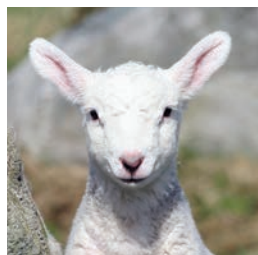
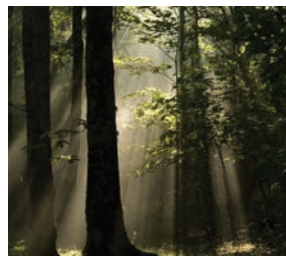


# VEGETARIAN SUMMERFEST 2018 PROGRAM



July 4 - 8 ★ Johnstown, PA  
Conference Center at Pitt-Johnstown

**VEGETARIAN** 20  
**SUMMERFEST** 18

44th 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; Engineering and Science Building: Auditorium and Room 241

### ***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 and Chef Gail Patak 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

**ED ADAMS (WI)** Has been line dancing for about ten years and teaching it for about two years; lives on a tree farm in Wisconsin, with his wife; engaged in conservation projects benefiting native and migratory birds, animals, and the environment

**MARK AGRUSTI, E-RYT 200/RYT 500 (PA)** Mindfulness, Meditation, and Yoga Teacher; co-founder of Yoga Lab; Collaborator on mindfulness-based interventions with the Edna Bennett Pierce Prevention Research Center at Penn State University; long-term practitioner of mindfulness & self-inquiry; completed 1000+ hours of yoga training across a variety of styles

**CHEF AJ (CA)** Host of the television series *Healthy Living with CHEF AJ*; author of *Unprocessed* and *The Secrets to Ultimate Weight Loss*; creator of the *Ultimate Weight Loss Program*; *Healthy Taste of LA* and the YouTube cooking show *The Chef and the Dietitian*; holds a certificate in Plant-Based Nutrition from eCornell University

**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 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

**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*, *How to Say No Without Feeling Guilty* and *Even Vegans Die*; Founder and Director of the Marin Vegetarian Education Group; co-founder of Dharma Voices for Animals; on the advisory council of the Animals and Society Institute

**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)** Longtime animal rights activist and Founder of Woodstock Farm Sanctuary in New York; Previously she had worked in film and television, but an experience in Texas going undercover to document stockyard conditions led her to change course and dedicate her life to helping these animals. author of *The Lucky Ones: My Passionate Fight For Farm Animals*.

**LINDA CARNEY, MD (TX)** Practices family medicine; board-certified by ABLM in Lifestyle Medicine; her patients learn to reverse or control diseases like lupus, Crohn's, asthma, diabetes, high blood pressure, obesity, and high cholesterol levels; hired by Rip Esselstyn as the first Medical Director for his Engine 2 Immersions

**CHEF GW CHEW (CA)** Food inventor / restaurateur; developed his own line of plant protein, entitled Better Chew; founded The Veg Hub Restaurant, a social enterprise that provides affordable and delicious vegan food, and free cooking classes; has his own Cooking Show, called *Chew's Challenge*

**ALAN CLUNE, PhD (TX)** Philosophy professor at Sam Houston State University; serves on the Board of the Vegan Non-Profit Vegan Society of P.E.A.C.E.; runs the Woodlands Vegan Meetup Group; helps rescue orphaned baby squirrels when time permits

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

# SPEAKERS (con't)

**EILEEN WIEDER CRONE, MS (PA)** Registered Dietitian; ACSM-Certified Exercise Physiologist; Registered Yoga Teacher; adjunct professor at Harrisburg Area Community College; passionate about sharing wellness, fitness and the benefits of spending time in nature with others

**MARTY DAVEY RD, MS (SC)** Registered Dietician; spent 10 years in private practice specializing in weight loss, diabetes reversal and childhood nutrition; working on her second vegan research study, The NEW Soul Study, at the University of South Carolina as the Nutrition Interventionist

**JUAN DEGUARA, MS (MD)** Long-time vegetarian; geographer; world traveler; presenter/author of academic papers on world hunger and food security issues; founded the Maryland Vegetarian Union; as student traveled to five continents, dined in over 600 vegetarian and vegan restaurants

**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 (58 years vegan); President of American Vegan Society

**BILL DRELLES (OH)** Cleveland Animal Rights Alliance board member, Cleveland Vegan Society committee leader, runner and outdoor enthusiast, Lean Six Sigma practitioner

**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, USPTA (FL)** Speaker, author; clinician on lifestyle medicine, exercise and nutrition; completed his residency training at Harvard Medical School and a Sports Medicine Fellowship at Mayo Clinic; member of the clinical faculty for Mayo Clinic, St. Vincent's Family Medicine Residency and the Institute of Higher Learning for Brooks Healthcare

**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

**SARINA FARB (NY)** Life-long vegan; previous International Liaison for Tribe of Heart, where she focused on making the award-winning animal films *The Witness* and *Peaceable Kingdom: The Journey Home* understandable and accessible to people in as many cultures as possible; founded AACT, a vegan group at Grinnell College

**CARRIE P. FREEMAN, PhD (GA)** Associate Professor of Communication at Georgia State University in Atlanta; publishes on media ethics, strategic communication for activists, environmental communication, and critical animal studies; Author of *Framing Farming: Communication Strategies for Animal Rights*

**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*

**LEE HALL, JD, LL.M (PA)** Lawyer and grass-roots advocate connecting vegetarianism with ecology and animal rights; board member of Compassion for Animals, Respect for the Environment (CARE) and co-facilitates Pennsylvania's annual Chester County Vegan Festival

**HAL HAMER (MI)** Board Member of NAVS and valuable volunteer at Vegetarian Summerfest for decades; active volunteering at numerous VegFests

**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; founder of Growing Peace Farm, a veganic farm in upstate New York

**FRANK HOFFMAN** Host of the website All Creatures, which is dedicated to furthering peaceful, compassionate living for the whole creation; retired pastor, pilot, scientist, vegan and animal rightist

**KIMBERLY HOSLER (NY)** Vice President Albany Vegan Network; animal rights activist; organized the Albany Chapter for Anonymous for the Voiceless; formed the Albany Vegan Lady Gang

**SHARON JACKS (TN)** Director of Interior Design for National Healthcare Corporation; founder and lead instructor for Studio Veg Productions; Certified in Plant Based Nutrition through the T. Colin Campbell Center for Nutrition Studies; Certified instructor for PCRm's Food for Life Programs

**MERRILEE JACOBS (TN)** Co-Producer of the Documentary *Eating You Alive*

**ELLEN JAFFE JONES (FL)** Author of *Vegan Sex: Vegans Do it Better: Dump Your Meds and Jump in Bed*; *Kitchen Divided and Eat Vegan on \$4 a Day* and co-author of *Paleo Vegan*; certified personal trainer and running coach

**JEN KADEN (OH)** Actively involved with the Cleveland Vegan Society and Cleveland VegFest; has been a valuable volunteer at Vegetarian Summeriest for many years

**JOEL KAHN, MD (MI)** Preventive Cardiologist; Clinical Professor of Medicine at the Wayne State University School of Medicine; Founder, Kahn Center for Cardiac Longevity; author of *The Whole Heart Solution (PBS special)*; co-author of *Vegan Sex*; author of *The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health*

**JAMIE KANE, MD (NY)** Board certified in Internal Medicine and is a diplomat of the American Board of Obesity Medicine; Director for Northwell Health's Center for Weight Management; Assistant Professor in the department of medicine at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell; serves as the chief of its section of Obesity Medicine

**PAUL KENAMER, JR (TN)** Director / Co-Producer of the Documentary *Eating You Alive*

**KATHLEEN KINSOLVING (VA)** Vegan; earned a BFA in Film and TV; presented film appreciation classes; teaches English at Centreville High School where her students enjoy such literature and films as the anti-hunting short story *The Most Dangerous Game*, and the great avian rebellion in *The Birds*

**MICHAEL KLAPER, MD (CA)** Vegan medical doctor; promotes lifestyle choices to help people stay out of hospitals and off of operating tables; radio host; pilot; served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars; serves on the Nutrition Task Force of the American Medical Students Association

**JOANNE KONG PhD (VA)** Speaker focusing on the ethical, health and environmental impacts of veganism; author of *If You've Ever Loved an Animal, Go Vegan*; A critically-acclaimed concert pianist; will appear in the upcoming documentary, *Taking Note*, about vegan musicians

**APRIL LANG, LCSW, SEP (NY)** Psychotherapist, part of her practice is devoted to working with ethical vegans and animal advocates, as well as people who are suffering from the loss of their animal family members; writes a column called, *The Relational Vegan*; author of the book, *Animal Persuasion: a guide for ethical vegans and animal advocates in managing life's emotional challenges*.

**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

**ANTHONY LIM, MD, JD (CA)** Medical Director of the McDougall Program; Staff Physician at TrueNorth Health Center; Physician Leader of the Plant-Based Support Group at Kaiser Permanente Santa Rosa; Board-Certified Family Physician; devoted husband and father of two wonderful children

**SALLY LIPSKY, PhD (PA)** Certified in Plant-based Nutrition from the T. Colin Campbell Center for Nutrition Studies; educates about ways to implement and maintain plant-centered eating habits; author of *Beyond Cancer: The Powerful Effect of Plant-Based Eating*; leader of the Pittsburgh Plant-Based Support Group in partnership with PlantPure Communities

**DAVID MADOW, DDS (MD)** Vegan speaker, dentist, author and podcaster who is passionate about helping others become stronger, thinner, healthier and happier; enjoys running, walking, backpacking and skiing



# SPEAKERS (con't)

**ARMAITI MAY, DVM (CA)** Integrative housecall veterinarian; vegan advocate; worked at an emergency dog and cat hospital; trained in veterinary acupuncture through the Chi Institute of Chinese Medicine; founded a non-profit organization called the Veterinary Association for the Protection of Animals

**JACK MCMILLAN (OH)** Long-time animal rights advocate/activist; founding and board member of the Cleveland Vegan Society, which organizes the annual Cleveland VegFest, now moving into its 6th year, with an attendance of over 13,000 people

**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*

**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*; *Fit Quickies: 5 Minute Workouts*; *The Mindful Vegan: A 30-day Plan for Finding Health, Balance, Peace, and Happiness* presenter for PCRM, Complete Health Improvement Program

**DAVE NORRIS (VA)** Member of the Board of Directors of VegFund a national foundation that awards upwards of \$2 million a year in grants for vegan awareness-raising activities; founded the Charlottesville Vegetarian Festival; served as longtime Co-President of Voices for Animals

**MYRIAM PARHAM, RD, CDE (FL)** Registered Dietitian; certified diabetes educator; coordinates and teaches programs which promote plant-based lifestyle at the Florida Hospital Zephyrhills; president and co-founder of Florida Voices for Animals, Inc; presented nutrition lectures for Dr. John McDougall's Publix program in Lakeland, worked on the GEICO research program with PCRM

**KAREN PHILLIPS, VMD (PA)** Small animal spay/neuter veterinary surgeon at Pittsburgh's humane societies; opened Pittsburgh's only farm animal rescue organization, Hope Haven Farm Sanctuary; her mission is to inspire the public about the sentient nature of farm animals and their right to live surrounded by love and compassion

**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; serves on the Board of Directors for the Plant-based Prevention Of Disease conference. Her upcoming book, *Climate Party!* is about the connection between food and climate change.

**TIM RADAQ, RDN DrPH MPH (NC)** Registered Dietitian; Academic Coordinator for the Public Health PhD and DrPH programs at Walden University; previously served as Director of Nutrition for Physicians Committee for Responsible Medicine; earned his doctorate in Public Health Nutrition at Loma Linda University

**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

**ALLISON RIVERS SAMSON (CA)** Award-winning vegan chef and author; Nia Black Belt instructor; Self-care Coach; co-creator of *The Dairy Detox*; mother to lifelong vegan Olivia

**DAVID SAMSON (CA)** Professional software engineer;vegan since 1994; practices Tai Chi and Nia; lives in Northern California with his longtime vegan wife Allison Rivers Samson and lifelong vegan daughter Olivia Rivers

**DR. KERRIE SAUNDERS, PhD (MI)** Featured expert in the documentaries *Thrive Diabetes & Obesity Prevention* and *Eating You Alive*; founder of the Michigan Firefighter Challenge; author of *The Vegan Diet as Chronic Disease Prevention*; contributing author for *Rethink Food*, and co-author of Guidelines for a Standard of Care for Preventive and Integrated Medicine

**ROBERTA SCHIFF, MS (NY)** Has been presenting at Summerfest for over 10 years. She lives in Rhinebek, NY where she is a health educator, nutrition counselor and coordinates Hudson Valley Vegans, planning events and educational outreach activities.

# SPEAKERS (con't)

**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*

**LEILA SLEIMAN AND NATALIE FRISTICK (PA)** Founded Pittsburgh VegFest and Justice for Animals (JFA) to bring the local community together and extend compassion to more than just dogs and cats.

**KAY STEPKIN (IL)** Founder of the National Vegetarian Museum; vegan chef; recipe creator; ran Chicago's first modern-day vegetarian business; founded the legendary *Bread Shop*; host of 'Go Veggie!® with Kay'

**MICHAEL TAYLOR (MD)** Business executive; experience selling complex and high-level projects to executives, engineers, influencers and users; uses these same principals in successful "selling"/converting people to veganism and with a high degree of success in keeping them vegan; contributes to *VegWorld Magazine* as the restaurant "critic"

**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 WNBFF 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

**BLAKE TUMBLESON (TN)** Vegan; life-long consumer of meat, sea food, and dairy until the age of 46; completely changed his diet, and his life; lost over 50 pounds and improved his health

**ROBERT VICTOR (CA)** Formerly Astronomer, Abrams Planetarium, Michigan State University, and originator of their Sky Calendar, now in its 50th year; received Clifford W. Holmes Award for "Major Contribution to Popularizing Astronomy"

**KIM ALLAN WILLIAMS, MD, MACC, FAHA, MASNC, FESC (IL)** Vegan Cardiologist; completed his internal medicine residency at Emory University, board certified in internal medicine and cardiovascular diseases; James B. Herrick Professor, Chief, Division of Cardiology, Rush University School of Medicine; past president of the American College of Cardiology

**ARIEL JING XU, BS, LMT, RYT (PA)** Ariel is a Yoga, Mindfulness, and Meditation teacher; Licensed Massage Therapist; co-founder of Yoga Lab Studio. Her classes combine functional movement, traditional Yoga postures, Pranayama (Breathing techniques), meditation, and mindfulness

## ENTERTAINMENT

**NATHANIEL BARNETT (NY)** Choral composer, arranger, and director; lifetime vegan

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

**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!

**TIMOTHY RADLEY - DJ SHAMROCK (PA)** Became a DJ at 12, began his Vegan lifestyle 10 years ago. Music and dancing goes further back than speech

**OLIVIA RIVERS SAMSON (CA)** Pianist, actor, speaker, life-long vegan, YouTube activist: [bit.ly/VeganKid](http://bit.ly/VeganKid)

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

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

# WEDNESDAY, JULY 4

## **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*

**Plant-Based Nutrition and Evolving Medical Paradigms** (Three historic revolutions in medicine point the way to mainstream acceptance of plant-based diet as a medical intervention.)  
– Ted D. Barnett, MD

*Heritage Hall B*

**Why Gluten-Free is Gaining Momentum with Vegans** (Ten years ago our movement dismissed concerns about gluten as low-carb propaganda. But science does suggest that many who may benefit from getting off gluten are negative by all current methods of testing. Anemia, osteoporosis, or mental illness may be some people's only symptom. You may benefit from getting off gluten – IF you do it healthfully.)  
– JoAnn Farb

*University Room*

**Switching From Plant-Based Diet to a Vegan Lifestyle.** (The differences between a plant based diet and a vegan lifestyle will be covered. This lively discussion will cover ethics, environmental issues, compassion and love.)  
– John Pierre and Harold Brown

*Campus Room*

**Real Environmentalists Don't Eat Meat -- Or Dairy or Eggs** (What are the real environmental consequences of animal agriculture? What is the scope and depth of the problem? Which claims are legitimate, and which are overblown?)  
– Jeffrey Cohan

*Scholar's Room*

**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

## **3:00 – 3:30PM**

*Terrace Room*

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

## **4:00 – 5:00 PM**

*Heritage Hall A*

**How to Make A Do-It-Yourself Salad Bar** (The one thing everyone agrees on is that we could all

benefit from eating more veggies. One of the best ways to boost your greens and other veggies is by having them ready to eat. I'll show you how to quickly make a DIY salad bar to keep on-hand in your fridge for quick salad making every day.)  
– Allison Rivers Samson

*Heritage Hall B*

## **Meat Eating and the Biology of Disgust**

(Explore why humans are compelled to change the look, texture and taste of animal flesh to make it acceptable. We are trying to make the animal tissue mimic edible plant parts and thereby circumvent our innate disgust response to raw animal flesh) – Milton Mills, MD

*University Room*

## **Easy Steps to a Plant-based Diet** (How to transition to a whole food plant-based Diet.

Changing habits like what we eat can be hard in our meat-based world, even though plant-based diets are known to be health-promoting and compassionate. This talk provides a road-map with practical strategies so people can make the plant-based life easy, sustainable and joyful in the long-term.) – Kathy Pollard, MS

*Campus Room*

**Can This Relationship Survive?** (Have you embraced vegan living but your loved one - partner, parent, child, other family member or close friend – 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*

## **Effective Altruism, Reducing Suffering, and Measuring the Effects of our Vegan Advocacy**

(Can we really quantify and measure things like suffering? Can everything that matters be meaningfully analyzed with a quantitative scientific approach? We will discuss how the setup and framing of questions around effective vegan advocacy, can bias the conclusions we draw about what works, and even prevent us from recognizing and following what is actually in our hearts.) – Sarina Farb

*College Room*

**How to Speak to Christians and Other Religious People about our Animal Rights and Vegan Message** – Frank Hoffman

*Studio Theater*

*Pasquerilla Performing Arts Center*

## **Line Dancing for Health, Fitness, and Fun**

(Line dancing regularly can improve flexibility, balance, and endurance. It can also reduce stress and depression, strengthen bones and



boost cardiovascular health. Come and learn some basic line dances while getting exercise that doesn't feel like exercise. No prior experience is required and you don't need a partner. You'll dance in a group to a variety of music.)  
– Ed Adams

**Meet in front of Living Learning Center Mindfulness Nature Walk** (This pleasant nature walk is an invitation to step back from the bustle and to enjoy the peace found when living fully within our present-moment experiences. Walking mindfully through nature, we are reminded of our interconnection with all things. This hike includes simple, guided mindfulness practices that assist us in experiencing the sights, sounds, and sensations of our journey. If rain, gather at the meeting point for an indoor meditation session. Note: Portions of this activity may not be wheelchair accessible.) – Mark Agrusti

**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**  
– Performed by Rebecca Barnett  
**Pasquerilla Performing Arts Center**

**7:15 PM – OPENING PLENARY SESSION**  
**Emcee:** Maribeth Abrams

**The North American Vegetarian Society Welcomes You**

**Guide to Summerfest, Announcements**

**Valuable Life Lessons from the Blue Zones**  
– Anthony Lim, MD (40 min)

**Be The Change: Stories of the Rescued Animals of Hope Haven Farm Sanctuary.**  
– Karen Phillips, VMD (20 min)

**Gut Microbes and Obesity** – Jamie Kane, MD (40 min)

**Lifestyle Medicine: Saving Lives, Transforming the Way We Deliver Health Care** – Ted D. Barnett, MD (10 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**

**9:45 PM – EVENING SKY WATCHING**  
**Meet at the Front Entrance of the Living Learning Center**  
**Planetfest!** Brilliant Venus low in W; bright Jupiter in S to SSW; and Saturn in SE. Bright Mars rises later in evening. Telescopic views of Jupiter with two bright satellites on each side tonight and Saturn's rings tipped far from edge-on; and naked-eye views of bright stars. **DARK SKY WALK DEPARTS 10:45 PM:** Constellation tour, Milky Way, star clusters for binoculars, Mars rising.  
– Led by Robert Victor

# THURSDAY, JULY 5

**6:00 – 6:40 AM – EXERCISE**  
**Meet in Front of the Living Learning Center Exerstriding,** (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – John Bolus

**6:30 – 7:30 AM – YOGA**  
**Heritage Hall A**  
**Yoga - Waking the Body and Spirit** (An invigorating flow-yoga practice designed to awaken the body, address common muscular imbalances, and enliven the heart. The mindful practice incorporates traditional yoga postures and sequences, pranayama (breathing techniques), and functional movement exercise. Come prepared for Joy, Laughter, Sweat, and Deep Authenticity. No experience necessary. Yoga students of all levels welcome! You may want to

bring a mat, blanket or towel.) – Mark Agrusti with Ariel Jing Xu

**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 mat, blanket or towel) – John Bolus

**8:45 – 9:45 AM**  
**Engineering & Science Bldg. – Auditorium**  
**Nature Versus Nurture How Much Influence Can We Have On the Aging Process?** (What can science and healthy older populations tell us about living healthfully and maintaining functionality as we age? We'll cover broad principals that are easy to grasp, explain the relevant science and give concrete ideas, tips and tricks you can make use of right now.) – JoAnn Farb

# THURSDAY, JULY 5 (con't)

## **Heritage Hall A**

### **Kickstart Your Health for Energy and Weight Loss - Cut through the Gimmicks and Fads and Get Lean and Healthy for Life!**

(This class will focus on the benefits of a low-fat vegan diet for weight loss and disease prevention. Come learn practical, effective, and delicious techniques to help introduce this way of cooking to your family! Class will include an overview of PCRM's Kickstart Program, followed by discussion. Take-home tips and recipes will be available, as well as samples for tasting.) - Sharon Jacks

## **Heritage Hall B**

**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 can add to or detract from true food justice.

We will also look at the new found support for GMO's that is growing among the plant based food community. Learn more about the food justice movement and why the plant based/vegan community is so important to the dialogue.)

- Harold Brown

## **University Room**

**Philosophy, Animals, and Veganism** (The anthropocentric bias we see in much of Western philosophy has its roots in Aristotle, but there's a largely overlooked swath of Western philosophy that regards animals much more favorably. I draw on the work of Pythagoras, Plutarch, Porphyry, Primatt, Bentham, Schopenhauer, Salt, and Moore to develop a progressive animal ethic that calls for an end to animal consumption and exploitation.) - Mylan Engel Jr., PhD

## **Campus Room**

### **Vegetarian Travel Planning: Making Connections and Positive Impacts when Traveling.**

(This talk will cover travel planning for vegetarians and budget travelers: tools and information every traveler can use. Finding, participating, and connecting with Vegan/Vegetarian events, locally, regionally, nationally, and globally will also be presented. Making a positive impact when traveling and as a visitor will be discussed.) - Juan Deguara

## **Scholar's Room**

### **How to More Effectively Convert People to Veganism Using a Tactical Business Approach**

(The challenges of converting family, friends and acquaintances to veganism, then having them stay vegan is formidable. Using tested and validated business/sales practices significantly enhances your chances of success. Understanding the sales cycle and knowing how to overcome objections and offering post sale support can greatly increase the odds of "getting the order.") - Michael Taylor

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

### **Engineering & Science Bldg. - Auditorium**

**Put You Colon To Work For You** (This is an introductory lecture on colon function and colon health and will help prep people for the Microbiome lecture.) - Milton Mills, MD

## **Heritage Hall A**

**Ditching Dairy, Finding Freedom** (If you've ever thought, "I could never live without cheese!" you know the powerful pull this "food" has on us. Let's talk about why that is, how to break the addiction, and discover the big vegan secret about cheese. We'll explore the critical role ditching dairy plays in opening your heart to compassion and why it can be the key to embracing vegan living.)

- Allison Rivers Samson

## **Heritage Hall B**

### **How the Orthodoxy Gets it Wrong and Why Veganism Will Win**

(Over the centuries, visionaries, scientists, and those on the cutting edge of a new paradigm have been met with outrage, censorship, and dismissal. Today we often see a similar response to those talking about veganism. A critical historical look at how the orthodoxy gets it wrong can help us break this cycle and give us hope that progress is happening.) - Sarina Farb

## **University Room**

### **Seventh Day Adventist Lifestyle program for Total Health**

(How to Balance Mind, Body & Spirit for optimum health. Focus on total Plant-based diet and other lifestyle aspects necessary to live life to the fullest. Presentation will also include tips on how to sleep better, improve your environment, interpersonal relationships and outlook.) - Myriam Parham, RD, CDE

## **Engineering & Science Bldg. - Room 241**

### **Maintaining Vegan Credibility, Caring About Evidence**

(The vegan cause represents not only a compassionate but also a fact-based approach to life. We'll discuss what it means to be open-minded and curious, how to detect bogus claims, why the scientific method is so handy for keeping us from fooling ourselves - such as with placebo and get-better-anyway effects - and why this matters for the vegan movement.) - Jennifer Greene

## **Campus Room**

### **Why Veganism Is an Imperative for All Christians and Jews**

(Juxtaposing what the Bible/Torah says with what's happening today in animal agriculture, the implications are clear. Here's what our priests, pastors, ministers and rabbis are not telling us.) - Jeffrey Cohan

**Meet in front of Living Learning Center  
Mindfulness Nature Walk**

(This pleasant nature walk is an invitation to step back from the bustle and to enjoy the peace found when living fully within our present-moment experiences. Walking mindfully through nature, we are reminded of our interconnection with all things. This hike includes simple, guided mindfulness practices that assist us in experiencing the sights, sounds, and sensations of our journey. If rain, gather at the meeting point for an indoor meditation session. Note: Portions of this activity may not be wheelchair accessible.)  
– Mark Agrusti

**11:15 – 12:15 PM**

**Engineering & Science Bldg. – Auditorium  
Eat Up, Slim Down And Get Healthy** (Everyone knows that a Vegan diet is the absolute best for your health, the planet and the beloved animals. But did you also know that if you wish to lose weight, it's also unparalleled for weight loss? The same plant foods that can help you prevent, and even reverse, chronic diseases of lifestyle, will allow your body to easily and deliciously find it's ideal weight without restricting portions or eliminating healthy foods like carbs. In this lively presentation Chef AJ will show you how you truly can eat more and weigh less.) – Chef AJ

**Heritage Hall A**

**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-healthy picture is a bit more complex than has been suggested. A proper sense of balance will help us find the optimal path.) – Mark Rifkin, MS, RD

**Heritage Hall B**

**Vegan Myths Busted: Who/What to Believe?** (Forks Over Knives, What the Health...so many gurus, who do you trust? Should you be vegan for health, animals, the environment, or doesn't it matter as long as you're vegan? How to deal with faux news? The larger our movement grows, the more dissent and consternation. "Vegan Myth Busters Show" host and former Emmy-winning TV reporter offers resources.) – Ellen Jaffe Jones

**Engineering & Science Bldg. – Room 241  
The Environmental Impact of Eating Sea Life** (What's the current status of Earth's aquatic life and habitats? What is happening in commerce and in law, and where? How does the quest for "sustainable" production make things better or worse? Environmental law specialist Lee Hall explores what we know now.) – Lee Hall, JD, LLM

**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)

**Scholar's Room**

**Vegan Nutrition 101** (This primer for is perfect for those beginning their plant-based journey or needing a "tune-up" on how their body actually reacts with food. Laugh and learn as Marty shows how easy it is to be vegan and details the protein question and other issues that come up as you return to your life as regularly scheduled.)  
– Marty Davey, MS, RD

**Campus Room**

**Vegans Go to the Movies: A History of Animals in Cinema** (This workshop will explore how animals have been treated from the early days of filmmaking to the present; how some films have influenced people to change their thinking about animals; how enough concern about abuse in the industry helped launch the American Humane Association which monitors the treatment of animals in film.) – Kathleen Kinsolving

**Studio Theater**

**Pasquerilla Performing Arts Center  
Line Dancing for Health, Fitness, and Fun** (Line dancing regularly can improve flexibility, balance, and endurance. It can also reduce stress and depression, strengthen bones and boost cardiovascular health. Come and learn some basic line dances while getting exercise that doesn't feel like exercise. No prior experience is required and you don't need a partner. You'll dance in a group to a variety of music.)  
– Ed Adams

**1:45 – 2:45 PM**

**Heritage Hall A**

**Lifestyle Medicine: A New Specialty** (In 2017, The American Board of Lifestyle Medicine gave its first qualifying exam to certify practitioners of Lifestyle Medicine. This new area of practice has the potential to revolutionize the way we deliver medicine in this country and to bring the benefits of plant-based diet to an ever-increasing number of Americans, reducing suffering and drastically reducing healthcare costs at the same time. Come hear about this new way of practicing medicine in which patients are encouraged to be active participants.) – Ted D. Barnett, MD

**University Room**

**Mindfulness for the Veg Minded: What the Research Says** (Reactivity rules much of our days. Stress eating, irritability, zoning out online,

# THURSDAY, JULY 5 (con't)

obsessing over one thing or another—no doubt at least one of these reactions to stress is familiar to each of us. Mindfulness training - based on a growing body of research - has been implemented by hundreds of hospitals, health practitioners, and similar settings nationwide for everything from stress management to breaking unwanted habits such as mindless snacking, smoking, and binge eating. Find out what the research says about the benefits of mindfulness and come away with specific tools for practicing mindfulness for managing stress and creating a healthier lifestyle.) - Lani Muelrath, MA

**Engineering & Science Bldg. - Room 241**  
**Mistakes Made and Lessons Learned: Life, Love and Laughter as a 32-Year Vegan** (A lot has changed since Patti went vegan in 1986, and she has changed a great deal, too. Discover ten things she's learned about relating to others, cooking, advocacy, kindness and balance after living half her life as a vegan. There will be time for you to share your own story of growth and change as well.) - Patti Breitman

**Scholar's Room**  
**Food by Food, Ingredient by Ingredient, the Nuance and Detail of Whole-food Plant-based (WFPB) Nutrition** (Overall health/environmental/compassion benefits of vegan eating are clear. However, some choices of non-animal foods/ingredients can sabotage expected health benefits. A foodstuff as harvested from earth may be used/abused/processed in ways that worsen our health outcomes. A zillion essential or helpful substances are scattered through plant foods, & eating a narrow diet can miss many. Lecture and question/answer about food specifics.) - Bob LeRoy, MS EdM RDN

**Campus Room**  
**From Average Joe to "Joe-Vegan"** (Do you want to become a vegetarian or vegan (or want to help someone) but you don't know how? "I could never give up (meat, cheese, fish, pizza, etc)", right? What you need is a reason, motivation, and effective strategies to get you started. Hear how a meat-eater became vegan, lost 50 lbs, and 9 years later says - "it was easy!") - Blake Tumbleson

**President's Room**  
**What the Bible has to Say About Plant-based Diets & Animal Rights** (There is strong and extensive support for a vegan diet and animal rights in the Judeo-Christian Bible. This session explores that evidence in an open discussion format.) - Milton Mills, MD, Roberta Schiff and Jeffrey Cohan

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

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

**Something Better to "Chew" On** (Learn how to "veganize" the most popular American Cuisines: Soul Food, Asian and American Breakfast)  
- Chef GW Chew

## **3:00 - 4:00 PM**

### **Heritage Hall A**

**Winning at WeightLoss** (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', hormone balance, stressors, body composition, sleep & more. Get tips & tricks from an Integrated Medicine perspective, including bioelectrical impedance analysis, helping you determine where the problems (and solutions) can be found in YOUR body!)  
- Kerrie Saunders, PhD and John Pierre

### **University Room**

**It's All in the Family: Coping with Challenges when Everyone in the Family is not On-board the Vegan Train** (In today's world, there are more blended families than ever. Diverse backgrounds, multiple households, and conflicting parental ideas about food choices can result in conflict within a family. This presentation will explore techniques to deal with these conflicts in a loving manner without compromising your vegan ideals. Presentation will be followed by a discussion period.) - Sharon Jacks

### **Scholar's 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 to deal with the variances with a deeper understanding of love. A handy tool for any activist!) - Harold Brown

### **Campus Room**

**"But It's Too Expensive to be Vegan!" - NOT** (The healthiest diet for everyone and is also the cheapest. We will talk about making meals affordable and also the hidden cost of bad food.) Learn affordable ways to incorporate healthy, whole plant foods into your diet and budget.)  
- Kathy Pollard, MS

### **College Room**

**Veganically Grown Food: Planting a Seed for a New Movement** (Learn about the what, why, and how of veganic farming - growing food without animal inputs such as manure and slaughterhouse by-products. This workshop is for those who eat, garden, or farm. We'll talk about why veganically grown food is the "missing link" for vegans, and why it's time to start a new movement.) - Amie Hamlin

**Meet in front of Laurel Hall**

**OUTDOOR COOPERATIVE GAME:** (Fun and friendly active games. Hackey sack, tracball, miyachi, netball, Waboba Flyer, paddleball. You will get tips and coaching to help you learn.)  
- Chip Ballew

**4:10 PM – PLENARY**

**Pasquerilla Performing Arts Center**

**Emcee:** Maribeth Abrams

**Essential Fatty Acids – Health Effects, Controversies, and Recommendations for Plant Based Diets** – Tim Radak, RDN DrPH MPH (30 min)

**The Private Lives of Birds: Presenting Highlights of the Lives of Birds, and Their Remarkable Cognitive, Social and Emotional Capacities** – Jonathan Balcombe, PhD (30 min)

**7:00 PM - MUSICAL PRELUDE**

– Performed by Olivia Rivers Samson

**Pasquerilla Performing Arts Center**

**7:15 PM – PLENARY**

**Emcee** – Maribeth Abrams

**More Than Meats The Eye: the Impact of Our Food Choices on Animals and the Environment, and Why a Growing Number of**

**People are Leaving Animals Off Their Plates.**  
– Jenny Brown (30 min)

**What's Wrong with Welfarism: Pragmatically and In Principle** – Alan C Clune, PhD (30 min)

**The Keys to Healing in the 21st Century**  
– Michael Klaper, MD 40 min)

**9:10 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**

**All four Galilean moons are west of Jupiter**

**Thursday evening, in order outward, Io, Ganymede (brightest), Europa, Callisto (faintest).** After close-up views of Saturn's rings, we'll depart for the athletic fields at 10:45 PM for dark skies, a tour of summer constellations and the Milky Way, and to catch the Red Planet rising. Bring binoculars if you can, for enhanced views of a variety of stellar groupings. – Led by Robert Victor

## FRIDAY, JULY 6

**6:00 – 6:40 AM – EXERCISE**

**Meet in Front of the Living Learning Center Exerstriding,** (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – 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

**6:30 - 7:30 AM – YOGA**

**Heritage Hall A**

**Yoga - Mindful Movement and Meditation**

(This slow and gentle Yoga and meditation class, students are introduced to breathing techniques, foundational Yoga postures, and Sun Salutations, with detailed attention to proper anatomical alignment, body mechanics, functional movement, and mindful practices, that help to prepare the body and mind for clarity, health, and meditation. This class provides the groundwork for a safe, sustainable, and life-long

yoga practice. Students of all levels of Yoga practice are welcome. You may want to bring a mat, blanket or towel.) – Ariel Jing Xu

**6:30 – 7:30 AM – FOREST BATHING**

**Meet in front of the Living Learning Center Forest Bathing** (Based on the Japanese shinrin-yoku technique to beat stress, boost immune function, kick-start creativity and improve mood, we will “amble” on the trails through the natural areas of the campus, stopping to meditate, indulge our senses and even hug some trees. Wear walking shoes and protective clothing (to shield from poison ivy and insects).  
– Eileen Crone, RD, MS, ERYT500, ACSM

**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 mat, towel or blanket) – John Bolus



# FRIDAY, JULY 6 (con't)

**8:45 – 9:45 AM**

**Engineering & Science Bldg. – Auditorium**

**Fruits and Vegetables – Can We Afford**

**Not to Include at Least the Recommended**

**Intake Levels in Our Diet?** (Most Americans consistently fall short of achieving recommended levels of fruits and vegetables and even following plant-based diets, this can be a challenge for some. We will discuss reasons and benefits for meeting the recommended amount, why this is one of the most important disease prevention parts of our diet, and share many useful tips and cost saving strategies to pack in the fruits and vegetables into our daily routine and not break the bank account in doing so.)

– Tim Radak, RDN DrPH MPH

**Heritage Hall A**

**You're Not Dead, Yet: Nutrition for the**

**over 50 crowd** (Will help you understand the nutrition changes as you become a vintage human.)

– Marty Davey, MS, RD

**Heritage Hall B**

**The Joy of Soy: Debunking the Myths and**

**Learning the Varieties and Uses for this**

**Amazing Food!** (Soy has gotten a bad rap over the years and it's time to set the record straight about this healthy, delicious, versatile food!

Come learn about soy in all it's delicious and nutritious forms: tofu, tempeh, miso, and others. Additionally, learn the research-based facts about the positive effect this food can have as a protein source, as well as on hormonal health. Tasting samples will be available.) – Sharon Jacks

**Engineering & Science Bldg. – Room 241**

**Vegan for One** (Research shows more of us are choosing to live alone for all kinds of reasons.

But going solo can present challenges for vegans to get enough balanced nutrition and not waste food, which is so common in our throwaway culture. Learn tricks of the trade to spice it up while getting lots of variety.) – Ellen Jaffe Jones

**University Room**

**"You Don't Win Friends With Salad":**

**Vegetarian TV Characters at Odds With**

**Carno-normativity** (I profile Lisa Simpson from

"The Simpsons" and Phoebe from "Friends" and how these popular comedic shows both challenge carnism (ideology of meat-eating) in some ways but reinforce it in others. I end with recommendations for media-makers on how vegan character portrayals could help challenge carno-normativity. The presentation offers humorous excerpts but also has a serious cultural message.) – Carrie Freeman

**Campus Room**

**Planning and Organizing Vegan Restaurant**

**Dinners** (Does your local vegan group plan

events at restaurants? Or would you like to but are unsure about getting started? Learn how to begin. The selection, work with owners/managers in choosing a menu and making sure that all ingredients are vegan. We will discuss publicity and payments. A well planned event not only pleases your members, but shows restaurant staff that there is a demand for vegan dining.)

– Roberta Schiff

**Scholar's Room**

**Self-care for the Compassionate Soul** (So

much of what we do is focused on energy moving outward to help others. This is an important part of advocacy, and yet to be sustainable ambassadors for compassion, it's crucial that we first fill our own cups so that we're able to give from a source of strength. Allison will share some of the self-care tools and practices she uses on a regular basis.)

– Allison Rivers Samson

**President's Room**

**Why Vegan? Vegan for Your Health, for**

**Environmental Healing, for Fair Food Sources,**

**for Animal Liberation** (On the vegetarian

pathway? Interested in compelling reasons to "take the full journey"? Here's the presentation for you. Lee Hall, vegan author who made the shift in 1983, now has more reasons than ever to keep the commitment. Find out how you are likely to feel the same in time—and how other Summerfest participants already do.) – Lee Hall, JD, LLM

**Studio Theatre**

**Pasquerilla Performing Arts Center**

**The 15-Minute Strength Workout** (Resistance

training can be mysterious, and many of us have heard for years that building muscle on a plant-based diet is difficult if not impossible. Even for the knowledgeable, finding time to get enough of this type of exercise is a daunting prospect. Yet regular resistance training can improve your life by correcting your posture, helping you lose weight, and keeping you injury-free — even as you age. You will walk away with a workout designed to correct postural problems and structural imbalances while building strength and stamina, that can be done in as little as 15 minutes.) – Derek Tresize & Marcella Torres

**10:00 AM – 12:00 PM – PLENARY**

**Pasquerilla Performing Arts Center**

**Emcee:** Maribeth Abrams

**DOCUMENTARY SCREENING**

**EATING YOU ALIVE:** Revealing the Truth Behind Why Americans are so Sick and What We Can Do About it.

**Question and answer session after the showing** – Kerrie Saunders, PhD (Moderator)  
John Pierre, Derek Tresize and Miyoko Schinner.  
Plus, Paul Kenamer, Jr (Director / Co-Producer)  
Merrilee Jacobs (Co-Producer)

**1:45 – 2:45 PM – PLENARY**  
**Pasquerilla Performing Arts Center**  
**Emcee:** Sharon Jacks

**Beating the Blues With Greens: Hope for Depression and Anxiety through Lifestyle Medicine** – Linda Carney MD (40 min)

**Letter to Oprah, The Meat Paradox, and How to Stay Calm in a Crazy Carnivorous World** – Lani Muelrath, (20 min)

**3:00 – 5:00 PM – FOOD DEMONSTRATION**  
**Heritage Hall B & C**

**Healthy Made Delicious** (In this lively demo Chef AJ will demonstrate 7 delicious, nutrient rich SOS recipes) – Chef AJ

**3:00 – 4:00 PM**  
**Engineering & Science Bldg. – Auditorium**  
**Healthy Bones: Preventing and Reversing Osteoporosis** – Michael Klaper, MD

**Heritage Hall A**  
**How Vegans Fail -and How Not To** (Why do some people adopting a plant diet not reach goals for weight, blood pressure, cholesterol and blood sugar? A review of why this happens and what can be done about it will be presented.) – Joel Kahn, MD

**Engineering & Science Bldg. – Room 241**  
**How Dietary Plant Fiber & the Microbiome Modulate Human Physiology and Psychology** (Discuss how dietary fiber lowers cholesterol, and risk for heart disease, diabetes, cancers, depression and dementia.) – Milton Mills, MD

**University Room**  
**How Pure is Your Veganism? Idealism in an Economic Landscape of Vegan Businesses** (Acquisitions of vegan companies by large, non-vegan conglomerates has risen steeply lately, creating shockwaves throughout the vegan community where loyal fans suddenly stop buying certain products that they perceive no longer to be vegan. What are the ethics around vegan business growth and what scenarios will best insure a vegan future? A presentation and discussion.) – Miyoko Schinner

**Campus Room**  
**Effective Altruism and Animals** (Most of us want to do good. We want to alleviate suffering where we can. Yet, we wonder whether our time, charitable contributions, and efforts will make any

difference. I explore ways to make our altruistic efforts more effective. When we do good, while refraining from making things worse, we multiply our positive impact, benefitting humans, animals, and the environment.) – Mylan Engel Jr. PhD

**Scholar's Room**  
**The Tipping Point: Learning from Historic Near-Misses to Recognize a Major Shift** (Is the vegan idea now mainstream, or is it about to be? Recent cultural phenomena like “the Seaworld Effect,” closed and banned animal circuses and a newly vegetarian Chewbacca point to a shift in public attitudes. But will this be The Shift? We'll look at these and other signs of change, as well as at how previous historic advances got deflected or dissipated, and how market/tech forces still may blunt the ascent of veganism worldwide.) – Vance Lehmkulh

**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 and Anne Dinshah

**Owen Library Field**  
**CIRCUS TRICKS PLAYSHOP**  
**Learn to balance on a rola-bola, spin a diablo, juggle** (those who can juggle could learn rings and/or clubs), do juggling stix and spin poi – Led by Chip Ballew

**4:15 – 5:15 PM**  
**Engineering & Science Bldg. – Auditorium**  
**Caloric Density: A Simple Yet Powerful Concept** (Caloric density is one of the most important concepts for a person to understand not just for effective weight loss, but also for optimal health. In this presentation we will review what caloric density is and apply it to various real-world examples.) – Anthony Lim, MD

**Heritage Hall A**  
**The Inner Lives of Animals** (The past half-century has witnessed a revolution in our scientific understanding of animals' lives. How do dogs view us? Do lizards anticipate a good meal? Can a fish find stress relief? Why do dolphins slide down whales' backs? Would a prairie dog call you out for carrying a gun? Can a crocodile use tools? Come learn the answers to these and other alluring questions from the inner world of animals.) – Jonathan Balcombe

**University Room**  
**How to Ditch Big Diet and Practice Mindful Eating** (The diet culture hooks our urgent desire to lose 20 pounds yesterday only to cause short-term success and long-term weight gain. Find out how regimented diets stimulate

# FRIDAY, JULY 6 (con't)

the three sources of cravings, while driving up hunger and your weight. Discover how the unique properties of mindful eating—grounded in specific mindfulness practices and plant-sourced nutrition—lower stress, cut through cravings, put an end to an obsession with food and dieting, restore the pure joy of eating, and help you find your naturally healthy body and weight.) – Lani Muelrath

## **Scholar's Room**

**Basics of Plant-Based Eating** (A hands-on workshop intended for the novice seeking basic, practical information or those wanting a refresher on plant-centered eating. Includes: What a plant-based diet is and is not. Why eating plants is important for overall health. Simple steps for preparing plant-based meals, including shopping lists and convenience tips. Resources for continuing your plant-based journey.) – Sally Lipsky, PhD

## **Campus Room**

**These Are A Few of My Favorite Things** (There is a whole world of support available to anyone walking the vegan path. Discover and share favorite shortcuts, products, podcasts, books, films, web sites and other sources of inspiration and support on the vegan journey.) – Patti Breitman

## **Presidents Room**

**Promoting Plant-Based Diets In The Work Place** (Will provide information on various programs offered for the community and at work. Will share tips on making them fun and interactive. This will include interactive discussion with the attendees.) – Myriam Parham, RD, CDE

## **College Room**

**Looking Back and Forward: The National Vegetarian Museum** (Today the vegetarian movement is exploding: gaining adherents, strength, respect. We'll examine why unearthing, recording, and preserving our history matters, especially in today's world. Although the Museum retells vegetarian history, we promote veganism today. We'll discuss some highlights of Chicago's vegetarian history and some highlights in my life that led me first to vegetarianism and then, to opening the Museum.) – Kay Stepink

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

**Mindfulness Nature Walk** (This pleasant nature walk is an invitation to step back from the bustle and to enjoy the peace found when living fully within our present-moment experiences. Walking mindfully through nature, we are reminded of our interconnection with all things. This hike includes simple, guided mindfulness practices that assist us in experiencing the sights, sounds,

and sensations of our journey. If rain, gather at the meeting point for an indoor meditation session. Note: Portions of this activity may not be wheelchair accessible.) – Mark Agrusti

## **Studio Theatre**

**Pasquerilla Performing Arts Center**  
**Barefoot FusionFIT** (Nia Technique) (Allison returns with this popular and easy-to-follow fitness class that includes Dance + Martial Arts + Yoga. Experience FUN and JOY through holistic movement.) – Allison Rivers Samson

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

**Living Learning Center Lobby**

## **7:00 PM – MUSICAL PRELUDE**

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

## **7:15 PM - PLENARY**

**Emcee: Maribeth Abrams**

**Ketogenic Diets: What are the Pitfalls? What is the Science? Can it be done Vegan? What is the Outcome of a Vegan Ketogenic Diet?**

– Joel Kahn, MD (40 min)

## **Vegan on a Jet Plane**

Original song performed by David Madow, DDS (7 min)

## **Emotions and Eating: The Key to Success**

– Stephan Esser, MD (40 min)

## **9:00 PM (or immediately after the plenary session)**

## **EVENING SOCIAL & DANCING**

### **Heritage Hall**

### **Living Learning Center**

**Music provided by vegan, DJ Shamrock.**

Light refreshments available.

## **9:15 PM – EVENING SKY WATCHING**

**Nightly evening sky watch begins with naked-eye views of Venus, Mercury, Jupiter, Saturn, and bright stars including Summer Triangle; Arcturus, and three bright zodiacal stars Regulus, Spica, and Antares.**

Enjoy telescopic views of Jupiter with just three of its four bright satellites on Friday, as Europa hides behind the planet or in its shadow all evening; and Saturn with rings tipped more than 26°. at 10:45 p.m., we'll walk to athletic fields for mars rising, dark sky views of milky way, and a tour of summer constellations. Bring binoculars if you can, for enhanced views of stellar groupings. – Led by Robert Victor

# SATURDAY, JULY 7

## **6:00 – 6:40 AM – EXERCISE**

**Meet in front of Living Learning Center Exerstriding.** (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – 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

## **6:30 – 7:30 AM - YOGA**

### **Heritage Hall A**

**The Yoga Lab:** An Exploration of Strength, Balance, and Joy. Join Mark in the “Yoga Lab” for a mindful practice session that combines traditional Yoga with elements of Western kinesiology. Through the course of the practice, you will learn more about your human experience as you explore your body, mind, & spirit through movement & stillness. We will investigate common muscular imbalances and learn to strengthen them in order to realize more comfort & integration in life and yoga. You may want to bring a mat, blanket or towel) – Mark Agrusti

## **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 mat, towel or blanket) – John Bolus

## **Pasquerilla Performing Arts Center**

## **8:40 AM – PLENARY**

**Emcee** – Sharon Jacks

## **Nutrition and Cardiovascular Mortality**

– Kim Allan Williams, MD (40 min)

**Expectations and Assumptions: Steering our Relationships** – April Lang, LCSW, SEP (20 Min)

## **10:00 – 11:00 AM**

### **Engineering & Science Bldg. – Auditorium**

**What I Do Every Day** (As a doctor following a plant diet for 41 years, and as a certified integrative cardiologist, I have a routine to maximize my health and longevity. What I do every day to accomplish this goal is of relevance to the attendees and is not simply: eat plants.) – Joel Kahn, MD

### **Heritage Hall A**

**Dare to Change - Ten Ways to Supercharge Your Life** (In this talk, Dr. David Madow shares TEN very powerful things that you can incorporate into your everyday life that will increase your happiness, strength, health, success, confidence,

love, and much more. And there is a special ending. Great for everyone, no matter what your age is or where you may be in life's journey) – David Madow, DDS

### **Heritage Hall B**

**Cravings & Food Addiction:** (What it looks like, and how to beat 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!) – Kerrie Saunders, PhD & John Pierre

### **Engineering & Science Bldg. – Room 241**

**A Vegan World: The Change is Now!** (As a society we have reached a point where the exploitation of animals is clearly manifesting in critical, negative impacts upon the sustainability of our planet, our health, and especially the core values of compassion, justice and equality. This presentation celebrates the positive changes that veganism and animal rights activism are bringing to the world.) – Dr. Joanne Kong

### **University Room**

**How to Put on a VegFest in Your Community** (Panel) – Hal Hamer, moderator – Jen Kaden, Dave Norris, Bill Drelles, Jack McMillan, Kimberly Hosler, Leila Sleiman and Natalie Fristick

### **Campus Room**

**Framing Farming: Communication Strategies for Animal Rights & Vegan Advocacy** (I review the findings of studies of the collective action frames of “go veg” materials from five animal rights groups, including my own recommendations for how to frame problems, solutions, and motivational values that foreground an animal rights ideology.) – Carrie Freeman

### **Scholar's Room**

**Vegan in the Newsroom** (It's no surprise that mainstream reporting on vegans and vegan topics comes out skewed and often inaccurate. But decades at a top regional daily newspaper have shown it's not some meat-grocer's ad-dollars that are pulling the strings, it's simple speciesism. How can that best be challenged by the public and by vegan journalists? Some answers will be offered to this as well as to questions about maximizing media coverage of veg groups, and about the value of localized social media.) – Vance Lehmkuhl

### **President's Room**

**How to Create a Kids' Terrific Cooking Experience** (Secrets of getting kids enthusiastic about spending quality time in the kitchen.) – Freya Dinshah

# SATURDAY, JULY 7 (con't)

**11:15 – 12:15 PM**

**Engineering & Science Bldg. – Auditorium**  
**Essential Fatty Acids: Health Effects, Controversies, and Recommendations for Plant Based Diets** (Be able to define types and sources of EFA2 We will discuss omega-3 and 6 pathways, what they make; health benefits of omega 3 and 6 and controversies; omega-3 and omega-6 ratio and conversion rates and controversies; Be able to define current intakes for vegetarian/vegans and controversies. Guidelines for suggested intakes and proposed recommendations will be discussed and address the question: do vegans/vegetarians need to be concerned with the lower EPA/DHA Omega 3 status?) – Tim Radak, RDN, DrPH, MPH

## **Heritage Hall A**

**Exercise as Medicine** (Movement is truly medicine. Review the science of exercise and develop a evidence based approach to incorporating more exercise into your daily life.) – Stephan Esser, MD

## **Heritage Hall B**

**Decrease Dementia Risk Through Dining** (Registered Dietitian Marty Davey will share the latest information on how our food choices can help prevent and/or treat Alzheimer's and other forms of dementia.) – Marty Davey, MS, RD

## **University Room**

**Vegan; Striving to Live a Morally Consistent Life** (There are serious question we are not only asked but we ask ourselves about being vegan. Different people seem to have different definitions of what a vegan is yet at the core there are principles and values we can all agree upon. Farmer Brown struggled for years trying to understand what being vegan means. Together we will explore this wide ranging topic and learn that none of us are perfect and that we are all in this together.) – Harold Brown

## **Scholar's Room**

**Plant-Based Pooches: Why it's Important for Your Dog's Health and the Planet** (Feeding meat-based diets to dogs causes unnecessary slaughter of farmed animals, is unhealthy for the dogs and unsustainable for our environment. Scientific studies show that meat-based diets have dangerously high levels of cancer-causing heavy metals and a vast array of other harmful chemicals. Switching dogs from meat to plants will help preserve our planet's natural resources and significantly reduce animal suffering.) – Armaiti May, DVM

## **Campus Room**

**Local Vegetarian/Vegan Groups: Starting One and Keeping It Alive** (Panel) – Ted Barnett (moderator) Carol Barnett, Roberta Schiff, Amie Hamlin, and Jennifer Greene

## **Terrace Room**

**Hackesack Playshop** (Hackesack (or footbag) is a fun and cooperative game and is also one of the oldest around. It has been in many cultures and forms around the world. Challenging to learn and takes much practice, but tips and coaching make it easier.) – Chip Ballew

## **Studio Theatre**

**Pasquerilla Performing Arts Center**  
**Barefoot FusionFIT** (Nia Technique) Allison returns with this popular and easy-to-follow fitness class that includes Dance + Martial Arts + Yoga. Experience FUN and JOY through holistic movement.) – Allison Rivers Samson

**1:50 – 2:50 PM**

**Engineering & Science Bldg. – Auditorium**  
**The Scientific Rationale for Whole Foods Plant Based Eating for the Prevention and Management of Obesity** (I will discuss how a Whole Foods plant based approach to eating helps maintain normal physiology, maintains (or improves) insulin sensitivity and can help with neuroendocrine function and circadian rhythms that guide metabolism and weight.) – Jamie Kane, MD

## **Heritage Hall A**

**Vegan Sex** (Erectile dysfunction is the leading indicator of heart disease by as much as 30 years. What's good for the heart is good for other parts. Come learn how sex with vegans is different, discover a rich life full of joy and avoid the pitfalls, and how animal abuse is rampant in the 14 billion dollar sex toy industry.) – Ellen Jaffe Jones

## **Engineering & Science Bldg. – Room 241**

**Animal Abolition Activism: Philosophical Foundations for Distributing Our Resources** (I will argue, using John Rawls' A Theory of Justice, that there is a best ethical practice for how we spend our effort and money to bring about abolition. It will require radical changes to how we ordinarily think about categories of exploited animals.) – Alan C Clune, PhD

## **University Room**

**Practical Mindfulness & Stress Reduction for our Busy Lives** (This experiential workshop explores the fundamentals of using Mindfulness for stress-reduction, with an emphasis on integrating these skills into our everyday lives. Mindfulness is the practice of fully "being here" now; simply observing present-moment



experiences with an attitude of openness and non-judgement. These practices are proven to reduce stress and can help us find clarity and ease during the challenges of our busy, productive lives.) – Mark Agrusti

### **Campus Room**

**Sustaining Plant-Based Eating: Navigating Family, Friends, and Social Situations** (The main reason vegans and vegetarians revert to eating animal foods is feeling isolated in their social and family networks. This workshop includes: · Role of food in families and communities · Practical tips for dining out, family traditions, and social situations · Common scenarios—how would you react? · Participating in plant-based communities—face-to-face and online · Resources for support, information, and sharing.) – Sally Lipsky, PhD

### **Scholar's Room**

**Creating Muscle-Building Menus** (How can you make sure you're getting "enough" plant protein to support a fit lifestyle? Retaining and building muscle isn't just for bodybuilders! Having lean mass on your frame will protect you from injury, boost your metabolism, and enhance your function in all daily activities, not just sports. We will cover how to plan daily meals that not only support the health-promoting muscle you already have, but make it easier to build more if that is your goal!) – Derek Tresize and Marcella Torres

### **President's Room**

**Climate Change: Is It More a Fossil Fuel Problem, or a Diet Issue?** (Most people regard climate change as a fossil fuel issue. Some think it's a farming problem. Few talk about both together. Let's compare these emissions sources. Lee Hall holds an environmental law degree with a focus on climate change, and will encourage you to talk about climate and how personal actions can help preserve our atmosphere.) – Lee Hall, JD, LL.M

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

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

**As American as Vegan Pie – A Vegan Twist on American Summer Classics** – Miyoko Schinner

### **3:00 – 4:00 PM**

**Engineering & Science Bldg. – Auditorium**  
**Plant Based Nutrition and the End of Type Two Diabetes** (Learn how the food we eat is the most radical and powerful preventive and treatment for Type Two Diabetes. Develop a personalized Diabetes prevention and reversal program through evidence based, tangible steps.) – Stephan Esser, MD

### **Heritage Hall A**

**Then Inner Lives of Fishes** (This richly illustrated presentation focuses on the most underestimated and maligned vertebrates on Earth. Fishes are sentient, aware, social, even Machiavellian. Highlighting discoveries from fish scientists and enthusiasts around the world, and pondering his own encounters with fishes, Jonathan will present a fresh look at these remarkable creatures in all their breathtaking beauty and diversity.) – Jonathan Balcombe

### **Engineering & Science Bldg. – Room 241**

**The 10 commandments for Overcoming Your Weight Loss Obstacles** (Did you know that 98% of people who lose weight, usually through a great deal of deprivation and suffering, gain it all back within 2 years? Almost everyone can lose weight, but most people have trouble maintaining their lost weight long term, and it's usually due to certain obstacles that they experience. Chef AJ has worked with thousands of people who have achieved their ideal weight and health and will share with you many of the common obstacles that they experienced and how you can overcome them.) – Chef AJ

### **University Room**

**Mindfulness Meditation Training with The Mindful Vegan** (Mindfulness is a specific form of mental training and a particular kind of awareness you bring to your daily activities. Together, these practices lead to reductions in reactivity and the cultivation of positive brain states. Getting started with mindfulness training – a practical, non-sectarian, science-based practice for decreasing reactivity – is as simple as implementing four simple steps.) – Lani Muelrath

### **Campus Room**

**The Best Medicine is Still Laughter** (With animal abuse so thoroughly embedded in our troubled world, and the planet itself in dire stress, finding reasons to laugh and techniques to regain equanimity are more important than ever. This interactive workshop will help us rediscover sources of joy, balance, connection and laughter.) – Patti Breitan

### **Scholar's Room**

**Issues in Raising Vegan Children** (Panel) – Maribeth Abrams, MS, CNC (moderator) JoAnn Farb, Amie Hamlin, Allison Rivers Samson and David Samson

### **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 and Anne Dinshah

# SATURDAY, JULY 7 (con't)

## **4:10 – 5:10 PM**

**Engineering & Science Bldg. – Auditorium**  
**Reversing Heart Disease: Food vs Pills and Procedures** (A whole-foods, plant-based diet is the only diet ever shown to have the ability to reverse heart disease, the #1 killer of both men and women both in the United States and worldwide. This presentation will review what coronary artery disease is, how western medicine tends to treat symptoms rather than the root cause, and the evidence supporting a plant-based diet as one of the most effective treatment strategies for reversing heart disease.) – Anthony Lim, MD

## **Heritage Hall A**

**Are Humans Designed to Eat Meat? – Part 1** (Comparative anatomy looking at carnivores and herbivores.) – Milton Mills, MD

## **Engineering & Science Bldg. – Room 241** **Combating Climate Change with Your Fork**

(The most immediate and effective way to control climate change is personal, through dietary choices. By eating a plant-based diet you not only lessen your impact but can lose weight and get healthy at the same time - The attainable, solution to climate change depends on what you eat.) – Kathy Pollard, MS

## **University Room**

**Animal Lovers Support Group** (Being an ethical vegan and animal advocate can be challenging at times. Being around people who don't understand or worse, dismiss, our deep connection to all sentient beings can bring up feelings of anger, sadness, and alienation. Sharing and processing these feelings with those who really "get it" can contribute to an improved state of mind and better overall functioning - This support group will be moderated by a professional psychotherapist.) – April Lang, LCSW, SEP

## **Campus Room**

**Blue Zones, How to Apply the Principles in Your Community** (Blue Zones, a look at where, how and why these areas that include healthy centenarians work and how you can apply these principles in your community. Also will share how presenting information about these zones can help open doors to sharing the Plant-based diet message.) – Myriam Parham, RD, CDE

## **Scholar's Room**

**Decolorizing Veganism** (This class will discuss the obstacles, stigmas, and stereotypes that minority groups experience when transitioning to veganism. We will seek to discuss solutions on how to be more effective in reaching these cultures.) – Chef GW Chew

## **President's Room**

**Walking a Fine Line: Finding And Using Health Care as a Vegan** (Physicians and other primary providers typically receive very little training in nutrition, and many of us are concerned whether and how to utilize such professionals in our healthcare. Are there times we should simply agree to disagree? When should we separate? We'll discuss how and why responsible vegans can and should engage the mainstream health care system - and find that proper sense of balance.) – Mark Rifkin, MS, RD

## **Studio Theatre**

**Pasquerilla Performing Arts Center**  
**Find Your Fitness** (Ever wonder how fit you really are? Learn the five health-related components of fitness and participate in several fun and basic individual assessments of cardiorespiratory, muscular, flexibility and body composition status. Wear work-out clothes and bring a yoga mat or towel. Tips will be offered on planning a personal fitness regimen.) – Eileen Crone, RD, MS, ERYT500, ACSM

## **5:30 – 7:00 PM**

**FAREWELL DINNER (Serving until 7:00 PM)**

## **7:15 PM – MUSICAL PRELUDE**

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

## **7:30 PM – SPECIAL PRESENTATION**

**Emcees** – Maribeth Abrams and Vance Lehmkuhl

## **Musical Performance by the Summerfest Children (5 min)**

**Trash Fashion Show** – Summerfest Children (10 min)

## **Vegetarian Hall of Fame – Induction Ceremony**

**A special performance by some of our Summerfest Speakers** – coordinated by Beth Ertz. (15 min)

**From Paleo to Pomegranates: Sense and Nonsense in Nutrition** – Michael Klaper, MD (40 min)

## **9:15 PM (or 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 Shamrock. Light refreshments available.

**Immediately Following the Special Presentation EVENING SKY WATCHING**  
**Jovian system early this evening, from E to W: Ganymede (brightest), Europa, Jupiter, Io** (until it ducks behind Jupiter soon after 11:00 PM), and Callisto (faintest and far out). Don't miss telescopic view of Saturn's rings, with satellite

Titan farthest to the west tonight! Dark sky watch begins at 11:00 PM as we depart for athletic fields for Mars and Milky Way viewing and a tour of summer constellations. Bring binoculars if you can, for enhanced views of stellar groupings.  
 – Led by Robert Victor

## SUNDAY, JULY 9

### **6:00 – 6:40 AM – EXERCISE**

**Meet in front of Living Learning Center Exerstriding** (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – John Bolus

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

**Whalley Memorial Chapel**  
*(Inter-religious/Non-denominational)*  
**Inspirational readings and music**  
 – Frank Hoffman and Beth Ertz.

### **6:30 – 7:30 AM – YOGA**

**Heritage Hall A**  
**Yoga - Mindful Movement and Meditation**  
 (This slow and gentle Yoga and meditation class, students are introduced to breathing techniques, foundational Yoga postures, and Sun Salutations, with detailed attention to proper anatomical alignment, body mechanics, functional movement, and mindful practices, that help to prepare the body and mind for clarity, health, and meditation. This class provides the groundwork for a safe, sustainable, and life-long yoga practice. Students of all levels of Yoga practice are welcome. You may want to bring a towel or blanket) – Ariel Jing Xu

### **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 towel or blanket) – John Bolus

### **8:30 – 9:30 AM**

**Engineering & Science Bldg. – Auditorium Cancer 101** (A primer and review. Learn the basics of Cancer. Explore the science behind cancer preventive lifestyle measures and develop a program for reducing your cancer risk and enhancing your vitality.) – Stephan Esser, MD

### **Heritage Hall A**

Everything You've Ever Wanted to Know about Women's Health (But Were Too Hot to Ask!) (What does science say about the ways that an oil-free,

low-fat, whole foods plant-based diet can help to prevent or reverse heavy bleeding, PMS, infertility, menopausal symptoms, and breast disease? Come hear Linda Carney MD share the secrets that may save your uterus from a preventable hysterectomy.) – Linda Carney, MD

### **Heritage Hall B**

**Barry, the Transgender Superhero Rooster**  
 (Why does Barry, the hen-turned-rooster, always save me from Miles, the mean rooster who attacks? Why did Snookie, a hen, take a sentry position to warn others of predators while other hens cowered? These and other barnyard superheroes have made me think about the meaning of life from their perspective and why we all matter.) – Miyoko Schinner

**Engineering & Science Bldg. – Room 241**  
**Compassion & Self-Compassion Meditation**  
 (This session is an invitation for you to expand the capacity of your heart by cultivating compassion, gratitude, and self-compassion. Several meditation practices and experiences of authentic human interaction will be presented including loving-kindness meditation, deep listening, and speaking from the heart. Self-compassion is shown to improve emotional well-being and can help us become kinder and more forgiving of ourselves.) – Mark Agrusti

### **University Room**

**Are Humans Designed to Eat Meat? – Part 2**  
 (comparing human anatomy and physiology to carnivores and herbivores to show that humans are STRICT herbivores and NOT omnivores.)  
 – Milton Mills, MD

### **Campus 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. Farmer Brown will share the universal challenges that have confronted him in being true to his core

# SUNDAY, JULY 8

values. Come share your experiences and together we can come to be better in tune to our hearts.)

– Harold Brown

## **Scholar's Room**

### **10 Tips to a Healthy Diet That Will Save The Planet**

(Learn the most effective ways to get healthy and save the planet from devastating climate change at the same time.)

– Kathy Pollard, MS

## **President's Room**

### **Discovering Veganism: Personal Journeys and Fascinating History**

(Insights and guidance concerning the importance and practice of choosing a compassionate lifestyle.)

– Freya Dinshah

## **9:45 – 10:45 AM**

**Engineering & Science Bldg. – Auditorium Health Q & A with Dr. K** – Michael Klaper, MD

## **Heritage Hall A**

### **Very Low Fat Diets: Are Your Bones and Joints Sending an SOS?**

(Very low fat diets (10% of calories) have been promoted by some as an essential part of a healthy vegan diet, but substantial evidence suggests that this picture is not accurate. Such diets show significant potential to increase risks for bone loss and osteoarthritis. A proper sense of balance will help us maintain the optimal health of our bones and joints—and heart, with no sacrifices in either direction.) – Mark Rifkin, MS, RD

## **Heritage Hall B**

### **Mindful Fat Loss on a Whole Foods Plant-Based Diet**

(As competitive physique athletes, Derek and Marcella are intimately acquainted with fat loss strategies used by the pros to maintain a lean body year round. We combine that practical knowledge with a whole foods plant based diet, and the latest clinical results presented at obesity conferences and in peer-reviewed research to give you a practical guide to successful, long-term fat loss. We'll talk about goal-setting, assessing your progress, tracking calories and macronutrients, optimal exercise strategies to complement a diet, and how to maintain fat loss long-term without damaging your metabolism.) – Marcella Torres and Derek Tresize

## **Engineering & Science Bldg. – Auditorium**

**Diabetes & the Vegan Diet** (Will discuss why the vegan diet is the best option for the person with diabetes and share information from personal experience in studies & programs looking at results of those on the vegan diet.)

– Myriam Parham, RD, CDE

## **University Room**

### **Psycholinguistics & Ethics in Vegetarianism**

(A heart-felt discussion on how we can extend our compassion to all living things, and celebrate ways to be part of something greater than ourselves. You can help change the world by simply changing - choosing - the words you use!)

– Dr. Kerrie Saunders, PhD

## **Campus Room**

**The Cowspiracy of Religion** (If our religions teach us to be merciful and compassionate, why is the vast majority of clergy members still consuming animal products? This presentation squarely answers the question.) – Jeffrey Cohan

## **Scholar's Room**

### **To Buy Or Not To Buy: Vegan Consumer**

(Your favorite little vegan company got bought out by a big conglomerate with strong meat and dairy ties - should you still support them? What about that big-box store with five varieties of low-price vegan hot dogs vs. the ol' mom-and-pop health food store with one pricey one? How do our choices as consumers work reinforcement, or to limit the ill effects of, consumerism? How can we help 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.)

– Vance Lehmkuhl

## **President's Room**

### **Playwright Rynn Berry's Act (up) with a Famous Vegetarian**

(Class volunteers will get to perform supporting roles in 4 one act plays about The Buddha, Leonardo da Vinci, Leo Tolstoy, and Dr John Harvey Kellogg.) – Chris Abreu-Suzuki and Roberta Schiff

## **10:45 AM – MUSICAL PRELUDE**

– Performed by Nathaniel Barnett

**Pasquerilla Performing Arts Center**

## **11:00 AM – 12:00 PM – PLENARY**

**Emcee:** Maribeth Abrams

### **The Meaning of Food – What it Means to Eat in the 21st Century** – Miyoko Schinner (25 min)

### **DRAWING: Would you like to attend**

**Vegetarian Summerfest 2019 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

### **Compassion Without Burnout: Practical Skills for Sustaining Kindness and Perspective in Everyday Life**

(We've just spent 5 days together in the enthusiastic and supportive vegan environment of Summerfest. How can we transition back into our "everyday" lives while retaining this energy?) – Mark Agrusti (25 min)

**CLOSING REMARKS**

Maribeth Abrams

**2:00 – 3:00 PM**

**Heritage Hall A**

**Chemistry for Understanding Nutrition**

(Overview of protein metabolism, structure and function and review how plant proteins are better for human health and reduce disease risk)

– Milton Mills, MD

**Heritage Hall B**

**The Power of Veganism** (Veganism is a powerful, growing movement with deep potential to impact the direction of the world and our personal lives.

This illuminating talk will motivate listeners to realize the power of their lifestyle choices in creating a more sustainable, healthier and more compassionate world. Our individual choices are part of a collective voice that is truly changing the world.) – Dr. Joanne Kong

**Campus Room**

**Veterinary Humane Education: Making**

**Vet School Accessible to Vegans** (Humane anatomical and surgical teaching methods allow students who don't want to hurt or kill animals to pursue their dreams of becoming veterinarians or other health professionals without having to

sacrifice their ethical beliefs in the process.) – Armaiti Khorshed May, DVM

**Scholar's Room**

**Food Security and World Hunger From Global to Local Aspects**

(A summary of current and past world hunger realities, a method for improving food security, and what the actions countries with limited food security are doing will be discussed. Global dispersion of major food crops: their impact in improving global food security; and aspects of food security in the United States will be offered.) – Juan Deguara

**President's Room**

**Stress Resiliency and Relaxation for Greater Health and Happiness**

(Discover the meaning and causes of stress and how to master techniques to prevent, manage and cope with daily and chronic stress.) – Eileen Crone, RD, MS

**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**  
(regular or women's cut) S, M, L, XL, XXL, XXXL and children's sizes. **\$20**

**STOP GLOBAL WARMING: GO VEGAN!**  
(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**



**Members Get Great Benefits!**

- ✓ **VEGETARIAN VOICE MAGAZINE:** Our annual magazine will bring you news about important health and nutrition studies; compelling consumer, environmental, animal rights and lifestyle issues. Plus delicious vegan recipes are always featured.
- ✓ **MEMBERS ONLY VIDEO GALLERY:** Members have access to our exclusive members' only Video Gallery. The gallery contains select videos from our Vegetarian Summerfest conference. Topics include information about health, nutrition, animal rights, environment and more.
- ✓ **FREE RECIPE CARD SET:** New members will receive our 40 recipe-card set featuring favorite recipes from seven popular cookbook authors. This collection includes entrées, salads, soups, side dishes, desserts and more.
- ✓ **DISCOUNTS:** Members are entitled to a discount on our Vegetarian Summerfest conference and a 10% discount on merchandise at our online store.



**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