfully Lose Weight and Supercharge Your Life*

SALLY CLINTON (ME) Certified Ayurvedic Holistic Health & Lifestyle Consultant, Yoga Instructor and founder of Ayushri Yoga, Ayurveda & Wellness; founder of the Vegetarian Education Network

JEFFREY COHAN (PA) Executive Director of Jewish Vegetarians of North America; writer of *The Beet-Eating Heeb*, a blog on theology-based veganism

SHERRY F. COLB, JD (NY) Professor of Law and Charles Evans Hughes Scholar at Cornell University where she teaches courses in animal rights; author of *Mind If I Order the Cheeseburger?*

JIM CORCORAN (NM) Co-founded VegFund, Plant Peace Daily, Santa Fe Veg and VegMichigan; certified in the Living Foods Lifestyle; certified fitness instructor; his talks empower people to make informed and lasting changes in their lives

FRAN COSTIGAN (NY) Pastry chef; culinary instructor; author of *Vegan Chocolate: Unapologetically Luscious and Decadent Dairy Free Desserts* and *More Great Good Dairy-Free Desserts Naturally*

EILEEN WIEDER CRONE, MS, RD, RYT (PA) Registered dietitian with master's degree in nutrition; registered yoga teacher; ACSM-certified health/fitness specialist and raw food educator

MARTY DAVEY, MS, RD, LDN (PA) Registered dietitian and alter-ego of video star, LaDiva Dietitian; teaches nutrition for Victoria Moran's Main Street Vegan Lifecoach program and has done research with the PCRM; specializes in children and the over 50 crowd

BRENDA DAVIS, RD (CANADA) Registered dietitian, co-author *Becoming Raw, Becoming Vegan, Becoming Vegetarian, The New Becoming Vegetarian, The Raw Food Revolution Diet, Defeating Diabetes and Dairy-free and Delicious*; lead dietitian in a diabetes intervention project in Majuro, Marshall Islands

KAREN DAVIS, PhD (VA) President and founder of United Poultry Concerns; author of *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry*

ANNE DINSHAH (NY) Co-author (with H. Jay Dinshah) of *Powerful Vegan Messages*; co-author of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook*; author of *Dating Vegans*; Vice President of American Vegan Society; lifelong vegan, third generation vegetarian

FREYA DINSHAH (NJ) Co-author of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook* and author of *The Vegan Kitchen*; lifetime vegetarian (53 years vegan); President of American Vegan Society

GEORGE EISMAN, RD (NY) Nutrition director of The Coalition for Cancer Prevention Through Plant-Based Eating; author of *The Most Noble Diet, A Basic Course in Vegetarian and Vegan Nutrition and Don't Let Your Diet Add to your Cancer Risk*

STEPHAN ESSER, USPTA, MD (FL) Physician, author and motivational speaker specializing in sports medicine and lifestyle modification; he is dedicated to empowering individuals to achieve their best health and maximize fitness, trained in allopathic medicine at Harvard University and the Mayo Clinic

TIFFANY ESSER ACSM, AFAA, NFPT (FL) Certified Personal Trainer, Group Fitness Instructor and Pre/Post Natal Exercise Specialist; co-creator and fitness model of A-B-E (Activity Bursts Everywhere) for Fitness

JOANN FARB (KS) Author, *Compassionate Souls – Raising the Next Generation to Change the World and Get Off Gluten*; mother of two daughters, vegan since birth

SHARON GREENSPAN, CHHP, HTP, MED (VA) Author, *Eating Your Way To Health Workbook*, *Wildly Successful Fermenting*, *Raw and Living Food Basics*, and *Warming Winter Recipes*; board certified as a Holistic Health Practitioner and raw food chef

MICHAEL GREGER, MD (MD) Physician specializing in clinical nutrition; founded NutritionFacts.org to provide informative daily videos and articles on nutrition research; author, *Carbophobia: The Scary Truth about America's Low-Carb Craze* and *Bird Flu: A Virus of Our Own Hatching*

LEE HALL, JD, LLM (PA) Author, lawyer, educator and grass-roots advocate connecting vegetarianism with ecology, climate and animal rights; Vice President of Compassion for Animals, Respect for the Environment (CARE of the Delaware Valley)

AMIE HAMLIN (NY) Executive Director of New York Coalition for Healthy School Food; responsible for first vegetarian public (non-charter) school in the United States; co-author of *Food UnEarthed: Uncovering the Truth About Food*, full-year curriculum for 4th and 5th graders

LARA HEIMANN MS, PT, RYT (NJ) Registered Yoga Teacher, with over 15 years of yoga teaching experience; her teaching style, YogaStream, is a fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind

JULIEANNA HEVER, MS, RD, CPT (CA) Specializes in weight management in her private practice; author of the best-selling book, *The Complete Idiot's Guide to Plant-Based Nutrition*; recently featured on The Dr. Oz Show and The Steve Harvey Show

CHRIS HIRSCHLER, PhD, CHES (NJ) Assistant professor of Health Studies at Monmouth University; author of *What Pushed Me Over the Edge was a Deer Hunter*

HOWARD JACOBSON, PhD (NC) Contributing author to *WHOLE: Rethinking the Science of Nutrition*, by T. Colin Campbell, PhD; health educator, marketing consultant; founded FitFam.com as a resource for crazy busy parents trying to raise fit and healthy children

KEEGAN KUHN (CA) Co-producer of *COWSPIRACY: The Sustainability Secret*, a groundbreaking feature-length environmental documentary uncovering the most destructive industry facing the planet today, and investigates why the world's leading environmental organizations don't address it

VANCE LEHMKUHL (PA) Vegan columnist ("V for Veg") for the *Philadelphia Daily News*; cartoonist; founding member of vegetarian pop band Green Beings; creator of "Edgy Veggies" cartoon for *VegNews*; author, *Joy of Soy*; feature writer for *Vegetarian Voice* magazine

BOB LEROY, RD, MS, EDM (NY/NC) NAVS Nutrition Advisor; vegan since 1976; public health nutritionist, researcher and fitness instructor; developer of nonprofit initiatives for continuing education of health professionals in plant-based nutrition

HOWARD LYMAN (OR) Executive Director, Voice for a Viable Future; nationally renowned speaker; author *Mad Cowboy: Plain Truth From the Cattle Rancher Who Won't Eat Meat* and *No More Bull! The Mad Cowboy Targets America's Worst Enemy: Our Diets*

VICTORIA MANGUS (MA) Co-founded the Vegan Metrowest (of Boston) Network, which launched on Meetup.com in 2008, and has grown to over 300 members; 18 year vegan

ISABEL MARMOLEJO, MAT (NJ) Certified Zumba Fitness instructor, Gold's Gym instructor, creator of instructional dance videos

MILTON MILLS, MD (VA) Associate Director of Preventive Medicine, Physician's Committee for Responsible Medicine; co-author of PCRM's report on Racial and Ethnic Bias in the U.S. Dietary Guidelines

SPEAKERS (con't)

BAXTER D. MONTGOMERY, MD, FACC (TX) Founder of Montgomery Heart & Wellness, a cardiology practice and wellness center; developed a food prescription program that enables individuals to reverse chronic conditions such as heart disease, hypertension, obesity, and diabetes without medications or surgeries

VICTORIA MORAN (NY) Founder and director of the Main Street Vegan Academy; author of *Main Street Vegan*, *The Love-Powered Diet: Eating for Freedom, Health & Joy*, and *Living a Charmed Life*, a sequel to her best-selling *Creating a Charmed Life*

CHRISTY MORGAN (TX) Author of *Blissful Bites: Plant-based Meals That Nourish Mind, Body, and Planet*; is a certified personal trainer spreading the message that you can be strong (and sexy!) with a plant-based diet

LANI MUELRAH, MA, (CA) Plant-Based Fitness Expert, specializing in helping people who struggle with health, weight and energy levels; best-selling author of *Fit Quickies: 5 Minute Targeted Body Shaping Workouts*

JILL NUSSINOW, MS, RD (CA) Nutrition specialist and culinary educator; author of *The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals in Less than 30 Minutes* and *The Veggie Queen: Vegetables Get the Royal Treatment*; teacher at the McDougall program

MYRIAM PARHAM, RD, CDE, CLC (FL) Clinical dietitian & certified diabetes educator at the Florida Hospital Zephyrhills; President and co-founder of Florida Voices for Animals; certified lactation consultant; mother of a vegan child

JOHN PIERRE (CA) Personal trainer to top celebrities and Fortune 500 CEOs, his client list has included Ellen DeGeneres and Emily Deschanel; vegan nutrition and fitness consultant teaching the principles of compassionate living; author of *The Pillars of Health*

KATHY POLLARD, MS (PA) Instructor in plant-based nutrition for the renowned T. Colin Campbell Center for Nutrition Studies, through eCornell; educates people about achieving optimal health through whole, plant foods

MARK RIFKIN, MS, RD, LDN (MD) Registered Dietitian in private practice, who focuses on whole-food, plant-based diets to prevent and treat chronic conditions such as heart disease, diabetes, obesity, high blood pressure, and depression; MS in Health Education and has been conducting presentations on food-related topics since 1997

DON ROBERTSON (MD) Founding director of Earthsave Baltimore, a nonprofit group that educates and supports people in shifting to a healthy, sustainable, whole foods, plant based diet

ALAN ROETTINGER (CO) Author, *Extraordinary Vegan* and *Speed Vegan: Quick, Easy Recipes with a Gourmet Twist*, among others; a private chef who has cooked in private homes and catered parties for high profile clients, from entertainers to presidents

MARLA ROSE (IL) Co-founder of Chicago VeganMania; EarthSave Chicago; Chicago Vegan Family Network and Vegan Street; author of *The Adventures of Vivian Sharpe, Vegan Superhero* and *When Vegans (Almost) Rule the World*

ALLISON RIVERS SAMSON (CA) Since 1997, she has been pleasing palates with her award-winning vegan bakery, confectionary & chocolaterie, Allison's Gourmet; author of the new e-book, *Comfortably Yum*

KERRIE SAUNDERS, MS, LLP, PhD (MI) Author, *The Vegan Diet as Chronic Disease Prevention*; and creator of the food demo dvd series, *When Bachelor Meets Homemaker*; served as a Global Diabetes Moderator & Food Demonstrator through PCRMC

ROBERTA SCHIFF, MS (NY) Vice President, Mid-Hudson Veg. Soc.; health educator; nutrition counselor

MIYOKO SCHINNER (CA) Vegan chef; former restaurateur (Now and Zen, San Francisco); author of *Artisan Vegan Cheese*; co-host of Vegan Mashup, a new cooking show on public television

RAE SIKORA (NM) Co-founder of Plant Peace Daily, Vegfund and the Institute for Humane Education; she leads compassionate living and ethical consumerism programs internationally for diverse audiences ranging from schools and prisons to businesses and universities

JANICE STANGER, PhD (CA) Author of *The Perfect Formula Diet: How to Lose Weight and Get Healthy Now with Six Kinds of Whole Foods*; contributor to *VegWorld* magazine

JO STEPANIAK (PA) Involved with vegetarian and vegan-related issues for nearly five decades; author and co-author of seventeen books on compassionate living and vegan cuisine; editorial director for Book Publishing Company

MICHAEL STEPANIAK (PA) Program coordinator for the Pennsylvania Resources Council; administrator of the Southwestern PA Household Hazardous Waste Task Force

KATHY STEVENS (NY) Founder and director of Catskill Animal Sanctuary (CAS), author of two books about the work of CAS, *Where the Blind Horse Sings* and *Animal Camp*

SHANTI URRETA (NY) Author of *Dear World, See What I See*; vegan activist working to get the compassionate message out through writing and speaking

ROBERT VICTOR (CA) Former staff astronomer, Abrams Planetarium, Michigan State University

MARK WENDT (MI) College counselor and vegan exercise expert; lost 30 pounds and lowered his cholesterol by 200 points through a plant based diet

WES YOUNGBERG, DrPH, MPH, CNS FACML (CA) Practicing clinical nutritionist and lifestyle medicine specialist using integrative therapies for diabetes control, depression recovery, cardiovascular disease reversal, optimizing digestive health and effective management of many chronic health conditions

ENTERTAINMENT

ELIZABETH BARNETT (NY) Plays piano, cello and sings; lifetime vegan

REBECCA BARNETT (NY) Plays piano, violin, guitar and sings; lifetime vegan

SAMMI FARB (KS) Suzuki violinist, lifetime vegan

SARINA FARB (KS) Pianist, lifetime vegan

DJ JOHNNY V (OH) Vegan dee-jay

SKYLER LEHMKUHL (PA) Actor, singer, fiddle player, computer programmer

VANCE LEHMKUHL (PA) Cartoonist, songwriter and pianist

SANDY YAGENDORF (MA) Classic pianist, has played all over the world performing everything from Bach to Jazz

WEDNESDAY, JULY 2

10:00 AM – 10:00 PM – REGISTRATION

Living Learning Center Lobby

2:00 – 2:35 PM – ORIENTATION

Heritage Hall A

Guidance for all Vegetarian Summerfest “first-timers” and attendees who are new to vegetarianism – Led by Maribeth Abrams

2:45 – 3:45 PM

Heritage Hall A

Conquering Food Cravings (Exploring new science behind brain chemistry and how it relates to cravings for sweet, salt, and fat, and strategies to combat the urge to overdo) – Dina Aronson, MS, RD

Heritage Hall B

Animal Protein and Cancer Risk (How some foods promoted as “heart-healthy” actually raise cancer risk - and don’t do much for your heart either) – George Eisman, RD

University Room

Plant Based for Life - Easy Steps to Radiant Health and Habits (This interactive presentation will give you the tools needed to transition to and easily sustain a whole food, plant-based diet!) – Kathy Pollard, MS

Campus Room

Stress Management and Relaxation for Greater Health and Happiness (How to master techniques to prevent, manage and cope with daily and chronic stress) – Eileen Weider Crone, MS, RD, ERYT-500

Scholar's Room

World Class Vegan Athletes (So, vegans are skinny and weak, huh? Some of the top athletes in the world are fueled on nutritious vegan food. You will get to know some of them - and their accomplishments - and why they chose this route to greatness) – Jim Corcoran

President's Room

Lifelong Animal Activism: Staying in the Fight (Learn from a 26+ year activist how to handle frustrations and avoid burnout, to continue making a difference for animals) – Michael Budkie, AHT

4:00 – 5:00 PM

Heritage Hall A

Digestion in Health and Healing
– Wes Youngberg, DrPH, MPH, CNS, FACML

Heritage Hall B

The 5 Minute Fitness Solution with the Plant-Based Fitness Expert (5 minute fitness challenges – that you can do anywhere, anytime) – Lani Muelrath, MA, CGFI, CPBN

University Room

Wish I Had Said...(Interactive Session - Learn some basic tools for handling random questions from those either curious about or challenging your vegan choices) – Rae Sikora

Campus Room

Blogging for Veg Advocacy – Jeffrey Cohan

Scholar's Room

What Really Matters? Each of Us has the Ability to Make Our Lives Count (Join us as we connect the dots and show how easy it is every single day to cast your vote for a compassionate, healthy and just world. If you are new to Summerfest, this presentation is for YOU) – JoAnn Farb

President's Room

Birding for a Small Planet (“Green Birding” is a new approach to birding that doesn’t use fossil fuel, has minimal impact on the environment, and gets you exercising. Learn to be the eyes and ears of the planet as a citizen-scientist, by submitting your observations to the Cornell Laboratory of Ornithology) – Ted Barnett, MD

Terrace Room / LLC

YOGASTREAM

A fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind (you may want to bring a mat, blanket or towel) – Lara Heiman

5:10 PM – GUIDED TOUR

Meet outside front door Living Learning Center Here’s your chance to find out how to get to all the buildings you’ll be using during the conference – Sharon Jacks

7:15 PM – OPENING PLENARY SESSION

Pasquerilla Performing Arts Center
Musical Prelude – Performed by Sarina & Sammi Farb (Begins 15 minutes before the plenary)

Emcee: Maribeth Abrams

The North American Vegetarian Society
 Welcomes You

Guide to Summerfest, Announcements

Winning Compassion for Farmed Animals –
 Jenny Brown (30 min)

Plant Based Jeopardy – Chef AJ (30 min)
 Contestants: Michael Greger, MD; Julieanna
 Hever, RD & Milton Mills, MD

Nutrition: A Forgotten Medical Science
 – T. Colin Campbell, PhD (40 min)

9:15 PM (or immediately after the plenary session)
Heritage Hall – Living Learning Center
GET ACQUAINTED PARTY
 Time to have fun, meet other attendees and
 dance to music provided by vegan DJ Johnny V.
 Light refreshments available.

9:45 PM – EVENING SKY WATCHING
Meet at the Front Entrance to
Living Learning Center

The heavens celebrate the 40th annual
Summerfest! See asteroids Ceres and Vesta,
 destinations of the ongoing Dawn space
 mission, within the same telescope field, closer
 together than they've appeared since before
 their discovery in 1801 and 1807. On our final
 evening, Moon, Mars, and the star Spica will
 converge within a single binocular field.

After telescopic views of the of Moon and Saturn
 and a tour of bright stars, we depart at 10:45
 PM for the baseball field to view two asteroids,
 the Milky Way, and deep-sky objects
 – Led by Robert Victor

THURSDAY, JULY 3

6:00 – 7:15 AM – BIRD WALK

Meet in front of the Living Learning Center
 Emphasis will be on identifying birds by sight
 and sound (Binoculars optional, but desirable)
 – Ted Barnett, MD & Jonathan Balcombe, PhD

6:30 – 7:30 AM – YOGASTREAM

Heritage Hall A
 (A fun-filled sweatfest that combines precise
 alignment with playful and creative sequencing
 to elevate the heart rate and calm the mind -
 Please bring a mat) – Lara Heimann, MS, PT, RYT

6:30 – 7:30 AM – ZUMBA

Studio Theatre
Pasquerilla Performing Arts Center
 (This Latin inspired fitness program combines
 dance and aerobic elements. Zumba's
 choreography incorporates hip-hop, samba,
 salsa, merengue, mambo, martial arts and some
 Bollywood and belly dance moves. Appropriate
 for all fitness levels – Adults only – Sneakers
 required) – Isabella Marmolejo, MAT

6:30 – 7:30 AM – TAI CHI

Basketball Court across from Laurel Hall
 (Tai Chi for Wellness is easy to learn and fun to
 do - no physical prowess is required. Learn to
 relax and enjoy life)
 – Phil Allamong, BS, CMT, CTN

8:45 – 9:45 AM

Engineering & Science Bldg. – Auditorium
Optimal Health: More Than What Meets
the Eye (Optimal health depends on healthy,
 symbiotic, interconnected relationships between
 nutrition, exercise, mental health, and self-
 awareness. Learn how to follow a more holistic
 approach to food, exercise, and daily living)
 – Dina Aronson, MS, RD

Heritage Hall A

Raw Food: Dangers and Doing It Right! (Are
 you worried about getting your nutritional needs
 met on a raw diet? or lost too much weight?
 Did you have less energy? Did your skin erupt?
 Learn the mistakes most people make! Different
 approaches leading raw chefs, doctors and
 advocates take will be discussed. Strategies

THURSDAY, JULY 3 (con't)

for implementing changes and telltale signs for when to consult a professional will be described. Information about necessary kitchen appliances and food preparation will be discussed)
- Sharon Greenspan, CHHP, HTP, MEd

Heritage Hall B

You're Not Dead, Yet: Nutrition for the Over 50 Crowd (Detailed nutrition needs for the older vegan vanguard. Also, how to survive hospital or long-term care facilities and make the dietitian your friend) - Marty Davey, MS, RD

University Room

Vegan on the Hot Seat (We have all gotten those questions or comments that make us wish we had responded differently in hindsight. Bring the most challenging questions/comments you have ever had thrown at you and toss them out to the vegans in the hot seat) - Rae Sikora & Marla Rose

Campus Room

Discovering Veganism: Personal Journeys and a Fascinating History - Freya Dinshah

Scholar's Room

Non Violent Communication (Workshop - Learn why non-violent communication helps our cause, and how to use it to get your point across and your needs met without offending others. You might not always get what you want in the end, but it can help to prevent a lot of misunderstandings) - Amie Hamlin

President's Room

How to use Meetup.com for Vegan Networking (Learn about the many useful features of Meetup that are helpful to individuals and groups who want to share information, communicate, and set up events) - Victoria Mangus

10:00 - 11:00 AM

Engineering & Science Bldg. - Auditorium
Vegan and Vegetarian Diets and Disease Risk: The Current State of the Evidence
- Brenda Davis, RD

Heritage Hall A

Sea Vegetables for Health and Vitality (Have you been reluctant to try sea vegetables - also known as seaweed - because you just don't know what it is or what to do with it. This session will cover the various types of sea vegetables in

the marketplace, their nutritional value and how to use them in your daily cooking and eating)
- Jill Nussinow, MS, RD

Heritage Hall B

Winning at Weight Loss (Change your body chemistry by changing your food chemistry! We'll cover 'Food Friends & Foes', natural hormone balance, stressors, body composition, sleep & more. Get new resources for optimal eating, and tips & tricks from an Integrated Medicine perspective, helping you determine where the problems - and solutions - can be found in YOUR body!)
- Kerrie Saunders, MS, LLP, PhD

University Room

Are Humans Designed to Eat Meat: Part 1
- Milton Mills, MD

Campus Room

Farms and Fish: Is "Organic, Sustainable" a "Step"? (Everyone's talking about reducing their "footprint" and "sustainable" is the new buzzword in food. But what changes are actually occurring; and are they meaningful?)
- Lee Hall, JD, LLM

Scholar's Room

Laughter is Still the Best Medicine (We sometimes take ourselves very seriously when we are facing the problems of climate change, animal suffering and epidemic disease. Yet keeping our sense of humor can help us be better advocates. This interactive workshop will include advice, jokes and real life experience story telling that can help us keep our balance when the world seems so out of whack) - Patti Breitman

President's Room

In My Own Little Corner in My Own Little World (It can be liberating, motivating and joyful to "let go" of trying to make a difference in the (whole) world, where we feel like a raindrop in the ocean. Some of us are better suited to working in smaller venues, like our city, our local religious organizations or civic group. Over the years, my family has explored each of these. I will share what was especially empowering) - JoAnn Farb

10:00 - 12 NOON - FOOD DEMONSTRATION

Heritage Hall C

Extraordinary Vegan - Chef Alan Roettinger

11:15 – 12:15 PM

Engineering & Science Bldg. – Auditorium

The Autoimmune Epidemic: Ways to Limit Your Own Risk

– Wes Youngberg, DrPH, MPH, CNS, FACML

Heritage Hall A

Ten Dangerous Nutrition Myths

– Janice Stanger, PhD

Heritage Hall B

On Beyond Vegetarian (Being ethical in every way when choosing foods to purchase)

– George Eisman, RD

University Room

Ask the Kids: Growing Up Vegan (Learn about what it is like to be raised vegan. Bring your questions to ask this group of vegan kids directly what worked, and what didn't. How did they handle specific challenges?)

– Amie Hamlin (moderator)

Campus Room

The Case of the Lapsed Vegetarian: What Happened, and What do We do About it? (We all have heard of someone who was a vegetarian/vegan, but who resumed eating some animal food. Now, social media has brought us news of several others who have publicly reported doing the same as treatment for some condition or perceived craving. What's going on? Wasn't the vegan diet healthy? Shouldn't the vegan diet have prevented this? Yes, in theory, but there's more to it. Learn what may be causing this phenomenon, and how you can help prevent a friend from returning to meat) – Mark Rifkin, MS, RD

Scholar's Room

The 10 Principles of Effective Vegan Advocacy

– Jeffrey Cohan

Studio Theatre

Pasquerilla Performing Arts Center

NIA TECHNIQUE movement class: Dance + Martial Arts + Yoga – Allison Rivers Samson

1:45 – 2:45 PM

Engineering & Science Bldg. – Auditorium

Behind the Scenes of Nutrition Research and Policy Making – T. Colin Campbell, PhD

Heritage Hall A

50 Staters (The Athlete and The Doctor share their experience and expertise in optimizing

athletic performance with diet, and also share their tips for traveling on a vegan lifestyle, as Mark travels to each state in our great country to run a marathon) – Mary Clifton, MD & Mark Wendt

Heritage Hall B

Show Me The Plants! How to Carve Your Figure With Your Fork and Other Secrets to Weight Loss Success (Learn the 3 rules of satiety and other secrets to lasting weight loss - without

going hungry or working out like a maniac - with a plant-based diet, simple exercise, and a simple workout for your willpower)

– Lani Muelrath, MA, CGFI, CPBN

University Room

KINDred in Tooth and Claw: The Virtuous Face of Nature – Jonathan Balcombe, PhD

Campus Room

Relationships Workshop: Tips on Improving Your Dating – Anne Dinshah

Scholar's Room

Food Justice? (Food justice is both an idea and an organized movement. Many communities, natural food stores, and co-ops are part of this movement. We will look at how our buying habits add to or detract from true food justice. Find out more about what food justice is as a movement and what the plant based/vegan community has to offer) – Harold Brown

President's Room

The 8 Dimensions of Wellness and Vegan Diets

– Chris Hirschler, PhD, MCHES

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Plant Indulgent, Unprocessed Recipes: Free of Salt, Oil and Sugar – Chef AJ & John Pierre

3:00 – 4:00 PM

Engineering & Science Bldg. - Auditorium

Let The Myths Stop Here (Nutrition misinformation is abundant and it can be entirely confused as to what to believe and what to question. This session will debunk the greatest myths surrounding healthy eating today including topics such as protein, supplements, soy, and dairy- based on cutting-edge scientific data) – Julieanna Hever, MS, RD

THURSDAY, JULY 3 (con't)

Heritage Hall A

Gospel of Green Smoothies (What are green smoothies? How do you make them? Will they cause kidney stones? Learn how green smoothies have gone from “weird drink” to Oprah and how to make them so everyone will love them! Includes recipes, but is not a demo) – Sharon Greenspan, CHHP, HTP, MEd

Heritage Hall B

What's Wrong with the Paleo Diet – Milton Mills, MD & Roberta Schiff

University Room

How to Veganize Any Recipe (Panel) Chef Fran Costigan (moderator) Allison Rivers Samson & Chef Miyoko Schinner

Campus Room

Toxins in Your Home: What You Don't Know May Be Lethal (Many common household chemical products and pharmaceuticals contain hazardous ingredients that can harm people, animals, and the environment. Heighten your awareness of these toxins, avoid exposure, and take action to eliminate them in your surroundings) – Michael Stepaniak

Scholar's Room

Achieving Life Balance with Raja Yoga (Explore the bigger picture of yoga, which is much more than just stretching and doing pretzel poses on a mat. Raja Yoga is the “royal path” that teaches ways to live in balance socially, emotionally, spiritually, mentally, environmentally and physically. Class includes some experiential stretching, diaphragmatic breathing and quieting the mind) – Eileen Weider Crone, MS, RD, ERYT-500

President's Room

Grief of Animal Activism: Dealing with the Challenging Personal Issues Caused by Caring About Animals (Whether you work to stop factory farming, animal experimentation, circuses, or some other form of exploitation, they are all depressing and stressful issues that can take a heavy toll on us personally. Learn how to survive) – Michael Budkie, AHT

4:10 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

Extraordinary Elephants and Playful Pigs: True Stories of Caring and Intelligence in the World of Our Non-Human Relatives – Rae Sikora (20 min)

Presenting a New Healthcare Delivery Model – Baxter Montgomery, MD (40 min)

7:15 PM – PLENARY

Pasquerilla Performing Arts Center

Musical Prelude – Rebecca Barnett (Begins 15 minutes before the plenary)

Emcee: Vance Lehmkuhl

After Meat – A Thought Experiment that Asks: What Would Happen if Humans Suddenly Stopped Eating Animals? – Jonathan Balcombe, PhD (30 min)

LEFTOVERS – Original Song performed by Vance and Skyler Lehmkuhl (The new improved 21st century version)

The Pillars of Health – John Pierre (30 min)

Cardiovascular Counterattack: Making Sense of the Headlines – Brenda Davis, MS, RD (40 min)

9:30 PM (or immediately after the plenary session)

Heritage Hall - Living Learning Center

KARAOKE PARTY

Join host vegan DJ Johnny V and let your talent shine at our Karaoke party with thousands of high quality digital songs of all genres to choose from using the latest professional software and sound system. Light refreshments available.

9:45 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

After telescopic views of the of Moon and Saturn and a tour of bright stars, we depart at 10:45 PM for the baseball field to view two asteroids, the Milky Way, and deep-sky objects – Led by Robert Victor

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

FRIDAY, JULY 4

6:00 – 7:15 AM – BIRD WALK

Meet in front of the Living Learning Center
Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable)
– Ted Barnett MD & Jonathan Balcombe PhD

6:15 – 7:15 AM – EXERCISE

Volleyball Net (South side of Engineering & Science Building)

BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear)
– John Pierre

6:30 – 7:30 AM – YOGA

Heritage Hall A

(You may want to bring a blanket or towel)
– Eileen Wieder Crone, MS, RD, RYT-500

8:40 AM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

Exciting Successes for Healthy School Food

– Amie Hamlin (15 min)

Ten Tenets to Optimal Health (Critical components to consider in order to achieve your best health and longevity)

– Julieanna Hever, MS, RD (25 min)

Dynamic Harmlessness for Today's World

– Anne Dinshah (15 min)

10:00 – 11:00 AM

Engineering & Science Bldg. - Auditorium
Combating Common Diseases With Plants

(This is Dr. Greger's review of the most important research published in peer-reviewed scientific nutrition journals from summer 2012 to summer 2013) – Michael Greger, MD

Heritage Hall A

10 Simple Steps to an Optimal Vegan Diet

– Brenda Davis, RD

Heritage Hall B

Weight Loss for Real (When you're ready to really put working out and the vegan diet to work for you, and how to customize your weight loss experience/journey) – Dina Aronson, MS, RD

Engineering & Science Bldg. – Room 200

The Dangerous Truth About Protein

– Janice Stanger, PhD

University Room

Free-Range Poultry & Eggs: Humane

Alternatives to Factory Farm Products? (“Free-range” evokes a positive image of chickens and turkeys living outdoors with plenty of fresh air, sunshine and open space to roam in. “Cage-free” and “organic” convey a similar impression of birds living “free” as nature intended. What are the realities behind “free-range,” “cage-free” and “organic” labels?) – Karen Davis, PhD

Campus Room

Changing Hearts and Minds with Powerful Stories and Images

(One of our biggest challenges as advocates for animals is overcoming the defensiveness people have about the issues we present. Language, stories and framing are crucial bridges to helping people see things in a new light, and pairing that with powerful imagery is helping people to get past their defenses and get in touch with their own convictions about compassion)
– Marla Rose & John Beske

Scholar's Room

Public Speaking for Vegans & Activists

(Overcoming fear of speaking for groups and learning to present memorable talks that produce real change) – Victoria Moran

President's Room

The Importance of Non-Violence for Animal Activism – Michael Budkie, AHT

10:00 – 12 NOON – FOOD DEMONSTRATION

Heritage Hall C

Everyday Meals That Pack a Nutritional and Tasty Punch – Christy Morgan

11:15 – 12:15 PM

Engineering & Science Bldg. – Auditorium
How To's of Nutritional Cleansing (What to's and how to's towards better health)

– Baxter Montgomery, MD

Heritage Hall A

Lose Weight, Gain Health (Learn the latest research and tricks for rapid weight loss through healthy diet. Is breakfast important? Is it better to eat multiple small meals? How much fat is the right amount of fat? Learn how to speed weight loss and get back in your skinny jeans)
– Mary Clifton, MD

FRIDAY, JULY 4 (con't)

Heritage Hall B

Overcoming Hidden Obstacles to Going Veg

(The decision to 'go veg' is the starting point for a lifestyle change that delivers more personal rewards than you ever thought possible. Many people find, however, that their progress is short-lived, as if something is holding them back from bringing their healthy veg lifestyle vision to full realization. What is thwarting your attempts at transition to the lifestyle you desire? Gain insights and specific strategies to break through limitations and successfully advance your plant-based journey)

– Lani Muelrath, MA, CGFI, CPBN

Engineering & Science Bldg. – Room 200

Recipe Ideas: Super Simple ~ Super Nutrition

(Perfectly designed for new vegans and the vegan-curious! See photo after photo, of beautiful, colorful, delicious and super-simple dishes. We'll cover ingredient substitutions, recipe modifications, nutritional upgrades, and more!) – Kerrie Saunders, MS, LLP, PhD

Campus Room

Eating Your Way Out of Diabetes

– Myriam Parham, RD, CDE, CLC

Scholar's Room

Manipulation, Mutations and Morphine:

New Reasons to Go Dairy-Free (New genetics research tracking the use of milk in different cultures shows how dairy consumption transitioned from an unusual event to a tradition in some cultures. And new considerations of routine industry practices show that cows milk is the product of sexual manipulation in a way few can imagine. Learn new reasons to reconsider any use of dairy, and help persuade others to get away from dairy as soon as possible) – Mark Rifkin, RD

Studio Theatre

Pasquerilla Performing Arts Center

ZUMBA (This Latin inspired fitness program combines dance and aerobic elements.

Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels – Adults only – Sneakers required) – Isabella Marmolejo

Owen Library Field

CIRCUS TRICKS PLAYSHOP

Learn to balance on a rola-bola, spin a diabolo, juggle (those who can juggle could learn rings and/or clubs), do juggling stix and spin poi (Teens & Adults) – Led by Chip Ballew

11:15 AM – 12:30 PM

President's Room

COMMUNITY OUTREACH: MAKING A DIFFERENCE

Local Vegetarian Groups: Starting One &

Keeping it Alive. Nuts and bolts advice, plus some discussion of the pros and cons of using the various "V" words – vegetarian, vegan, veg – in naming your group. (Panel Discussion) – Ted Barnett (moderator) Carol Barnett, Sherry F. Colb, Jim Corcoran, Don Robertson & Roberta Schiff

1:45 - 2:45 PM

Engineering & Science Bldg. – Auditorium

Goodbye Diabetes, Heart Disease & Cancer

Risk: The Natural Way to Prevent and Reverse Disease

– Wes Youngberg, DrPH, MPH, CNS, FACML

Heritage Hall A

Eating and Exercising Around The World

(Hear from road warriors who, no matter where their travels take them, stay true to their nutrition and exercise paths. Learn their strategies, how to prepare and what to avoid) – Panel: Sharon Greenspan, CHHP, HTP, MEd (moderator), Jill Nussinow, RD & John Pierre

Heritage Hall B

Meat Eating and the Biology of Disgust

– Milton Mills, MD

Engineering & Science Bldg. – Room 200

What Animals Teach Us, and Why It Matters: Life-Altering Lessons from Farmed Animals

(Come be inspired by the animals to continue your vegan journey and to encourage others to do the same. Stevens presents both surprising scientific research about farmed animals and intimate portraits of sanctuary animals like The Great Sheep Rambo, and the life-altering lessons they've offered to humans lucky enough to know them) – Kathy Stevens

University Room

Vegan Dilemmas: When Life Isn't Black or White (Life's choices aren't always simple or clear-cut for vegans. Is it possible to remain true to our beliefs in compromising situations? Bring your questions and let's jointly explore the "gray areas" of being vegan)
- Jo Stepaniak with Michael Stepaniak

Campus Room

To Buy or Not to Buy (Should vegans support new vegan products from big conglomerates - or save their dollars for true-blue vegan businesses? What choices can we make as consumers to limit the ill effects of consumerism, and/or drive positive product trends? Come and discuss these issues and get some new ideas on putting your money where your mouth - and your heart - is) - Panel: Vance Lehmkuhl (moderator), Jim Corcoran, Lee Hall and Amie Hamlin

Scholar's Room

Long Time Vegans Share Their Secrets with New Vegans (What can new vegans learn from those who have been vegan for years and for decades? Plenty! From practical advice in the kitchen, to talking with friends and family members who might be pushing back, this interactive workshop will encourage questions and answers between old timers and newer vegans) - Patti Breitman

President's Room

Create and Teach a Cooking Class that is Irresistible to Everyone (Everything you need to know) - Chef Fran Costigan

**OUTDOOR COOPERATIVE GAME:
EVERYBODY IS A WINNER**

Meet in front of Laurel Hall
(For all who are old enough to do balance and coordination activities) - Rae Sikora

**1:45 - 3:00 PM - FOOD DEMONSTRATION
Heritage Hall C**

Veganize It! - Allison Rivers Samson

**3:15 - 5:15 PM - PLENARY
Pasquerilla Performing Arts Center**

Emcee: Maribeth Abrams

DOCUMENTARY SCREENING
COWSPIRACY: The Sustainability Secret is a brand new groundbreaking feature-length environmental documentary following an intrepid filmmaker as he uncovers the most destructive industry facing the planet today, and investigates why the world's leading environmental organizations are too afraid to talk about it. (Suitable for adults only)

This documentary is as eye-opening as "Blackfish" and as inspiring as *An Inconvenient Truth*.

The film will be introduced by co-producer Keegan Kuhn and followed by a question and answer session with Keegan Kuhn and Howard Lyman

**5:00 - 11:00 PM - REGISTRATION
WEEKEND PACKAGE**
Living Learning Center Lobby

**7:15 PM - PLENARY
Pasquerilla Performing Arts Center**
Piano Prelude - Elizabeth Barnett
(Begins 15 minutes before the plenary)

Emcee: Maribeth Abrams

Movement: It's What for Dinner (The science is clear: what we do with our "feet" is powerful medicine on par with what we have at the tip of our "forks.") - Stephan Esser, MD (35 min)

Draw-A-Long: Celebrating 40 Years
- Vance Lehmkuhl (20 min)

My Journey in the Movement
- Howard Lyman (25 min)

Vitamin D and Health: Its Impact On Cancer, Metabolism, Autoimmune Disease, Heart Disease and Infections
- Wes Youngberg, DrPH, MPH, CNS, FACML (40 min)

FRIDAY, JULY 4 (con't)

9:30 PM (or immediately after the plenary session)

Heritage Hall - Living Learning Center

EVENING SOCIAL

Time to meet and socialize with other attendees. Refreshments available.

9:45 PM - EVENING SKY WATCHING

Meet at the Front Entrance to Living Learning Center

After telescopic views of the of Moon and Saturn and a tour of bright stars, we depart at 10:45 PM for the baseball field to view two asteroids, the Milky Way, and deep-sky objects - Led by Robert Victor

10:00 PM - TWEETUP

Heritage Hall C / Living Learning Center

Meet the people you've friended on Facebook and/or followed on Twitter, or come to meet folks face-to-face whom you may want to keep in touch with throughout the year on social networks - Led by Vance Lehmkuhl

Please visit our exhibitors and the NAVS bookstore

SATURDAY, JULY 5

4:00 - 5:00 AM - PREDAWN SKY WATCHING

Meet at the flagpole near Blackington Hall

Preview stars of October evenings and watch for the rising of Venus [NOTE: May be rescheduled for Sunday morning, depending on weather] - Led by Robert Victor

6:00 - 7:15 AM - BIRD WALK

Meet in front of the Living Learning Center Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable) - Ted Barnett, MD & Jonathan Balcombe, PhD

6:15 - 7:15 AM - EXERCISE

Volleyball Net (South side of Engineering & Science Building)

Boot Camp: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear) - Tiffany Esser, ACSM, AFSA, NFPT

6:30 - 7:30 AM - YOGASTREAM

Heritage Hall A

(A fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind - Please bring a mat) - Lara Heimann

6:30 - 7:30 AM - TAI CHI

Basketball Court across from Laurel Hall

(Tai Chi for Wellness is easy to learn and fun to do - no physical prowess is required. Learn to relax and enjoy life) - Phil Allamong, BS, CMT, CTN

8:40 AM - PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

Liberating the Language of Animal Abuse: Choosing Our Words Carefully to Get People to Care About and Help Animals

- Karen Davis, PhD (20 min)

Tackling Diabetes

- Neal Barnard, MD (40 min)

10:00 - 11:00 AM

Engineering & Science Bldg. - Auditorium

Optimizing Circulation & Heart Health (The wellness approach to evaluating and treating cholesterol, insulin resistance, thyroid and more) - Wes Youngberg, DrPH, MPH, CNS, FACM

Blackington Hall - Room 138

The Food and Fitness Connection (Plant-based eating and exercise work together in a synergistic loop. Come see what the research says—and learn some quick basics about sneaking in short bouts of exercise along with easy ways to up the plants on your plate to harness these two—what you eat and how you move—for more vibrant living!) - Lani Muelrath, MA, CGFI, CPBN

Heritage Hall A

Name Your Disease (We know vegan diets reverse heart disease, but what about cancer, diabetes, and other common ailments? This session covers the role of diet and lifestyle in cancer and diabetes, with time to ask questions about the diseases most worrisome for you)
– Mary Clifton, MD

Heritage Hall B

Vegetarian Responses to Climate Change, and How to Explain Them in Ordinary Conversations (This session will provide some easy, memorable, and valid points to raise even in the briefest conversation and brings the most up-to-date knowledge into a format useful for everyday decisions and discussions)
– Lee Hall, JD

Engineering & Science Bldg. – Room 200

The Interconnectedness of Life (Awaken to the world that is in front of us. The daily, mundane routines of life tend to keep us from seeing and appreciating the wonders operating in our lives. What is necessary to realize our potential as activists and not be ground down by the dominant culture that is around us? This interactive session will look at what works and doesn't work in living a more rewarding life. Make this your jumping off point to change the world!)
– Harold Brown

University Room

Bird Brain? Not a Chance! Surprising Truths About the World's Most Abused Animal (There is a consensus among animal advocates that chickens are the most abused species in the world. Industry's barbarism toward them is tolerated, in part, because birds are viewed as "lesser" than mammals. Come hear about recent scientific findings and loads of anecdotal evidence from Catskill Animal Sanctuary, that shows surprising, delightful truths about our beleaguered feathered friends that further strengthens our resolve to leave them off of our plates) – Kathy Stevens

Campus Room

Essential Self-Care for Activists: Why Taking Care of Yourself First is the Single Most Important Thing You Can Do for the Animals, the Earth and All Beings. (Anchor your life in self-care so you can avoid burnout and make a difference in the world in a healthy way)
– Sally Clinton

Scholar's Room

Issues in Raising Vegan Children
(Panel) Maribeth Abrams, MS, CNC (moderator)
Marty Davey, MS, RD; Amie Hamlin & Myriam Parham, RD, CDE, CLC

President's Room

Veganism for Beginners – Anne Dinshah

10:00 – 12 NOON – FOOD DEMONSTRATION

Heritage Hall C

Chocolate Desserts for Everyone: Vegan, Ethical and Unapologetically Delicious
(Includes Gluten Free and Raw Desserts, Showstoppers and Simple 1-2-3)
– Chef Fran Costigan

11:15 – 12:15 PM

Engineering & Science Bldg. – Auditorium
Memory, Movement and Mood: Applying the Science and Harvesting Results
– Stephan Esser, MD

Blackington Hall – Room 138

The Many Forms of Food Addiction (Cravings, feelings, thinking patterns, physiology, neurochemistry, and scientific principles will all be covered in this interactive discussion. If you have been wondering why certain foods can throw you off your game, join us for exciting tips and tools you can use to restore your own power and balance)
– John Pierre & Kerrie Saunders, MS, LLP, PhD

Heritage Hall A

Ageless Vegan: Dazzling the Decades!
(Practical tips on looking and feeling fabulous in the over-50 decades) – Victoria Moran

Heritage Hall B

Do You Mind if I Order the Cheeseburger? When Non-vegans Ask Us Challenging Questions (A look at the provocative questions that non-vegans enjoy posing to us. Learn helpful hints in approaching, thinking about, and fielding these questions with confidence and grace) – Sherry Colb, JD

SATURDAY, JULY 5 (con't)

Engineering & Science Bldg. – Room 200
What Everyone Needs to Know About Feather & Down Products (Many people think feather products come from feathers that fall naturally off the bodies of birds. Learn the realities of the industrial feather and down trade, including how this trade is linked to the production of foie gras and what you can do to avoid feather products when making hotel reservations, buying winter clothing, and choosing jewelry)
– Karen Davis, PhD

Campus Room
Plant Based for Life – Easy Steps to Radiant Health and Habits (This interactive presentation will give you the tools needed to transition to and easily sustain a whole food, plant-based diet!) – Kathy Pollard, MS

Scholar's Room
Question/Answer Session inspired by the quote... “Why not fish and fish oils? My sister-in-law told me that’s where you get omega-3’s.” – Bob Leroy, RD, MS, EDM

President's Room
COMMUNITY OUTREACH: MAKING A DIFFERENCE
How to Produce Your Perfect Vegan Event (Whether you want to create a vegan bake sale or festival, there are a lot of necessary steps to turning your dream into a reality. With the proper organization, support and vision, people from all different backgrounds can make the perfect vegan event. With this workshop, we will help people brainstorm, troubleshoot and even give the tools for creating a blueprint for their future vegan event) – Marla Rose & John Beske

Studio Theatre
Pasquerilla Performing Arts Center
ZUMBA (This Latin inspired fitness program combines dance and aerobic elements. Zumba’s choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels – Adults only – Sneakers required) – Isabella Marmolejo

11:15 – 12:30 PM
University Room
What the Bible/Torah Teaches About a Plant-based Diet and Animal Rights (The importance and impact of a vegetarian/vegan diet on our spirituality from a biblical perspective. Come

prepared to share important/favorite Bible/Torah verses and engage in discussion)
– Milton Mills, MD, Roberta Schiff, Michael Budkie & Jeffrey Cohan

1:45 – 2:45 PM – PLENARY
Pasquerilla Performing Arts Center

Emcee: Lorene Cox

Shift Easy: The Psychology of Joyful and Sustainable Diet Improvement
– Howard Jacobson, PhD (40 min)

Why We Should Consider Including Wild Edibles in Our Diets
– George Eisman, RD (15 min)

2:00 – 4:00 PM – FOOD DEMONSTRATION
Heritage Hall C
Artisan Vegan Cheese
– Chef Miyoko Schinner

3:00 – 4:00 PM
Engineering & Science Bldg. – Auditorium
Theoretical Aspects of Food Prescription: How to Use Food as Medicine
– Baxter Montgomery, MD

Blackington Hall – Room 138
Winning at the Losing Game (Since first speaking at Vegetarian Summerfest 4 years ago, Chef AJ has lost over 40 pounds. Even though she has been a vegan for over 36 years, a slim physique has eluded her. Until now. Whether you are losing the battle of the bulge, or just have a wee bit of pudge, Chef AJ will teach you how you, too, can finally lose those extra pounds, easily, healthfully and deliciously) – Chef AJ

Heritage Hall A
The Dietitian Duo Q & A
– Brenda Davis, RD and Julieanna Hever, RD

Heritage Hall B
Gut Health and Probiotics (Do you sometimes have tummy troubles? Have you heard all the talk and hype about probiotics? Do you know what it means? The basics of a healthy gastrointestinal system and vegan probiotics options that you might want to explore to keep your GI system healthy will be addressed)
– Jill Nussinow, MS, RD

Engineering & Science Bldg. – Room 200

Inner Lives of Fishes (Fishes are the most exploited and perhaps most misunderstood of all animals. Today, scientific study is revealing what compassionate observers may have suspected all along: fishes are sentient, cognitive, and emotional)

– Jonathan Balcombe, PhD

University Room

Sprout Happy! (Learn how you can grow live, organic food in your kitchen for just pennies! Several systems will be demonstrated and the benefits and pitfalls of each will be discussed, along with why some systems are better for certain kinds of sprouts than others)

– Sharon Greenspan, CHHP, HTP, MEd

Campus Room

COMMUNITY OUTREACH: MAKING A DIFFERENCE

Inspiring Short Videos for Outreach (View a collection of entertaining short videos that change hearts and minds. See why they do and learn how to use them in your activism)

– Jim Corcoran

Scholar's Room

Community Outreach: Where Change Happens - Making Friends and Creating Opportunities

– Freya Dinshah

President's Room

Vegan? Pregnant? FAB! – Nutrition for the Mom-to-Be (Short slide presentation with open Q&A) – Marty Davey, MS, RD

Volleyball Net (South side of Engineering & Science Building)

BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear)

– John Pierre & Anne Dinshah

4:15 – 5:15 PM

Engineering & Science Bldg. – Auditorium

Women's Health: Beyond the Noise (Discover why plant based nutrition can empower women to live healthier, more vital, and disease free lives. Review the science as it relates to breast, uterine, ovarian health and general health)

– Stephan Esser, MD

Blackington Hall – Room 138

Vegan Nutrient Timing for Peak Athletic Performance

(Tips and strategies for maximizing energy during workouts and athletic training by timing meals, snacks, and nutrient combinations) – Dina Aronson, MS, RD

Heritage Hall A

Discovering the WHOLE Truth (How are we supposed to make sense of all the conflicting advice we receive daily from government, scientists, the media, non-profits, and our friends and neighbors? It's time to reclaim our power from the hordes of so-called experts and authorities who profit from our confusion. This presentation explores the evidence for and against the whole-food plant-based diet, and shows how to become a critical and informed consumer of health information)

– Howard Jacobson, PhD

Heritage Hall B

Are Humans Designed to Eat Meat: Part 2

(Useful even for those who didn't attend Part 1)

– Milton Mills, MD

Engineering & Science Bldg. – Room 200

Clear, Honest and Kind - Interactive Session

– (Show up as a force for compassion in ALL situations! Come to this session with your most difficult dilemmas or communication issues in mind and learn how to turn them around)

– Rae Sikora

University Room

Food Activism: Is Eating Vegan Equivalent to Being Vegan?

(Some vegans bristle when the term is applied to those simply following a plant-based diet. But might changes in food consumption patterns do as much to affect an ideological paradigm shift as the most cogent logical arguments? Market trends, social evolution and recent research on the psychology of meat-eating will be discussed in the context of moving a large population toward a truly vegan world) – Vance Lehmkuhl

Campus Room

What Vegans Need to Know About Gluten, and How it Might Explain Why Some People Don't Feel Better on a Vegan Diet – JoAnn Farb

SATURDAY, JULY 5 (con't)

Scholar's Room

COMMUNITY OUTREACH: MAKING A DIFFERENCE
Changing How Schools Feed Kids (If you'd like to create change in the schools in your town, attend this workshop and find out how)
- Amie Hamlin

5:30 - 7:45 PM
FAREWELL DINNER (Serving until 7:00 PM)

8:30 PM - SPECIAL PRESENTATION
Pasquerilla Performing Arts Center
Piano Prelude - Vance Lehmkuhl
(Begins 15 minutes before the plenary)

Emcee: Maribeth Abrams

Performance by the Summerfest Children

Vegetarian Hall of Fame - Induction Ceremony

DRAWING: Would you like to attend Vegetarian Summerfest 2015 for free? - At tonight's drawing we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free - but - you must be present to win.

RAFFLE DRAWING: to benefit NAVS' programs:
Willow Jeane Lyman's Handmade Quilt, donated specifically for this occasion.

The Latest in Nutrition 2014

- Michael Greger, MD
Always a crowd pleaser, Dr. Greger's "Latest in Nutrition" sessions are engaging, humorous and entertaining - making serious nutrition studies - enjoyable and fun. He scours the world's scholarly literature on clinical nutrition every year and develops a brand-new talk based on the latest in cutting-edge research and world premiere's it at Summerfest. You won't want to miss this one. (60 min)

EVENING SOCIAL & DANCING

Immediately following the Special Presentation - until 1:00 AM
Heritage Hall / Living Learning Center
It's our last night together, so you won't want miss this chance to mingle, dance and see the new friends you've made this week.
Music provided by vegan DJ Johnny V.
Light refreshments available.

9:45 - 10:45 PM EVENING SKY WATCHING

Meet at the Front Entrance to Living Learning Center
Don't miss tonight's compact gathering of Moon, Mars, Spica, all within a single binocular field! After telescopic views of Moon and Saturn, we depart at 10:45 p.m. for the baseball field to view two asteroids, the Milky Way, and deep-sky objects - Led by Robert Victor

SUNDAY, JULY 6

6:30 - 7:30 AM - YOGA

Heritage Hall A
(You may want to bring a blanket or towel)
- Eileen Wieder Crone, MS, RD, RYT-500

6:30 - 7:30 AM - EXERCISE

Studio Theatre
Pasquerilla Performing Arts Center
ZUMBA (This Latin inspired fitness program combines dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels - Adults only - Sneakers required) - Isabella Marmolejo

6:30 AM - MEMORIAL SERVICE FOR THE ANIMALS

Whalley Memorial Chapel
(Inter-religious / Non-denominational)
Music by Ted, Elizabeth and Rebecca Barnett

8:30 - 9:30 AM

Engineering & Science Bldg. - Auditorium
Setting Yourself Up for Success: How to Thrive on a Plant Based Diet (Have you ever noticed how when a celebrity goes on a vegan diet it's big news, and when they abandon the diet it's sometimes even bigger news? For various reasons, some people have trouble staying plant based. Get the tools you need to thrive. Any difficulty you may have encountered in the past, such as family or social pressure, food cravings, or lack of support, to name a few, will be addressed) - Chef AJ

Heritage Hall A

Question & Answer Quiz-show with Dr. Michael Greger - You ask Dr. Greger questions and he asks you back – win prizes!

Heritage Hall B

Let the Myths Stop Here (Nutrition misinformation is abundant and it can be entirely confused as to what to believe and what to question. This session will debunk the greatest myths surrounding healthy eating today- including topics such as protein, supplements, soy, and dairy –based on cutting-edge scientific data) - Julieanna Hever, MS, RD

Engineering & Science Bldg. – Room 200
Identifying Wild Edibles in a “Lawn”

Landscape (Will include a short walk around the building - weather permitting)
- George Eisman, RD

University Room

Vegan Socializing: Invitations, Dinners Out, and Eating Well With Others (Many new vegans are nervous about sharing meals and celebrations with others. This interactive workshop will explore the many ways that vegans navigate the social scene. At work and for fun, we can learn to be gracious, grateful, and true to ourselves when invited to join others for meals, celebrations, and socializing that involves food)
- Patti Breitman

Campus Room

Be The Change (“We need myths that will identify the individual not with his local group but with the planet.” – Joseph Campbell, The Power of Myth – These words are often heard but not well understood. Farmer Brown will share how his life has evolved to become a small part of the change in the world. Everyone is encouraged to share his or her stories. We make sense of the world through stories and together we can be teachers to each other)
- Harold Brown

Scholar’s Room

Compassionate Souls: Raising the Next Generation to Change the World (15 years ago, I shared the blueprint for how I planned to raise my young children. It ran afoul of many of society’s standards, but made sense to my husband and me. We drew from Veganism, Bowen Theory, Attachment Parenting, Waldorf, Montessori and much more. Mothering

according to my deepest felt convictions has been healing of my own childhood injuries and my greatest accomplishment) - JoAnn Farb

Whalley Memorial Chapel
Remembering Rynn Berry Jr:
A Memorial Service

- Victoria Moran (moderator)
Presentation by Christina Abreu-Suzuki
Followed by an open mic for sharing

9:45 – 10:45 AM

Engineering & Science Bldg. – Auditorium
Stress, Emotions, Food, Adrenals, Caffeine & Blood Sugar

- Wes Youngberg, DrPH, MPH, CNS, FACML

Heritage Hall A

Paleo Diets: Facing Facts - Brenda Davis, RD

Heritage Hall B

Vegans Go to Washington! (On January 14, 2014, about 50 people testified before the 2015 Dietary Guidelines Advisory Committee. More than one quarter carried the vegan message! See selected videos of our fellow activists in action and learn how the government goes about issuing dietary guidelines every five years) - Ted Barnett, MD

Engineering & Science Bldg. – Room 200

Why do I have Stubborn Belly Fat When I do a Million Crunches a Day? (Slide presentation on the anatomy and physiology that creates belly fat concluding with easy exercises that target strengthening the back and tightening your abdominal “poofer”) - Marty Davey, MS, RD

University Room

Put Your Colon to Work for You

- Milton Mills, MD & Roberta Schiff

Campus Room

How to Keep From Becoming a “Junk Food”

Vegan (With all the highly processed plant-based convenience foods on the market these days, we can easily fall into the vegan junk food trap. We’ll explore how to stay healthy, show our compassion toward animals, and our concern for the planet, all while having our vegan chocolate cake and eating it too

- Allison Rivers Samson & Miyoko Schinner

SUNDAY, JULY 6 (con't)

Scholar's Room

Writing Workshop (Sometimes getting the vegan message out to people can seem challenging. There is so much we want to say in a limited amount of time and sometimes what we say just doesn't seem to be effective enough. Perhaps writing is the medium for you! Learn tips on how to be an effective communicator through a variety of written forms. Something for everyone! We all have a story to tell) – Shanti Urreta

President's Room

Vegan Prenatal & Breastfeeding Diet
– Myriam Parham, RD, CDE, CLC

11:00 – 12:10 - PLENARY

Pasquerilla Performing Arts Center

Piano Prelude – Elizabeth Barnett
(Begins 15 minutes before the plenary)

Emcee: Maribeth Abrams

Vegan Beyond Your Plate: Exploring all Aspects of Ethical Veganism and How to Share this Life-Changing Path with Others
– Rae Sikora (20 min)

Taking the Brilliance Home
– Victoria Moran (40 min)

CLOSING REMARKS
Maribeth Abrams

2:00 – 3:00 PM

Heritage Hall A

Eating for Maximum Energy (In today's fast-paced, demanding world, we need all the help we can get to maximize our productivity and energy. Here are some strategies to accomplish this goal) – Dina Aronson, MS, RD

Heritage Hall B

Elementary Ayurveda for Vegans (This ancient Indian healing system has much to offer in terms of self-care, detox, and balanced living. A traditionally vegetarian system, it's easily veganized and customized) – Victoria Moran

Campus Room

Animal Rights Activists and People of Faith: How to Bridge the Divide – Jeffrey Cohan

Scholar's Room

"Don't Gobble Me!" Turkeys: Who Are They?

(The turkey is America's unofficial national bird, yet most people know little or nothing about turkeys, who are ritually portrayed by the media each year as figures of fun and Thanksgiving dinner. Through my visual presentation I will replace misleading stereotypes with fascinating facts) – Karen Davis, PhD

Terrace Room / LLC

GENTLE MOVEMENT

QiGong Healing Form

– Eileen Weider Crone, MS, RD, ERYT-500

Please take the time to fill out our questionnaires.

ALL ATTENDEES MUST BE CHECKED OUT OF THEIR ROOMS BY 4:00 PM.

Thank you for joining us! Have a safe trip home.

navs WEARABLES

Stop by and check out NAVS' T-shirts at our Summerfest Bookstore and Information Table. The Bookstore is located in the Cambria Room of the Student Union. The NAVS Information Table is located on the first floor of the Student Union.



NAVS LOGO SHIRT

Show off your support for the North American Vegetarian Society. T-shirts are 100% cotton and available in adult (regular or women's cut) S, M, L, XL, XXL, XXXL and children's sizes. **\$20**



STOP GLOBAL WARMING: GO VEGAN!

Awaken people to the environmental impact of meat production. T-shirts are 100% cotton and available in adult (regular or women's cut) S, M, L, XL, XXL, XXXL and children's sizes. **\$20**

NAVS members receive a 10% discount on all T-shirt and book purchases

★ PLEASE VISIT OUR EXHIBITORS & THE NAVS BOOKSTORE ★

navs MEMBERSHIP

Subscribe to Vegetarian Voice!

When you become a member of the North American Vegetarian Society, you'll receive a subscription to our quarterly magazine, which will keep you up-to-date on current medical and nutrition studies. Vegetarian Voice also explores compelling consumer, environmental and animal rights issues. Plus delicious vegan recipes are always featured. Members also receive a 10% discount on all NAVS merchandise & a discount on the Vegetarian Summerfest Conference!

JOIN NOW AND RECEIVE A FREE GIFT: Our incredible 40 card recipe set!

New members will receive our 40 recipe card set featuring favorite recipes from 8 popular cookbook authors. This collection (not available for purchase) includes entrées, salads, soups, side dishes, desserts, and more. Plus you'll receive Vegetarianism: Answers to the Most Commonly Asked Questions. This handy 16-page booklet provides answers to those difficult questions and includes recipes. One year membership is \$22.



Members receive a 10% discount on all NAVS merchandise, including purchases at the Vegetarian Summerfest Bookstore and Information Table.

YES!

I would like to subscribe to Vegetarian Voice and receive the free 40 card recipe set.

REGULAR MEMBER With voting privileges.
(Vegetarian - no meat, fish or fowl)

ASSOCIATE MEMBER
(Not yet a vegetarian)

One Year Membership

\$22 Individual

\$28 Family

CONTRIBUTION _____

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

EMAIL _____

Return with payment to (U.S. dollars only): NAVS, Box 72, Dolgeville NY 13329