

# VEGETARIAN SUMMERFEST 2016 PROGRAM



July 6 - 10 ★ Johnstown, PA  
Conference Center at Pitt-Johnstown

# VEGETARIAN <sup>20</sup> SUMMERFEST <sup>16</sup>

42nd 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, Scholar's Room, College Room, President's Room, Terrace Room; Blackington Hall: Room 131 & 138

### ***Plenary Presentations***

Pasquerilla Performing Arts Center

### ***Food Demonstrations***

Heritage Hall B & C, Living Learning Center

### ***Morning Yoga***

Heritage Hall A, Living Learning Center

### ***Exercise Classes***

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:

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

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 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***

Check for pool times at the Living Learning Center front desk or by calling (814) 269-1900

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

# SPEAKERS

**MARIBETH ABRAMS (CT)** Certified Nutrition Consultant, Holistic Health Practitioner, Lifestyle Educator; author, *The 4-Ingredient Vegan* and *Tofu 1-2-3*; NAVS board member; Associate Editor *Vegetarian Voice* magazine

**CHRIS ABREU-SUZUKI, PhD (NY)** Co-author, *The Vegan Guide to NYC* (with scholar Rynn Berry); she and Rynn Berry performed his first vegan play, based on the life of Leonardo Da Vinci

**CAROL J. ADAMS (TX)** Author of the ground-breaking feminist-vegan work, *The Sexual Politics of Meat*, also, *Living Among Meat Eaters*, and co-author of *How to Eat Like a Vegetarian Even if You Never Want to Be One*

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

**JONATHAN BALCOMBE, PhD (MD)** Animal behavior expert; author, *Pleasurable Kingdom: Animals and the Nature of Feeling Good* and *What a Fish Knows: The Inner Lives of Our Underwater Cousin*

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

**CAROL H. BARNETT, PhD, JD (NY)** Co-Coordinator, Rochester Area Vegan Society; provides recipes, cooking and food sampling for a six-week course in Plant-Based Eating

**TED D. BARNETT, MD (NY)** Founder, CEO and Medical Director of Rochester Lifestyle Medicine, PLLC; teaches a six week course in Plant-Based Eating which is accredited for physicians by the University of Rochester; Co-Coordinator RAVS

**JOHN BESKE (IL)** Co-founder of Chicago VeganMania; partner (with his wife) of the vegan web store and resource, *Vegan Street*; designer, researcher and sometimes writer of the popular *Vegan Street Daily Memes*

**JOHN BOLUS (FL)** America's sole instructor, Chinese Wand Exercise; ranked 1st in his state's 5K races for 65–69 age group, earning 3 senior Olympics 5 K gold medals; 5th in Nat'l Sr. Olympics; professional keyboard musician

**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

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

**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?*; co-author of the book *Beating Hearts: Abortion and Animal Rights*

**MARTY DAVEY MS, RD, LDN (PA)** Registered dietician and alter-ego of video star, LaDiva Dietitian, teaches nutrition for Victoria Moran's Main Street Vegan Academy; author of the ebook, *You're Not Dead, Yet: Nutrition for the Over 50 Crowd*

**BRENDA DAVIS, RD (CANADA)** Registered dietitian, co-author of seven books including *Becoming Vegan*, *Becoming Raw*, *Dairy Free and Delicious* and *Defeating Diabetes*; she is the lead dietitian in a diabetes research project in Majuro, Marshall Islands

# SPEAKERS (con't)

**GARTH DAVIS, MD (TX)** Vegan weight loss surgeon and leader in the field of bariatric medicine and non-surgical weight loss management; author, *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It*

**HANS DIEHL, DrHSc, MPH, FACN (CA)** Founder of the Lifestyle Medicine Institute; Clinical Professor in the Dept. of Preventive Medicine at Loma Linda University's School of Medicine where his program has shown how lifestyle changes can prevent, arrest, and facilitate the reversal of many chronic diseases

**ANNE DINSHAH (NY)** Co-author of *Powerful Vegan Messages* and *Apples, Bean Dip, and Carrot Cake*, 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 (56 years vegan); President of American Vegan Society

**MICHAEL C. DORF, JD (NY)** Robert S. Stevens Professor of Law at Cornell University Law School; graduate of Harvard College and Harvard Law; co-author of the book *Beating Hearts: Abortion and Animal Rights*

**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*

**REV. RUSSELL ELLEVEN DMin (TX)** Minister emeritus of Westside Unitarian Universalist Church in Fort Worth, Texas; vegan since 2006; contributor to the UUAM's Reverence for Life Program

**MYLAN ENGEL JR., PhD (IL)** Professor of Philosophy at Northern Illinois University specializing in animal ethics and environmental ethics; co-author of *The Philosophy of Animal Rights: A Brief Introduction for Students and Teachers*

**STEPHAN ESSER, 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

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

**JOE GAZIANO, PhD (NM)** Professor Emeritus in the Political Science Department at Lewis University; animal activist who has worked for SPEAK (Supporting and Promoting Ethics for the Animal Kingdom); yoga and meditation practitioner

**JENNIFER GREENE (NY)** Presenter for Beyond Carnism, the organization founded to expose and transform carnism, the invisible belief system that conditions people to eat certain animals; author of *Demonstrating Our Values through Eating*

**MICHAEL GREGER, MD (MD)** Physician specializing in clinical nutrition; founded NutritionFacts.org to provide informative daily videos and articles on nutrition research; author of the NYTimes best seller *How Not To Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease*

**LEE HALL, JD (PA)** Author, lawyer, educator and grass-roots advocate connecting vegetarianism with ecology, climate and animal rights; President of Compassion for Animals, Respect for the Environment; author of *On Their Own Terms: An Animal-Rights Handbook for Classrooms and Communities*

**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* 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

**CHRIS HIRSCHLER, PhD, CHES (NJ)** Chair and Associate Professor, Department of Health and Physical Education at Monmouth University; Master Certified Health Education Specialist; author of *What Pushed Me Over The Edge Was A Deer Hunter*

**ELLEN JAFFE JONES (FL)** Author of *Kitchen Divided* and *Eat Vegan on \$4 a Day* and co-author of *Paleo Vegan*; certified personal trainer and running coach

**MICAELA KARLSEN, MSPH (MA)** Doctoral fellow in Nutritional Epidemiology at the Tufts Friedman Bloomberg School of Public Health; author of *A Plant-based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy and a Better Body*; former executive director of the T. Colin Campbell Foundation

**MICHAEL KLAPER, MD (CA)** Educator in applied plant-based nutrition and integrative medicine; he is a staff physician at TrueNorth Health Center, a nutritionally-based medical clinic specializing in therapeutic fasting and health improvement through a whole-foods, plant-based diet

**ELLIE LAKS (CA)** Founder of The Gentle Barn Foundation, humane educator, and author of *My Gentle Barn: Creating a Sanctuary Where Animals Heal and Children Learn to Hope*; she has always loved animals and the Gentle Barn has been her dream from the time she was 7 years old

**JAMES LAVECK (NY)** Co-founder of Tribe of Heart; producer of the film *Peaceable Kingdom: The Journey Home*, co-creator of HumaneMyth.org, a web resource encouraging truth, transparency and integrity in animal advocacy

**MARY LAWRENCE (CT)** Executive chef and owner of Well on Wheels, a vegan personal chef service; holds a certificate in plant-based nutrition from the T. Colin Campbell Foundation; author, *Easy Peasy Vegan Eats*

**VANCE LEHMKUHL (PA)** Vegan columnist of *V for Veg* for the Philadelphia Daily News; cartoonist; founding member of vegetarian pop band Green Beings; author, *Joy of Soy* and *V for Veg: The Best of Philly's Vegan Food Column*; feature writer for *Vegetarian Voice* magazine

**BOB LEROY, RD, MS, EDM (NY/NC)** Founder & Coordinator, Plant-based Prevention Of Disease (P-POD) national conference; NAVS Nutrition Advisor; public health nutritionist, educator and fitness instructor

**JACQUIE LEWIS, PhD (NM)** Faculty staff of Saybrook University where she teaches Non-human Consciousness; founder and executive editor of *Good Karma* magazine, a publication focusing on health, the environment and ethical issues

**DAVID MADOW, DDS (MD)** Plant based marathon runner, skier, backpacker; host of The David Madow Lifestyle Show Podcast; author of the forthcoming book *Vegan in Seven Days*

**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)** Author of *The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion, Main Street Vegan* and *The Love-Powered Diet*; founder and director of the Main Street Vegan Academy

**LORENA MUCKE (GA)** President and Founder of the Ethical Choices Program, a non-profit humane education program focused on raising awareness about the inherent cruelty of raising animals for food and its negative effects on our health, animals and the planet

**LANI MUELRATH, MA (CA)** Author of *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight*, and *Fit Quickies: 5 Minute Workouts*; presenter for PCRM, Complete Health Improvement Program

**DR RICHARD OPPENLANDER (MI)** Founder and president of the non-profit organization, Inspire Awareness Now; sustainability consultant, researcher, and author of the award winning books, *Comfortably Unaware* and *Food Choice and Sustainability*

**JOHN PIERRE (CO)** 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 T. Colin Campbell Center for Nutrition Studies, through eCornell; cofounder of Habits of Health support program, helping individuals to successfully transition to a whole foods, plant-based diet

**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

**MARLA ROSE (IL)** Co-founder of Chicago VeganMania; 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)** Founder of the award-winning vegan bakery, confectionery & chocolaterie, Allison's Gourmet; author of the e-book, *Comfortably Yum*; holistic lifestyle coach; Nia Black Belt instructor; co-creator of the Dairy Detox

**KERRIE SAUNDERS, MS, LLP, PhD (MI)** Bestselling author of *The Vegan Diet as Chronic Disease Prevention*; co-star of *When Bachelor Meets Homemaker* food demo DVDs; Global Diabetes Moderator for the Washington DC-based, Physicians Committee for Responsible Medicine

**MIYOKO SCHINNER (CA)** Author of *Artisan Vegan Cheese* and *The Homemade Vegan Pantry*; founder of Miyoko's Kitchen, an artisan vegan cheese company; co-host of the national cooking show *Vegan Mashup*

**MICHELLE SCHWEGMANN (OR)** Co-author of *Eat Like You Give A Damn*, a cookbook and guide for new vegans, awarded cookbook of the year by *VegNews*; co-owner of The Herbivore Clothing Company

**JENNY STEIN (NY)** Co-founder of Tribe of Heart; director of the film *Peaceable Kingdom: The Journey Home*, co-creator of HumaneMyth.org, a web resource encouraging truth, transparency and integrity in animal advocacy

**MARCELLA TORRES (VA)** Half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness; co-owner of the plant-based personal training studio, Root Force Personal Training

**DEREK TRESIZE (VA)** Three-time natural bodybuilding champion and WNBF pro bodybuilder; A.C.E. Certified Personal Trainer, half of the husband and wife team of competitive bodybuilders behind *Vegan Muscle and Fitness*; co-owner of the plant-based personal training studio, Root Force Personal Training

**ROBERT VICTOR (CA)** Former staff astronomer, Abrams Planetarium, Michigan State University; received the Clifford W. Holmes Award for his “Major Contribution to Popularizing Astronomy”

**RON WEISS, MD (NJ)** Founder of Ethos Health and Primary Care, practice which is integrated into 342 acres of farmland; he supports patients medically, emotionally and practically through a lifestyle program designed to reverse illness and prevent disease through a whole foods plant-based diet

## ENTERTAINMENT

**ELIZABETH BARNETT (NY)** Received her MFA from NYU in Musical Theater Writing; lifetime vegan

**NATHANIEL BARNETT (NY)** Graduated from Yale as a music major; teaches choral music at Birch Wathen Lenox School in Manhattan; lifetime vegan

**REBECCA BARNETT (NY)** Teaches music at Mary McDowell Quaker school in Brooklyn; directs a private choir in Manhattan; lifetime vegan

**JOHN BOLUS (FL)** Professional keyboard player

**SAMMI FARB (KS)** Suzuki violinist, lifetime vegan

**SARINA FARB (KS)** Pianist, lifetime vegan

**COLIN HILL (VA)** Cellist, vegan since age 5

**DJ JOHNNY V (OH)** Vegan dee-jay

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

**VANCE LEHMKUHL (PA)** Cartoonist, songwriter and pianist

**DAVID MADOW (MD)** Originator of vegan parody songs that make you smile!

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

# WEDNESDAY, JULY 6

## **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***

**The Healthcare Center of the Future**

– Baxter Montgomery, MD

## ***University Room***

**Animal Rights as a Social Justice Movement**

(In the United States and elsewhere, social justice movements borrow the tactics of one another. Proponents of equal rights for women modeled some of their approach on the civil rights movement for racial equality. What lessons can animal rights activists draw from the experience of other social justice movements in developing strategies for changing hearts and minds?) – Michael Dorf, JD

## ***Campus Room***

**You CAN Take it With You: Eating for Optimal Health on the Road** (How to save money, time and maintain health while traveling. Tips, treats and samples to taste!) – JoAnn Farb

## ***Scholar's Room***

**The Cowspiracy of Religion** (The documentary “Cowspiracy” shamed environmental leaders for failing to acknowledge the role of animal agriculture in environmental degradation. A similar film could be made about churches, synagogues and mosques. We’ll discuss the reasons why relatively few priests, ministers and rabbis espouse vegan diets, even though our religions supposedly promote compassion and mercy) – Jeffrey Cohan

## **2:45 – 4:45 PM**

***Heritage Hall B***

**The ABC's of Nutrition for Vegetarians, Vegans, and Everyone Else** (Twenty plus years of teaching college nutrition distilled into a two hour class) – George Eisman, RD

## **4:00 – 5:00 PM**

***Heritage Hall A***

**Meat Eating and the Biology of Disgust**  
– Milton Mills, MD

## ***University Room***

**The Interconnectedness of Life** (Awaken to the world that is 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 all around us? This interactive session will look at what works and doesn't work in living a more rewarding life)  
– Harold Brown

## ***Campus Room***

**What's Wrong with School Food, and What Can You do to Change It?** – Amie Hamlin

## ***Scholar's Room***

**U.S Dietary Recommendations and the Politics of Food** (For many years, the official dietary recommendations set forth by the US Dept. of Agriculture have been a formula for “how not to prevent disease,” largely because of the corporate influence of animal agriculture. The latest guidelines, which were issued early in 2016, are slightly improved but not significantly different from the 2010 guidelines. It still helps to be, as John Robbins once put it, “your own Department of Nutrition”) – Ted Barnett, MD

## ***Studio Theater***

***Pasquerilla Performing Arts Center***

**NIA TECHNIQUE** (Fun and popular movement class, which includes Dance + Martial Arts + Yoga) – Allison Rivers Samson

## **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

## **7:00 PM – MUSICAL PRELUDE**

***Pasquerilla Performing Arts Center***

Performed by Elizabeth and Rebecca Barnett

## **7:15 PM – OPENING PLENARY SESSION**

Emcee: Maribeth Abrams

**The North American Vegetarian Society Welcomes You**

**Guide to Summerfest, Announcements**

**“It Rings Like a Bell” – Introducing Holistic Nonviolence** – James LaVeck (35 min)

**Holding the Light for Animals**

- Ellie Laks (35 min)

**Plant-based Healing: Hopeful News from the Frontiers of Medicine** - Michael Klaper, MD (50 min)

**9:30 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 of the Living Learning Center**

A thin crescent Moon sets before nightfall on first evening of Summerfest 2016. It sets only half an hour later nightly, so all our evenings will be excellent for Milky Way viewing. All three bright outer planets will be impressive for observation: Jupiter with four moons discovered by Galileo; Saturn with its rings; and Mars with a bright early spring South Polar Cap. After telescopic viewing of the planets and a naked-eye tour of the brighter stars, we depart at 10:45 p.m. for the baseball field for dark-sky viewing of the Milky Way, and a chance to explore the deep sky, with unaided eye, binoculars and telescope.  
- Led by Robert Victor

## THURSDAY, JULY 7

**6:00 - 6:40 AM - EXERCISE**

**Meet in front of Living Learning Center**

**Exerstriding** (Use synergistic resistance to build strength, stamina and endurance - will conclude with an introduction to "Heavy Hands")  
- John Bolus

**6:30 - 7:15 AM - GUIDED 3 MILE RUN/WALK**

**Meet in front of Living Learning Center**

(For all fitness levels and will be slow paced, inspirational and motivational)  
- David Madow, DDS

**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 - you may want to bring a mat, blanket or towel)  
- Lara Heiman, RYT-500

**6:50 - 7:20 AM - EXERCISE**

**Lobby Living Learning Center**

**Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe** (You may want to bring a yoga mat or towel) - John Bolus

**8:40 AM - PLENARY**

**Pasquerilla Performing Arts Center**

Emcee: Maribeth Abrams

**Fundamental Observations Favoring a Whole Food, Plant Based Diet** - T. Colin Campbell, PhD (40 min)

**On Beyond Vegan** - George Eisman, RD (15 min)

**10:00 - 11:00 AM**

**Heritage Hall A**

**Macronutrient Myths and Realities: Seeing Past the Headlines** (This lecture takes a scientific look at our essential macronutrients - carbohydrates, fats and protein and addresses common claims like carbohydrates are inherently damaging to health, saturated fats are no longer a problem, and it is almost impossible not to get enough protein on a plant-based diet. Evidence-based answers, and practical tips for fine-tuning your diet will be provided)  
- Brenda Davis, RD

# THURSDAY, JULY 7 (con't)

## **Blackington Hall 138**

**Cravings & Food Addiction: What It Looks Like, and How to Beat It** (Join us for an interactive discussion on cravings, feelings, thinking patterns, physiology, neurochemistry, and scientific principles related to addiction. We'll explore behavioral similarities between individuals addicted to alcohol, tobacco, other drugs, and foods – especially processed foods. Get back your game!) – John Pierre & Kerrie Saunders, MS, LLP, PhD

## **Blackington Hall 131**

**Is Death Harmful to Animals: Including Humans?** (In exposing the horrors of factory farming, pro-animal activists take a stand against the infliction of suffering on cows, pigs, chickens, and other animals. But in so doing, we may implicitly suggest that killing animals for food and fiber is acceptable if accomplished humanely. That claim goes back to ancient times, when the Greek philosopher Epicurus argued that death itself causes no harm. What, if anything, is wrong with the Epicurean argument?) – Michael Dorf, JD

## **Heritage Hall B**

**So You Think You Can't Live Without Cheese?** (Let's talk about how you can break that addiction, and learn the big vegan secret about cheese. We'll also explore the critical role ditching dairy plays in opening your heart to compassion, and why it's the lynchpin to embracing vegan living) – Allison Rivers Samson

## **University Room**

**The Plant-Based Life – Easy Steps to a Sustainable Transition to a Whole Food, Plant-Based Diet** (Plant-based diets are health-promoting and compassionate, but in order to follow one you have to know what to do and what will make it work! Behavior change, especially dietary change, can be challenging but we do have evidence on what makes it easier to maintain. This talk provides a roadmap and practical strategies people can implement to make a plant-based diet sustainable in the long-term, graceful, and easy) – Micaela Karlsen, MSPH and Kathy Pollard, MS

## **Scholar's Room**

**Climate Change: How the Public Conversation Is Shifting and How Vegetarian Voices Can Be Heard** (This session will provide updates on farming and climate, and also involve some easy, memorable, and valid points to raise—whether in ordinary conversations or at the policy level. Attorney Lee Hall holds a specialist's degree in environmental law with a focus on climate change, and will facilitate discussion, including new findings and vital points not raised in most discussions of climate and diet) – Lee Hall, JD, LLM

## **11:15 – 12:15 PM**

### **Heritage Hall A**

**Nutritional Mythology** – T. Colin Campbell, PhD

## **Blackington Hall 138**

**Age Like a Warrior: for Women Over 45 Only** (In this targeted presentation we'll skip the platitudes and go straight to the tough truth: changes do happen, which ones can we fix and which ones do we have to live with? What difference does being vegan make? And how can you fight back against a youth-centered culture and claim your entire life, not just in health but, with incredible commitment, spunk, and fire to make a difference on this planet? I have some of the answers and want to share them with the mature women of the vegetarian world) – Victoria Moran

## **Heritage Hall B**

### **Teaching Compassion in the Classroom**

(Humane education is one of the most effective tools in the vegan movement. Learn how this fast-growing program gets into schools, and inspires and empowers teens to make better food choices that benefit themselves and the whole planet) – Lorena Mucke

## **Campus Room**

**Religion and Vegetarianism: Compassionate Ties that Bind** – Rev. Russell Elleven, DMin

## **Scholar's Room**

**Top 10 Nutrition Hits You Need to Know About the Vegan Diet** (Becoming plant-based? Here are the basics you need) – Marty Davey, MS, RD, LDN

**Terrace Room**

**Prehab and Rehab: Exercises to Support Pain-Free Long Term Fitness** (The modern, sedentary lifestyle often puts us in unnatural positions for long periods of time, leading to muscular imbalances and reduced flexibility. In this therapeutic fitness class, we will address common weak areas such as the hip and shoulder joints, leading the group in exercises that will strengthen weak muscles and stretch over-tight ones. You will walk away from this class with new knowledge and an arsenal of exercises to add to your daily routine that will keep you free of injury and discomfort for years to come!) – Marcella Torres & Derek Tresize

**11:15 AM – 12:30 PM****University Room**

**Holistic Nonviolence, Part II: With Knowledge Comes Responsibility** (When we step outside our comfort zone to challenge a prejudice, prevent a violent act, or protest an unjust law, we may suddenly find ourselves transformed from passive bystander into engaged activist, going through one or more cycles of inspiration, empowerment, disillusionment, and eventually, renewal. Over time, we begin to understand why positive social change is so hard-won, yet so very worth all the sacrifices it asks of us. This presentation will help both newcomers and seasoned change-makers better understand their own experiences, tap into the source of their moral courage, and achieve greater effectiveness in their pursuit of peace and justice) – James LaVeck & Jenny Stein

**1:45 – 2:45 PM****Heritage Hall A**

**Journey Back to Health and Living by Winning in the Losing Game** (The obesity epidemic is rapidly growing in this country as is the palette of offered remedies: pills, surgeries, fad diets and other extreme attempts at achieving the desired weight loss. And there is usually confusion, frustration and failure. What we need is not a solution for the moment, but a lifestyle change people can live with for life. For Brenda that life changing step was CHIP. For this champion junk food eater, it took a decision that she wanted to win in the losing game and discover living again) – Hans Diehl, DrHSc, MPH, FACN, with Brenda Morris

**Blackington Hall 138**

**How Dietary Fiber and Colonic Bacteria Improve Our Health and Mental Well-being** – Milton Mills, MD

**Blackington Hall 131**

**Mind If I Order the Cheeseburger? And Other Questions for Vegans** (Whether you're new to veganism or an old hand, you probably get asked many challenging and some not-so-challenging questions. What about plants? Are your shoes leather? Where do you get your protein? This interactive talk will focus on substantive answers to such questions and, equally importantly, understanding where the questions are coming from) – Sherry Colb, JD

**University Room**

**Animals, My Greatest Teachers: Lessons Learned** – Ellie Laks

**College Room**

**Act with a Famous Vegetarian** (Class volunteers will get to perform supporting roles in 5 one act plays about Leonardo da Vinci, Dr John Harvey Kellogg, Jesus, the Buddha, Leo Tolstoy and Pythagoras) – Chris Abreu-Suzuki

**2:00 – 4:00 PM – FOOD DEMONSTRATION****Heritage Hall B & C**

**Vegan Picnic: Packing a Party to Go** (From casual to sophisticated, entertaining al fresco is what summer is all about. These recipes are quick, easy and portable – perfect for your next seasonal soiree) – Mary Lawrence

**3:00 – 4:00 PM****Heritage Hall A**

**Ask the Doctor: “Q&A with Dr K”** – Michael Klaper, MD

**Blackington Hall 131**

**The Five Universal Steps of Transition to a Plant-Based Lifestyle** (The doctors, dietitians, and research scientists give us the facts about plant-based nutrition. But connecting it all with your reality? There are five universal stages of transition to successfully living plant-based. Discover how to advance through each of these steps, take the guesswork out of the process, and find out what makes the difference for sustainable success. Whether you are well on your way, plant-curious and simply want to eat more whole plant foods, or looking for resources

# THURSDAY, JULY 7 (con't)

for helping others on their journey - this session will enlighten and inform) – Lani Muelrath, MA, CGFI, CPBN

## **University Room**

**All You Need Is Love** (“I love my dog. I love my cat. I loved the vacation I took. I love a good steak.” How often do we hear these expressions of love? Yet they each have a different connotation of what love is. We will look into this briar patch of what love means, how to make sense of it, and how do deal with the variances with a deeper understand of love)  
– Harold Brown

## **Campus Room**

**Can This Relationship Survive?** (Have you embraced vegan living but your loved one - partner, parent, child, or other family member - has not? Has this situation led to feelings of frustration, loneliness, heartbreak? Find out how others have successfully navigated these difficult waters - and learn what mistakes to avoid!)  
– Jennifer Greene

## **Scholar's Room**

**Eccentrics, Idealists & Us: The Colorful History of the Vegetarian/Vegan Movement**  
– Victoria Moran

## **4:10 PM – PLENARY**

**Pasquerilla Performing Arts Center**

Emcee: Maribeth Abrams

**The Food Prescription for the Treatment of Cardiovascular Disease**

– Baxter Montgomery, MD (40 min)

**The Ethics of Eating** – Mylan Engel, Jr, PhD (20 min)

## **7:00 PM – MUSICAL PRELUDE**

– Performed by Colin Hill & Nate Barnett

## **7:15 PM – PLENARY**

**Pasquerilla Performing Arts Center**

Emcee: Vance Lehmkühl

**Lifestyle Medicine: Reaching out to Corporate America**

– Hans Diehl, DrHSc, MPH with Dexter Shurney, MD, MPH (40 min)

**“Vegan on a Jet Plane” and “Dear Vegan!”**

Original songs performed by David Madow, DDS (15 min)

**The Lives of Fishes: Highlighting Breakthrough Discoveries From Scientists Around the World**

– Jonathan Balcombe, PhD (30 min)

**Why I am a Plant-based Dietitian**

– Brenda Davis, RD (30 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 of the Living Learning Center**

After telescopic viewing of Moon, Jupiter, Saturn, and Mars, we depart at 10:45 pm for the baseball field for dark-sky viewing of the Milky Way, and a chance to explore the deep sky, with unaided eye, binoculars and telescope. – Led by Robert Victor

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

# FRIDAY, JULY 8

## **6:00 – 6:40 AM – EXERCISE**

### ***Meet in front of Living Learning Center***

**Exerstriding** (Use synergistic resistance to build strength, stamina and endurance - will conclude with an introduction to “Heavy Hands”)  
– John Bolus

## **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 and Jonathan Balcombe

## **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

## **6:50 – 7:20 AM – EXERCISE**

### ***Lobby Living Learning Center***

**Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe** (You may want to bring a yoga mat or towel) – John Bolus

## **8:45 – 9:45 AM**

### ***Heritage Hall A***

**Ask the Doctor: Health/Nutrition Q&A** (Bring your questions and ask this expert who will offer thoughts, opinions, support, and general recommendations for your inquiring minds)  
– Dr. Michael Greger

## ***Blackington Hall 138***

**The Ethics of Eating – Part I: Ethical Vegetarianism from Pythagoras to Tom Regan** (Philosophers throughout history have questioned whether it is permissible to kill animals for food, and many have concluded that it is not. Pythagoras, Henry Salt, Peter Singer, and Tom Regan have offered important arguments for ethical vegetarianism but their positions share a common weakness. Recognizing this weakness can make us more effective advocates for the animals)  
– Mylan Engel, Jr, PhD

## ***Blackington Hall 131***

**Ten Ways to Supercharge Your Life!**  
– David Madow, DDS

## ***University Room***

**Escaping from Food Addictions** (The human animal has evolved to eat as much as

possible, as often as possible, and until feeling completely full. The modern food environment poses particular challenges with its excess of processed and animal-based hyper-palatable foods available in every setting, at every time of day, and in quantities far greater than what humans were designed to handle. This presentation gives a tour of the pitfalls of the modern food environment for someone trying to eat healthfully plant-based, and how to successfully navigate them based on behavior change research) – Micaela Karlsen, MSPH

## ***Campus Room***

**Finding and Keeping Nemo: What's Wrong with Eating Fish?** (Topics to be covered are the health concerns around eating fish, the environmental issues regarding the diminishing health of our oceans, and the ethical problems with fish consumption) – Jacquie Lewis, PhD

## ***Scholar's Room***

**Vegans and Journalism** (This session will acquaint activists with methods of getting coverage from mainstream media outlets, and also look at how mainstream reporting and editing on animal issues (ranging from food reporting to nutritional science) contains an unconscious bias that needs to be overcome by vegan awareness) – Vance Lehmkuhl

## ***Terrace Room***

**Why Resistance Training is So Important to Your Fitness, and How a Plant-Based Diet Complements It** (Learn why resistance training is vitally important to any fitness program due to its ability to increase lean body mass, metabolic rate, bone density, functionality, and balance and coordination; and how a whole foods plant-based diet provides the optimal fuel for this form of exercise)  
– Derek Tresize and Marcella Torres

## **10:00 – 11:00 AM**

### ***Heritage Hall A***

#### **Self-Care for the Compassionate Soul**

(Contrary to popular practice and belief, for the important work we do as ambassadors for compassion, it is crucial that we first take care of ourselves. Far from selfish, without self-care, if we are weakened, so is our effectiveness for animals. We'll discuss simple ways we can take care of ourselves so that we have the strength and fortitude to continue to show up as a voice for LIFE and LOVE in a world that tries

# FRIDAY, JULY 8 (con't)

to devalue our ethics) – Victoria Moran, John Pierre & Allison Rivers Samson

## **Blackington Hall 138**

**Chemistry for Understanding Nutrition: Carbohydrates** – Milton Mills, MD

## **Blackington Hall 131**

**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

## **Heritage Hall B**

**The Truth Behind the Meat, Dairy and Egg Industries and the Rescues That We Have Done** – Ellie Laks

## **University Room**

**Cancer Risk and Diet** (What animal protein and refined carbohydrates have in common, the surprising and sad facts) – George Eisman, RD

## **Campus Room**

**Paleo Vegan: Can These Two Diverse Concepts Marry?** (Check out the author who first dared to combine the concepts. National Geographic agreed with a cover story, “The Real Paleo Diet,” saying we were way more gatherers than hunters. We find relevance and clarity from our ancestors in today’s world)

– Ellen Jaffe Jones

## **Scholar's Room**

**The Quest for Sustainability: Examining the Labels** (What do all those label terms - “organic”; “sustainable”; “local”; “fair trade” - actually mean? What can consumers learn about products from those terms, and in which cases are those terms not educating us?)

– Lee Hall, JD, LLM

## **11:15 – 12:15 PM**

### **Heritage Hall A**

**Defeating Diabetes... One Bite at a Time** (In this lecture, Brenda reviews the connection between diet and diabetes, summarizes her work in the Marshall Islands, and provides “10 bites” or 10 practical guidelines that provide a blueprint for preventing and reversing this disease. These guidelines are also valuable for those with other chronic diseases such as heart disease or cancer) – Brenda Davis, RD

## **Blackington Hall 131**

**Winning at Weight Loss** (Join us for a wild ride on ways you can 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**

**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**

**Emerging Key Nutrition Science Concepts That Will Help Shape Health Practitioners' Future Advisement to Patients about Chronic Disease Prevention** (Overview followed by group discussion) – Bob LeRoy, MS, RD, EDM

## **Scholar's Room**

**Healthy Fats, Healthy Hearts: A Review of the Evidence** (Should oils and high-fat whole plant foods, such as avocado, nuts and seeds, be avoided by anyone with heart disease or seeking to prevent it? Do all these foods present risks for heart health? The heart-health picture is a bit more complex than has been suggested) – Mark Rifkin, MS, RD, LDN

## **Studio Theater**

### **Pasquerilla Performing Arts Center 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, RYT-500

## **11:15 AM – 12:30 PM**

### **Heritage Hall B**

**Holistic Nonviolence, Part III - With Experience Comes Insight** (Activism and justice movements are, by their very nature, organic and ever-changing. Their inspiring power brings out the best in human nature, and also draws in opportunists who seek to exploit the energy of sincere altruists for cynical purposes. Learn how a values-based approach

to justice work can help concerned citizens and experienced activists unlock their potential to become the principled leaders needed to guide the complex course of a justice cause. By playing our part to safeguard both integrity and vision, we can build healthy foundations for long term social transformation)  
 – James LaVeck & Jenny Stein

**1:45 – 2:45 PM**

**Heritage Hall A**

**A Guide to Healthy Bones** – Michael Klaper, MD

**Blackington Hall 131**

**The Inner Lives of Birds** (In 2005 a team of scientists overhauled the naming of structures in the avian brain. They had to, because the old description of a “bird brain” fell so far short of what birds are now known to be capable of. This presentation will bring you up to speed on the lives of our glorious winged cousins)  
 – Jonathan Balcombe, PhD

**University Room**

**Cooking Vegan Food for Non-Vegan Family and Friends** (Learn how to “veganize” the classics and use key ingredient substitutions, such as BBQ jackfruit for pulled pork or aquafaba for egg whites in lemon merengue pie. Quick and easy recipes will be provided)  
 – Mary Lawrence

**Campus Room**

**Almost Vegan - Practical Strategies for Goal Setting: Making The Final Transition to Totally Plant-Based** (Even for people already eating some kind of vegetarian or vegan-leaning diet, making the final transition to 100% plant-based can pose challenges in social settings, when traveling or on the run, or because of lingering food addictions. This talk offers practical solutions for people who want to go from partially plant-based to 100% and stick with their dietary intentions)  
 – Micaela Karlsen, MSPH

**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

**College Room**

**What's Wrong With School Food, and What Can You do to Change It?** – Amie Hamlin

**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

**2:00 – 4:00 PM - FOOD DEMONSTRATION**

**Heritage Hall B & C**

**Eat Like You Give A Damn** (Satisfying, delicious, and healthy vegan fare that celebrates compassionate living)  
 – Michelle Schwegmann

**3:00 – 4:00 PM**

**Heritage Hall A**

**Mindfully Vegan** (You may already be mindful of the impact your diet has on your health and your weight, the environment, the lot of animals - or all three. Yet what if you know all the right foods to eat, can easily assemble a delicious, healthy vegan meal - but still can't seem to pull it off for more than a few days at a time? What if your dietary ideal keeps getting derailed, especially when you feel stressed? Mindfulness meditation goes to the heart of many troubles related to dietary choices, eating behaviors, body weight, and related issues. With mindfulness practice, one becomes aware of underlying thoughts and emotions that can drive set patterns of behavior, opening the door to a new response)  
 – Lani Muelrath, MA, CGFI, CPBN

**Blackington Hall 138**

**The Ethics of Eating – Part II: Simplifying the Moral Case for Veganism** (Ethical vegans believe that it is wrong to eat animals and animal products. A simplified argument for ethical veganism that is not open to easy rejection will be presented. Common moral ground will be identified, namely, moral beliefs society in general share. These commonsense moral beliefs entail that eating meat and animal products is wrong. Appealing to these widely shared moral beliefs when engaging with others on behalf of animals can help you become a more effective advocate)  
 – Mylan Engel, Jr, PhD [A valuable session even for those who missed Part I]

# FRIDAY, JULY 8 (con't)

## **University Room**

**Super Simple ~ Super Nutrition** (Perfectly designed for new vegans and the vegan-curious! See photo after photo of beautiful, colorful, delicious and super-simple recipe ideas! We'll cover ingredient substitutions, recipe modifications, ensuring key nutrients, and more!) – Kerrie Saunders, MS, LLP, PhD

## **Campus Room**

**Affordable Ways to Incorporate Whole Plant Foods into Your Diet and Budget**  
– Kathy Pollard, MS

## **Scholars's Room**

**Planning a Vegan Outreach Event**  
– John Beske & Marla Rose

## **College Room**

**Twenty Evidence-Backed Ideas for Parents to Consider to Facilitate Optimal Health in Their Children** – JoAnn Farb

## **Track at the Athletic Fields**

**BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels - Let's move and laugh together!** (Please bring water and appropriate footwear)  
– John Pierre & Anne Dinshah

## **4:10 PM – PLENARY**

**Pasquerilla Performing Arts Center**  
Emcee: Vance Lehmkuhl

**The Making of a Main Street Vegan**  
– Victoria Moran (40 min)

**"Why We Fight"** – Milton Mills (20 min)

## **5:00 – 11:00 PM – WEEKEND PACKAGE REGISTRATION**

**Living Learning Center Lobby**

## **7:00 PM – MUSICAL PRELUDE**

**Pasquerilla Performing Arts Center**  
– Performed by Sandy Yagendorf

## **7:15 PM – PLENARY**

Emcee: Maribeth Abrams

**25 Years of the Sexual Politics of Meat**  
– Carol J. Adams (30 min)

**Food Choice and Sustainability: "Tipping Point Realities"** – Dr. Richard Oppenlander (45 min)

**Plants, Brains and Feelings: The Science of Emotion and Eating** – Stephan Esser, MD (40 min)

**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 of the Living Learning Center**

Don't miss tonight's beautiful pairing of Jupiter and a crescent Moon! Impressive telescopic views of Moon; Jupiter with four moons discovered by Galileo; Saturn's rings; and Mars with a bright early spring South Polar Cap. Then we depart at 10:45 pm for baseball field for dark-sky viewing of the Milky Way, and a chance to explore the deep sky, with unaided eye, binoculars, telescope. – Led by Robert Victor

# SATURDAY, JULY 9

## **6:00 – 6:40 AM - EXERCISE**

### ***Meet in front of Living Learning Center***

**Exerstriding** (Use synergistic resistance to build strength, stamina and endurance - will conclude with an introduction to “Heavy Hands”) – John Bolus

## **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 and Jonathan Balcombe

## **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

## **6:50 – 7:20 AM – EXERCISE**

### ***Lobby Living Learning Center***

**Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe** (You may want to bring a yoga mat and towel) – John Bolus

## **8:40 AM – PLENARY**

**Emcee** – Vance Lehmkuhl

**How Food is Grown and Why it Matters in Terms of Human and Environmental Health** – Ron Weiss, MD (40 min)

**The Five Universal Steps of Transition to a Plant-Based Lifestyle** – Lani Muelrath, MA, CGFI, CPBN (20 min)

## **10:00 – 11:00 AM**

### ***Heritage Hall A***

**Thriving on a Plant-Based Diet: Optimizing Energy and Avoiding Pitfalls in Vegan Nutrition** – Michael Klaper, MD

### ***Blackington Hall 138***

**Food Choice and Sustainability: Tipping Point Realities** (This presentation will guide you through a fact filled journey of critical time lines regarding the food choice-animal agriculture-environment connection, revealing why humanity is currently on a path of pseudo-sustainability...

with time running out for us. It will provide unique perspectives, shocking statistics, re-defining of key terms and words, while offering creative, never seen before solutions and insights) – Dr. Richard Oppenlander

### ***Blackington Hall 131***

#### **The Sexual Politics of Meat Slide Show**

(provides and ecofeminist analysis of the interconnected oppressions of sexism, racism, and speciesism by exploring the way popular culture draws on dominant Western philosophical viewpoints regarding race, gender and species. It identifies how meat has been a valued masculine-identified protein source and the ways that assumptions about meat eating reinforce a gender binary. Explains about the animalizing of women in contemporary cultural images and the sexualizing of animals used for food) – Carol J. Adams

### ***Heritage Hall B***

**Tough Tactical Questions** (When should animal activists use footage of slaughterhouses, laboratories, and farms to awaken the public's conscience? What arguments can we make against the fringe actors in our movement who propose violent means to achieve the ends we share? When should activists support compromise measures that do not go nearly as far as we would like? Let's explore these questions, which have both a pragmatic and principled dimension) – Sherry Colb, JD and Michael Dorf, JD

### ***University Room***

#### **What Vegans Need to Know about Gluten**

(An update on the research related to gluten intolerance, how to get off gluten, and why knowing this information is so important to our movement) – Joann Farb

### ***Campus Room***

#### **Dynamic Harmlessness: Celebrate Every Day**

(“Do the least harm and the most good.” Sage advice and stories from NAVS founder H. Jay Dinshah, brought to you today by his daughter) – Anne Dinshah

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

# SATURDAY, JULY 9 (con't)

## **Scholar's Room**

**Veganisms** (Everyone has their favorite "correct" way to get the rest of the world to go vegan. But veganism's biggest asset is that many divergent factors, some of which seem at odds with each other, are pushing the envelope from various directions and will wind up combining to make the shift happen, rather than everyone rallying around a single approach) - Vance Lehmkuhl

### **11:15 - 12:15 PM**

#### **Heritage Hall A**

**Plants and Your Bones: Developing an Osteoporosis Prevention Program** (The basics of bone, how plant based nutrition affects them and how to develop a sound approach to prevent or slow progression through lifestyle interventions) - Stephan Esser, MD

#### **Blackington Hall 138**

**The Ethics of Eating - Part III: Human-Centered Reasons for Ethical Veganism** (Ethical vegans believe that it is wrong to eat animals and animal products. Part I offered several commonsense animal-centered reasons for thinking that veganism is morally required, but there are also powerful human-centered reasons for ethical veganism and knowing these reasons can be very helpful when discussing veganism with people who claim to care only about humans. Taken collectively, these reasons provide an overwhelming moral basis for veganism) - Mylan Engel, Jr, PhD

#### **Blackington Hall 131**

**How Do I Know What To Believe? A Road Map for Sifting through Health News** (There is much health news in the media that is based on real information but that has been taken out of context or distorted by the time it reaches the consumer. This talk is a fun, interactive training to help consumers make sense of health news, particularly nutrition news) - Micaela Karlsen, MSPH

## **University Room**

**Vegan Nutrition throughout the Life Cycle** (A nutrition overview from pregnancy to older adult) - Marty Davey, MS, RD, LDN

## **Studio Theatre**

### **Pasquerilla Performing Arts Center**

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

### **11:15 - 12:30 PM**

#### **Campus 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 & Jeffrey Cohan

## **College Room**

**PANEL: Local Vegetarian/Vegan Groups: Starting One and Keeping It Alive** - Ted Barnett (moderator) Carol Barnett, John Beske, Amie Hamlin and Marla Rose

### **1:50 - 2:50 PM**

#### **Heritage Hall A**

**What to Eat... Simple, Practical Tips for Food Selection** (This lecture provides a practical tour through each food category and the fine details of how to improve your selections within each. This is the essential piece of the nutrition puzzle that is so often skipped over) - Brenda Davis, RD

#### **Blackington Hall 138**

**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

#### **Blackington Hall 131**

**Get Off Your Buts** (We know that too much sitting is hazardous to your health. Sedentarism is the scourge of modern society and responsible for raising the red flag on multiple disease biomarkers. Even if you are getting your daily workouts in, if you have extended periods of sitting in your day, you are just as at risk as the person who doesn't exercise every day. Find out how even short fitness breaks can reverse the problems of inactivity) - Lani Muelrath, MA, CGFI, CPBN

### **University Room**

**How Many Animals Does Plant-Based Eating Really Spare?** (This session will provide updates on farms and fish, and explore the ways our diet not only “saves animals” directly, but also how our decisions impact very real, living communities that have been invisible all this time) – Lee Hall, JD, LLM

### **Campus Room**

**Supplementing your Diet with Wild Edibles** (Includes a brief walk, weather permitting. Discover why it makes sense economically and nutritionally to learn about common edible “weeds”) – George Eisman, RD

### **Scholar's Room**

**Trusting Our Hearts, Living With Joy** (We are all confronted with people and situations that challenge us to remain centered and sometimes true to our values and principles. Together we can learn how to be true to ourselves, the planet, and all life in a way that brings joy and peace. Come share your experiences and together we can come to be in tune to our hearts) – Harold Brown

### **College Room**

**How to Apply Your Unique Talents and Skills to Building a Better World for the Animals** – Marla Rose & John Beske

### **2:00 – 4:00 PM – FOOD DEMONSTRATION**

#### **Heritage Hall B & C**

**The Homemade Vegan Pantry, the Art of Making Your Own Staples** – Miyoko Schinner

### **3:00 – 4:00 PM**

#### **Heritage Hall A**

**Top Ten Plant-Based Myths Busted** (Title says it all...present the myths and bust em!) – Stephan Esser, MD

### **Blackington Hall 138**

**Health Q&A: Bring your questions and general practitioner Dr. Weiss will provide answers on a wide range of issues** – Ron Weiss, MD

### **Blackington Hall 131**

**The Inner Lives of Animals** (How do dogs view us? Do lizards anticipate a good meal? Can a fish find stress relief? Do chickens deceive? Would a prairie dog call you out for carrying a gun? Can a crocodile use tools? Learn the answers to these and other alluring questions from the inner world of animals) – Jonathan Balcombe, PhD

### **University Room**

**Are Humans Designed to Eat Meat, Part 1** – Milton Mills, MD

### **Campus Room**

#### **How to Be More Effective as a Vegan Advocate**

(A workshop teaching individuals some of the most overlooked and violated principles of effective vegan advocacy, taught by a professional in the field) – Jeffrey Cohan

### **Scholar's Room**

**Issues in Raising Vegan Children** (Panel) – Kerrie Saunders, MS, LLP, PhD (moderator) JoAnn Farb, Amie Hamlin, Allison Rivers Samson & Michelle Schwegmann

### **Track at the Athletic Fields**

**BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels - Let's move and laugh together!** (Please bring water and appropriate footwear) – John Pierre & Anne Dinshah

### **4:10 PM – PLENARY**

**Emcee:** Lorene Cox

**Proteinaholic: How Our Obsession With Protein Is Killing Us** – Garth Davis, MD (40 min)

**Drawalong: Is a vegan diet the only way left to save the Earth?** – Vance Lehmkuhl (20 min)

### **5:30 – 7:30 PM**

**FAREWELL DINNER** (Serving until 7:00 PM)  
**MUSIC** by John Bolus

### **7:45 PM – MUSICAL PRELUDE**

**Pasquerilla Performing Arts Center**  
– Performed by Vance & Slyler Lehmkuhl

# SATURDAY, JULY 9 (con't)

## **8:00 PM – SPECIAL PRESENTATION**

Emcees – Maribeth Abrams and Vance Lehmkuhl

Performance by the Summerfest Children

Vegetarian Hall of Fame – Induction Ceremony

A special performance by some long-time Summerfest attendees (10 min)

How Not to Die: Dr. Greger has compiled a “best-of” compilation of his last four presentations at Summerfest on the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability – Michael Greger, MD (60 min)

Immediately following the Special Presentation – until 1:00 AM  
EVENING SOCIAL & DANCING

*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.

Immediately Following the Special Presentation  
EVENING SKY WATCHING

***Meet at the Front Entrance of the Living Learning Center***

After telescopic viewing of Moon, Jupiter, Saturn, and Mars, we depart at 10:45 pm for the baseball field for dark-sky viewing of the Milky Way, and a chance to explore the deep sky, with unaided eye, binoculars and telescope.

– Led by Robert Victor

# SUNDAY, JULY 10

## **6:00 – 6:40 AM – EXERCISE**

***Meet in front of Living Learning Center***

Exerstriding (Use synergistic resistance to build strength, stamina and endurance - will conclude with an introduction to “Heavy Hands”)  
– John Bolus

## **6:30 – 7:15 AM – GUIDED 3 MILE RUN/WALK**

***Meet in front of Living Learning Center***

(for all fitness levels and will be slow paced, inspirational and motivational)  
– David Madow, DDS

## **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 - you may want to bring a mat, blanket or towel)  
– Lara Heiman, RYT-500

## **6:50 – 7:20 AM – EXERCISE**

***Lobby Living Learning Center***

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a yoga mat or towel) – John Bolus

## **6:30 AM – MEMORIAL SERVICE FOR THE ANIMALS**

***Whalley Memorial Chapel***

(Inter-religious / Non-denominational)  
Music by the Barnett family

## **8:30 – 9:30 AM**

***Heritage Hall A***

Ask the Doctor: Health/Nutrition Q&A (Bring your questions and ask this expert who will offer thoughts, opinions, support, and general recommendations for your inquiring minds)  
– Dr. Michael Greger

## ***Blackington Hall 138***

**Lessons Learned From the Field: 50 Years**

**of Plant Based Expertise** (Join “Dr. Food” and Celebrity Fitness/Senior Health Expert John Pierre for a no-holds-barred, ask us anything discussion of highlights learned doing consultations and presentations all over the world, with people just like you! We'll cover key nutrients and tips & tricks to keep your body in tip-top shape) – John Pierre & Kerrie Saunders, MS, LLP, PhD

**Blackington Hall 131**

**You're Not Dead, Yet: Nutrition for the Over 50 Crowd** (Delaying Dementia: What we know works) – Marty Davey, MS, RD, LDN

**Heritage Hall B**

**Shattering the Myth of the Malnourished Vegan: How to Achieve Your Best Physique with Whole Plant Foods** (A fit body is a powerful form of activism for vegan issues. Learn how to build muscle and lose fat on a whole foods, plant-based, vegan diet,. Includes nutrition, meal planning, training strategies and more) – Derek Tresize & Marcella Torres

**University Room**

**Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism** (Carnism is the invisible belief system that shapes our perception of the meat and animal products we eat, so that we love some animals and eat others without knowing why. By illuminating carnism, this presentation helps us become more empowered citizens) – Jennifer Greene

**Campus Room**

**Veganism and Caregiving** (This workshop/discussion will review the four guidelines for vegan caregivers, identify some of the stresses for vegans in caregiving, and explain some of reasons that veganism may become more of an issue when a family member is seriously ill or dying and how to respond) – Carol J. Adams

**Scholar's Room**

**Vegan Myth Busting 101** (Bring us your tired, poor, and frequently heard objection to veganism yearning to be free. Hosted by the co-host of "The Vegan Myth Busters Show," you'll walk away with ammunition to combat even the most cantankerous relative who asks you for the 100th time, "Where do you get your protein?") – Ellen Jaffe Jones

**College Room**

**Vegan Cuisine Activism** (Live in a vegan desert? Learn easy ways to help your local restaurants, culinary arts schools, and other venues bring vegan items to the menu and/or host a vegan event) – Anne and Freya Dinshah

**9:45 – 10:45 AM**

**Heritage Hall A**

**Ask the Doctor: Q & A on PROTEIN** (Many people use protein for weight control, to gain

or lose pounds, while others believe it gives them more energy and is essential for a longer, healthier life. "Is all this protein making us healthier?" The answer is emphatically NO. Too much protein is actually making us sick, fat, and tired) – Garth Davis, MD

**Blackington Hall 138**

**Movement as Medicine: Developing a Science Based, Personalized Fitness Program** (Interactive piece on developing your own fitness program based on the federal recommendations on exercise) – Stephan Esser, MD

**Blackington Hall 131**

**Healthy Aging: What Can We Learn From Science and Healthy Older Vegans?** – JoAnn Farb

**Heritage Hall B**

**Animals and Women** (The chief difference between veganism and vegetarianism as generally practiced is that vegetarians don't object to dairy and egg products. Yet dairy and eggs are distinctly products of female reproduction. This talk will examine the connections between feminism and female animals) – Sherry Colb, JD

**University Room**

**Intrepid Entrepreneur** (An industry insider's perspective on the emerging vegan economy, the new developments in vegan foods, the new Plant Based Foods Association, (the first vegan trade group slated to make regulatory impact), and the need for this vegan revolution to take place asap for the benefit of the planet and all of its inhabitants) – Miyoko Schinner

**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

# SUNDAY, JULY 10 (con't)

## **Scholar's Room**

**Research Report: Interviews with Vegan Parents and Children** (Results from two separate studies will be discussed. Twenty-five parents who raised one or more children on a vegetarian or vegan diet were interviewed. Additionally, fifteen adults who were raised on a vegetarian or vegan diet during childhood were interviewed. The experiences of participants and the implications for children, parents, and teachers will be discussed)  
– Christopher Hirschler, PhD, MCHES

## **College Room**

**How to Effectively Communicate Your Vegan Message Using Images, Stories and Technologies** – Marla Rose & John Beske

## **10:50 AM – MUSICAL PRELUDE**

**Pasquerilla Performing Arts Center**  
– Performed by Sarina and Sammi Farb

## **11:05 – 12:15 – PLENARY**

**Emcee:** Maribeth Abrams

**Angels With One Wing** – Harold Brown (20 min)

**DRAWING: Would you like to attend Vegetarian Summerfest 2017 for free? – At today's drawing we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free**

**The Meaning of Summerfest and its Positive Influence on the Entire Planet!**

– Ted Barnett, MD (5 min)

## **"Leftovers"**

– Original song by Vance Lehmkuhl, performed with Skyler Lehmkuhl

**The Power of Choice** – Allison Rivers Samson (20 min)

## **CLOSING REMARKS**

– Maribeth Abrams

## **2:00 – 3:00 PM**

### **Heritage Hall A**

**Are Humans Designed to Eat Meat: Part 2** (Useful even for those who didn't attend Part 1)  
– Milton Mills, MD

### **Heritage Hall B**

**Gluten-Free Diets: Fact, Fiction, and How To Eat GF Healthfully** (Gluten-free diets are becoming ever more popular as many consumers feel better avoiding wheat or gluten-containing foods. This talk clarifies what is known about gluten-free eating and offers easy steps for creating and maintaining a healthy, gluten-free diet and lifestyle)  
– Micaela Karlsen, MSPH

### **University Room**

**Bad Things That Happen When You Eat Bad Food** – Kathy Pollard, MS

### **Campus Room**

**What is the Impact of Animal Agriculture on the Environment?** (This session will look at climate change, air pollution, water pollution, habitat loss and resource depletion)  
– Jeffrey Cohan

### **Scholar's Room**

**We Keep Raising the Bar: Redefining Non-Human Intelligence** (This presentation addresses how science and society has attempted to minimize animal intelligences as a way to "keep animals in their place" and how these views have consistently been proven inaccurate. This presentation will demonstrate how it's getting harder and harder to argue that nonhumans are all that different from humans. Several topics will be touched on including: empathy, ethics, and self-awareness)  
– Jacquie Lewis, PhD & Joe Gaziano, PhD

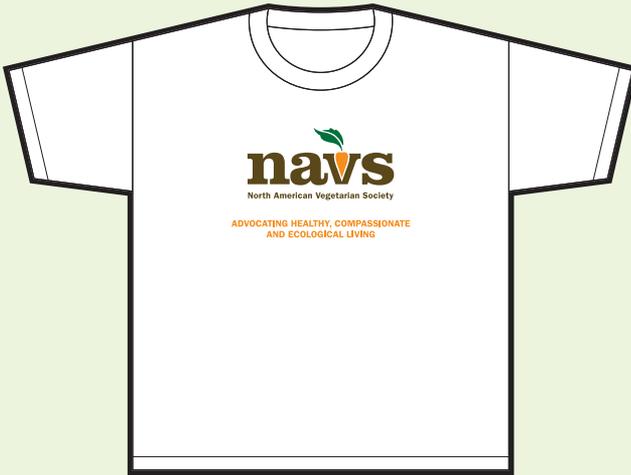
**Please take the time to fill out our questionnaires.**

**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 bi-annual magazine, which will bring you news about important health 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