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

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

$20

**STOP GLOBAL WARMING: GO VEGAN!**
Awaken people to the environmental impact of meat production. T-shirts are 100% cotton and available in adult (regular or women’s cut) S, M, L, XL, XXL, XXXL and children’s sizes.

$20

**PLEASE VISIT OUR EXHIBITORS & THE NAVS BOOKSTORE**
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:

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

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

Meals are prepared by the Food Service of the University of Pittsburgh at Johnstown, under the direction of Executive Chef Mark Reinfield 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.
MARIBETH ABRAMS (CT) Certified Nutrition Consultant, Holistic Health Practitioner, Lifestyle Educator; author, The 4-Ingredient Vegan and Tofu 1-2-3; NAVS board member

CHRISS 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

AYSHA AKHTAR, MD, MPH (MD) Neurologist and public health specialist; on a mission to show that what’s good for animals is also good for humans; author Our Symphony With Animals: On Health, Empathy and Our Shared Destinies; fellow of the Oxford Centre for Animal Ethics

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

BRENDA T. BRADLEY, PhD (MD) Developed the program “The 21-Day Vegan Challenge”; author of several books, including her prized cookbook, Kale Yeah It’s Good, No Meat Necessary; featured in several magazines and has presented at TEDxJacksonville

MARK MATHEW BRAUNSTEIN (CT) Author of five books, including Radical Vegetarianism, Sprout Garden, and Microgreen Garden; writes about European art; former art librarian at RISD and art curator at Connecticut College; did the research and videography for his slideshow “Vegan Vegetarianism in Art”

ROBERT BREAKEY, MD (MI) Graduate of the University of Michigan Medical School; head of his medical group’s “IHA Lifestyle Medicine Institute Disease Reversal” initiative; on the Board of Directors of Plant Based Prevention of Disease; Co-Medical Director of the Plant Based Nutrition Support Group in Southeast Michigan

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.

CHRISTIN BUMMER (PA) Leads the Forever Diet 14-Day Reboot Challenge; committed to helping people take back control of their health and rewriting family history; Director of Humane Action, Pittsburgh’s Compassionate Living Campaign

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

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

JEFFREY COHAN (PA) Executive Director of Jewish Veg; writer of The Beet-Eating Heeb, a blog on theology-based veganism
SPEAKERS (con’t)

SHERRY F. COLB, JD (NY) Professor of Law and Charles Evans Hughes Scholar at Cornell University where she teaches courses in animal rights; author of Mind If I Order the Cheeseburger?; co-author of the book Beating Hearts: Abortion and Animal Rights

FRAN COSTIGAN (PA) Vegan chef-educator; cookbook author and Director of Vegan Baking and Pastry at Rouxbe Cooking School; cheffed in traditional and vegan pastry kitchens before moving into teaching 20+ years ago.

LEE CROSBY, RD, LD (MD) Dietitian with the Physicians Committee for Responsible Medicine; sees patients at the Barnard Medical Center; enjoys using plant-based nutrition to help patients lose weight in a body-positive way, prevent and reverse diabetes and heart disease, and ease women’s health issues

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 (over 60 years vegan); President of American Vegan Society

BILL DRELLIES (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

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

BROOKE GOLDSNER, MD (TX) Board certified physician; graduate of Temple University School of Medicine; developed a nutrition-based treatment for her own autoimmune disease, lupus; founder of veganmedicaldoctor.com, goodbyelupus.com; author of the best-selling books, goodbye lupus and green smoothie recipes to kick-start your health & healing

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

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

LEE HALL, JD, LLM (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 Vegan 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
**PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE**

JULIA E. INGLIS, PhD, RD (NY) Registered dietitian; master’s degree in nutrition science; nutrition researcher in cancer at the University of Rochester Medical Center; taught nutrition science at Florida State University; worked on the vegan and vegetarian meals-on-wheels

THOMAS JACKSON (PA) Award-winning filmmaker, photographer and musician; received his Masters from Florida State University’s College of Motion Picture Arts; began his vegan journey in 2005

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 Vegan Summeriest for many years

KATHLEEN KIN_SOLVING (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

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

GREG LAWSON (TX) Retired National Park Service ranger after serving 30 years; Vice President of the Veg Society of El Paso; certified vegan lifestyle coach; has been vegan for 21 years

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

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

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

TERRY MASON, MD FACS (IL) Chief Operating Officer, Cook County Department of Public Health; board certified Urologist; advocates a whole foods plant based diet to promote health; shares his holistic approach to health on his popular radio show “The Doctor in the House”

JACK MCMLLAN (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

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

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

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

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 RADAK, 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) Sustainability Expert; Award-winning vegan chef and author; Nia First Degree Black Belt instructor; co-creator of The Dairy Detox; mom to lifelong vegan Olivia; and Founder of Full Circle Sustainability

DAVID SAMSON (CA) Longtime vegan, dad to lifelong vegan Olivia; Engineer

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

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

KAREN SMITH, RD, CDE (MD) Registered dietitian and diabetes educator; co-facilitates lifestyle medicine group programs at Progressive Health of Delaware; previously worked at the Physicians Committee for Responsible Medicine and Barnard Medical Center; building a nutrition coaching and Food for Life business, Runs on Plants RD

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 WNBF pro bodybuilder; A.C.E. Certified Personal Trainer, half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness; co-owner of the plant-based personal training studio, Root Force Personal Training

ROBERT VICTOR (CA) 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”

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

BETH ERTZ (NY) Music director, pianist, composer, orchestrator / arranger for theatre and film

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

VANCE LEHMKUHL (PA) Cartoonist, songwriter and pianist

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
WEDNESDAY, JULY 3

10:00 AM – 10:00 PM – REGISTRATION
Living Learning Center Lobby

2:00 – 2:35 PM – ORIENTATION
Heritage Hall A
Guidance for all Vegan Summerfest “first-timers” and attendees who are new to veganism – Led by Maribeth Abrams

2:45 – 3:45 PM
Heritage Hall A
How Not to Prevent Disease: Dietary Recommendations and the Politics of Food
(For many years, the official dietary recommendations set forth by the U.S. Dept. of Agriculture have been a formula for “how not to prevent disease,” largely because of the corporate influence of animal agriculture. The latest guidelines, issued early in 2016, contain a few steps in the right direction! It still helps to be, as John Robbins once put it, “your own Department of Nutrition.”) – Ted D. Barnett, MD

Heritage Hall B
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. It’s not hard when you have a few simple but powerful guidelines. These tips can not only change your health but control your personal carbon footprint for future earthlings.) – Kathy Pollard, MS

University Room
Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism
(Psychologist Melanie Joy coined the term “carnism” to refer to the invisible belief system that shapes our perception of the animal products we eat. Learn how carnism works, and find out about vegan resources developed by/for those of us who are poor or low-income, LGBTQ, and/or people of color. Updated for 2019, this slide show empowers vegans and non-vegans alike.) – Jennifer Greene

Campus Room
Why Authentic Vegan Activism Matters More Than Ever
(Vegan food is exploding, awareness of veganism is spreading, and many activists tout these things as evidence that veganism is winning. Yet other animal advocates are claiming that vegan activism is failing and say we need a new approach. So what’s really going on? Why the conflicting rhetoric, and what is really most likely to get us to a vegan world?) – Sarina Farb

Scholar’s Room
COMMUNITY OUTREACH: MAKING A DIFFERENCE Changing How Schools Feed Kids
(If you’d like to create change in the schools in your town or on a bigger level, attend this workshop and find out how.) – Amie Hamlin

4:00 – 5:00 PM
Heritage Hall A
Why Vegans Need to Know about Gluten
(updated for 2019) (Perhaps one of the biggest factors contributing to, “Failed vegans” is undiagnosed gluten sensitivity. Gluten intolerance may also explain why people embarking on any of the popular carb-restricting diets become evangelical about these diets -- it may be the first time they have ever experienced relief from the mental-emotional symptoms that gluten can trigger in some people.) – JoAnn Farb

Heritage Hall B
Why Dairy is Unsustainable and How You Can Easily Drop it from Your Diet
(We’ll bust the common myth that because dairy isn’t made of flesh that it isn’t inherently cruel as we look at why we just can’t seem to break the cheese habit, how the demand for dairy was created, and why there’s never been an easier time to ditch dairy. Even if you’re already vegan, this session will help distill the important points to make when people ask you why you don’t eat dairy.)
– Allison Rivers Samson

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

Campus Room
The Impact of Historical Racial Bias on the Health Profiles of Communities of Color
– Milton Mills, MD

Scholar’s Room
The Biblical Imperative of Veganism
(The Bible is widely perceived to be one of the primary drivers of animal exploitation. In reality, though, the Bible points very strongly toward a plant-based, animal-free diet. We dive into the Bible, examining even those sections which might seem to favor meat-eating. All questions will be welcome. Everyone attending will receive a free copy of the Jewish Veg Infographic, which concisely and visually explains the Biblical /Torah imperative of a vegan lifestyle)
– Jeffrey Spitz Cohan
President’s Room
Gratefulness (Could gratefulness be our way of finding some peace in a world that places so many challenges before us? Being vegan with a holistic way of seeing the world sometimes puts us at odds with others. We will explore how gratefulness can help us be better at what we do, and perhaps be better activists and friends to others.) – Harold Brown

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 individually to country music within a group.) – 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

7:00 PM - MUSICAL PRELUDE
Pasquerilla Performing Arts Center
- Performed by Rebecca Barnett

7:15 PM – OPENING PLENARY SESSION
Emcee: Maribeth Abrams
The North American Vegetarian Society Welcomes You
Guide to Summerfest, Announcements
Brilliant Bees, Einstein Elephants: Fabulous true stories of our extended animal family and their ability to think and care – Rae Sikora (30 min)
No Prescription Necessary Anymore: Excessive weight and preventable illnesses are crippling our society – Brenda T. Bradley, PhD (15 min)
Meat Eating & Mind Games: Exploring why we have to disguise meat to make it desirable – Milton Mills, MD (60 min)

9:00 PM (or immediately after the plenary session)
Heritage Hall - Living Learning Center
GET ACQUAINTED PARTY
Time to have fun, meet other attendees

9:20 PM – EVENING SKY WATCHING
Begin near flagpole, east of Blackington Hall
Binoculars may show thin, 30-hour Moon, with Mercury, Mars, and Twins nearby, as depicted on Sky Calendar. Jupiter in SSE with four Galilean moons, and Saturn with its rings, are showpieces! Seven bright stars, easy: Summer Triangle in E, Arcturus and Spica in SW, red Antares 8° lower right of Jupiter, and Regulus in W. AT 10:45 PM, WE WALK TO ATHLETIC FIELDS for spectacular Milky Way, and views of star clusters and other deep sky objects through telescopes and binoculars. – Led by Robert Victor

PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE

THURSDAY, JULY 4

6:00 – 7:15 AM - BIRD WALK
Meet in front of the Living Learning Center
Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable.) – Ted Barnett and Jonathan Balcombe

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 improve them in order to realize more comfort & integration in life and yoga. You may want to bring a mat, blanket or towel.) – Mark Agrusti

8:45 - 9:45 AM
Heritage Hall A
Are Humans Designed to Eat Meat (Part I)
- Milton Mills, MD
THURSDAY, JULY 4 (con’t)

**Heritage Hall B**
**Thriving as a Plant-Based Athlete** – (Learn how athletes interested in top performance can get the edge they are looking for by adopting a whole foods plant-based diet.) – Robert Breakey, MD

**University Room**
**Switching to Vegan—Without Reinventing the Wheel** (Since food represents far more than just nutrition, changing dietary habits isn’t necessarily the easiest task. But a few tricks minimizes the challenge and helps us complete this transition. Designed for those who are either skeptical of the vegan diet’s practicality, struggling on the vegan path, or those who guide or counsel others. Registered Dietitian and 33-year vegan Mark Rifkin will demonstrate we don’t need to reinvent the wheel when switching to vegan.) – Mark Rifkin, MS, RDN

**Engineering & Science Bldg. – Room 241**
**The Social Damage of Factory Farms** (This talk examines the large-scale damage inflicted by factory farms, beyond the brutal violence committed against animals. Factory farm workers are exploited on many levels – through high rates of bodily injury, psychological trauma, and harsh conditions often leading to domestic violence, PTSD, and substance abuse, perpetuating a massive disconnect from cruelty that affects society as a whole. - NO graphic imagery) – Joanne Kong, DMA

**Campus Room**
**The Philosophy of Food** (Most people interact with food three times a day but rarely reflection on food and its impact on our lives, animals’ lives, and the planet. This talk addresses central issues/questions in the philosophy of food: What is food? Food insecurity and social justice. Food and sustainability. Food and animals. Discussion of ways to enhance food awareness in the classroom.) – Mylan Engel Jr., PhD

**Scholar’s Room**
**Sustainable Activism** (Whether you speak up for animals, are the only vegan in the room, or feel like you’re the only who cares, sometimes it can feel overwhelming and exhausting. Helping others is an important part of advocacy, and yet to sustain all the wonderful work you’re doing in the world, it’s essential to first fill yourself so that you’re able to give from a source of strength. Allison will share some of her favorite self-care tools and practices she uses on a regular basis.) – Allison Rivers Samson

**President’s Room**
**Planning Vegan Restaurant Events** (Vegan restaurant events can be enjoyable for your group and bring new business to restaurants. Roberta Schiff has been planning these events for most of this century and will share her experiences. Topics include: selecting appropriate venues, working with owners, managers, serving options, making sure menu choices are 100% vegan, pricing and publicity. A comprehensive handout is included.) – Roberta Schiff

**10:00 -11:00 AM**
**Engineering & Science Bldg. – Auditorium**
**Dietary Fiber: The Lost Ark of Human Health.** – Julia Inglis, PhD, RD

**Heritage Hall B**
**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

**University Room**
**Putting on a VegFest - Part 1 (What To Do Before)** Panel – Hal Hamer, moderator – Jen Kaden, Dave Norris, Bill Drelles and Jack McMillan

**Engineering & Science Bldg. – Room 241**
**Animals and Women** (The chief difference between veganism and vegetarianism as generally practiced is that vegetarians don’t object to dairy and egg products. Yet dairy and eggs are distinctly products of female reproduction. This talk will examine the connections between feminism and female animals.) – Sherry Colb

**Campus Room**
**Our Food Choices and Our Planet** (We examine and quantify the impact that animal agriculture is having on our planet in the areas of climate change, resource depletion, species extinction, pollution and natural-habitat destruction. The emphasis will be on current scientific research from the past two years.) – Jeffrey Spitz Cohan

**Scholar’s Room**
**2nd Annual Nutrition, Food, Nutrient and Food Family QUIZ!** (Advanced fascinating brain-teasing questions. Guaranteed, you’ll learn new things. Open participation in trying to answer questions, BUT.... We will probably spend the...
final 1/3rd or 1/4th of the class in “quiz show” competition format, if some attendees feel energized for doing that! (The prizes would be renown and prestige.) – Bob LeRoy, MS EdM RDN

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

**Heritage Hall A**

**Prevent and Reverse Diabetes With a Plant-Based Diet** (The underlying causes of insulin resistance will be explained, and a plant-based diet will be presented as an evidence-based approach shown for decades to prevent and reverse this condition. Case studies from Cure Diabetes, a group lifestyle medicine program, will be shared.) – Karen Smith, RD, CDE

**Heritage Hall B**

**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, and young adults that were raised vegan, what worked, and what didn’t. How did they handle specific challenges, and why they are glad they are vegan.) – Amie Hamlin (moderator)

**University Room**

**Putting on a VegFest - Part 2 – (What To Do During and After) (Panel)** – Hal Hamer, moderator – Jen Kaden, Dave Norris, Bill Drelles and Jack McMillan

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

**Genes Don’t Determine Destiny** (Her mom, aunt and both sisters had breast cancer. Their family became part of the original BRCA1/BRCA2 gene studies. All had heart disease, diabetes and Alzheimer’s. She almost died of a colon blockage at 28. Doctors said, “Do something different.” 40 years later: 150 racing age group awards and a nationally ranked sprinter. Find your way among tough challenges.) – Ellen Jaffe Jones

**Scholar’s Room**

**World Hunger/Food Security and the Vegan Diet: Solutions and Challenges to Food Security** (Overview of world hunger/food security in 2019. Also presented Ireland’s Great Hunger, the impact of different crops on food security. Carrying capacity of meat based diet vs. vegan diet. World population growth slowed, but meat consumption creates completion for limited land. Method for achieving food security, effective promotion of selected fruits and vegetables used for increasing food security.) – Juan Deguara

**Terrace Room**

**Balance, Coordination and Skill Training** (John Pierre’s most popular exercise class. Enhance your balance, reflexes and skill in this fun, challenging and enlightening workout. All levels of fitness welcome.) – John Pierre

**STUDIO THEATER**

**Pasquerilla Performing Arts Center**

**Line Dancing for Health, Fitness, and Fun** (Line dancing regularly has many health benefits. 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 individually to country music within a group.) – Ed Adams

**1:45 - 3:45 PM - FOOD DEMONSTRATION**

**Heritage Hall B & C**

**Easy Recipes to Impress Anyone...even if you think you can’t cook!** – Anne Dinshah

**1:45 – 2:45 PM**

**Heritage Hall A**

**Nature versus Nurture in the Context of Aging** (Industry wants us to believe that genes are the biggest factor impacting functionality as we age, because patented genetically-targeted treatments are very profitable. But genes aren’t the whole story and science shows that many things we have control over can actually turn our genes on and off. Information is power.) – JoAnn Farb

**University Room**

**Conversations With Dog** (Getting a clue about life from some of our best teachers. Direct advise from the horse’s (and others) mouths.) – Rae Sikora

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

**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**

**Specieism in a Time of ism’s.** (Farmer Brown will make the case that agriculture, the domestication of plants and animals, was the main driver of of the negative isms we live with today.) – Harold Brown

**Campus 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

**PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE**
President’s Room
Learn to Produce Successful Vegan Cooking Classes for Everyone (No matter how simple, cooking classes are a natural way to promote veganism and empower people to go into the kitchen and cook healthy compassionate food. Learn the 5P’s to ensure a successful and exciting event. Along the way, you, as the presenter will gain self-confidence, make friends and have the opportunity to change people’s lives.) – Fran Costigan

College Room
Pennsylvania: Where American Veg Advocacy Started (Many vegans are unaware of how the movement they’re part of got started - well, in the U.S. it started here in Pennsylvania. With cartoons, anecdotes and character profiles, we’ll look at the early history of vegetarian advocacy in the U.S., including the fiery street theater of Benjamin Lay, who lived in a cave in Abington, PA; the all-vegetarian community established at Ephrata, PA; and how the Bible Christians, starting in 1817, and Sylvester Graham, starting in 1830, made Philadelphia the first hub of plant-based advocacy in the nation.) – Vance Lehmkuhl

3:00 – 4:00 PM
Engineering & Science Bldg. – Auditorium
Reversing Autoimmune Disease with Supermarket Foods – Brooke Goldner, MD

Heritage Hall A
How Plant-based Diets Improve the Interaction between Our Microbiome & Physiology – Milton Mills, MD

University Room
Why Do I Have Stubborn Belly Fat When I Do a Million Crunches A Day? ARRGH! (This “pouffer” that won’t go away! Stretch your mind around the many reasons that cause annoying belly blobs. Learn simple, specific exercises that actually work for people who can’t stand gyms, are over a CERTAIN age and don’t have time for full workouts. Bring a mat or towel if you want to exercise with Marty.) – Marty Davey, MS, RD

Engineering & Science Bldg. – Room 241
Environmental Consequences of a Meat-based Diet (Climate change, species extinction, water pollution, air pollution, soil erosion, loss of biodiversity, ocean dead zones - our country’s meat-based diet is a major cause of all the environmental problems we face. This session will examine how a plant-based diet could help heal our planet.) – Greg Lawson

Campus Room
Marketing Your Veganism, Your Vegan Brand and/or Your Vegan Business To Help Create More Vegans (If creating more vegans is a top priority to you then learning how to market your veganism is a must. Using validated business practices, we will explore how to more effectively create a vegan brand, avoid the pitfalls and “plant the seeds” of veganism. From effective use of social media, exhibiting, presenting and promoting, your vegan brand will become more recognizable and appealing to those non-vegans you wish to convert.) – Michael Taylor

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

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

4:10 PM - PLENARY
Pasquerilla Performing Arts Center
Emcee: Vance Lehmkuhl

How Not to Die: Are Most of us Eating our Way to an Early Grave with our Diet? (Doctor, nutrition specialist and author Michael Greger says yes! He outlines why switching to a plant-based diet can not only help improve overall health, but can also reverse effects of common diseases such as heart disease. Drawing parallels between how we dealt with smoking in the past to how we are dealing with nutrition today, this talk will have you reaching for more plant-based food options and not asking ‘where’s the beef?’) – Michael Greger, MD (60min)

7:00 PM - MUSICAL PRELUDE
Pasquerilla Performing Arts Center
Emcee: Olivia Samson

7:15 PM – PLENARY
Emcee – Maribeth Abrams
Our Dysfunctional Medical System that Ignores Plant-Based Nutrition, a History Lesson – T. Colin Campbell PhD (40 min)

Reducing Cancer Risk: A Plant-based Approach (Learn how a plant-based diet can help reduce cancer risk and improve survival.) – Lee Crosby, RD (20 min)

The Food Rx for Cardiovascular Disease: The Integration of Nutrition in the Medical Practice – Baxter D. Montgomery, MD FACC (60 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.

9:30 PM – EVENING SKY WATCHING
Begin near flagpole, east of Blackington Hall
Tonight’s crescent Moon is higher, thicker, and easier to see, but quite low by 9:30 p.m. Our solar system’s biggest moon, Ganymede, is alone west of Jupiter, and three are east until Io moves in front of planet at 10:02 p.m. Saturn’s rings, now tipped 24° will disappear when edge-on in 2025. AT 10:45 PM, WE’LL WALK TO ATHLETIC FIELDS for constellation tour, spectacular Milky Way, and views of star clusters and other objects through telescopes and binoculars. – Led by Robert Victor

FRIDAY, JULY 5

6:00 – 7:15 AM - BIRD WALK
Meet in front of the Living Learning Center Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable.) – Ted Barnett and Jonathan Balcombe

6:30 – 7:30 AM – 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

8:45 – 9:45 AM
Engineering & Science Bldg. – Auditorium A Research Journey in Nutritional Science (Connecting parts with the whole) – T. Colin Campbell PhD

Heritage Hall A
Flying Solo (The biggest problem for vegans eating alone is how to get a wide variety of nutrients and not waste food. Hear and share best practices on how to prep recipes for 1-2 servings versus usual recipe format which serves 4 or more.) – Ellen Jaffe Jones

Heritage Hall B
Despair Repair (With eyes wide open to some of the horrors of the world, many vegans face despair and compassion fatigue. What tools do YOU have to be a positive healthy light in an often dark sky? A few tweaks and tools will help keep you energized and living fully in the world.) – Rae Sikora

University Room
Can you Eat Birthday (Wedding, Holiday Cake) and Be Healthy Too? (Chef Fran Costigan, the “Queen of Vegan Desserts” teaches an online 90-Day Essential Vegan Desserts Course, hands-on and demo dessert classes, writes vegan dessert cookbooks, yet she promotes a whole foods diet with desserts as treats only. Join Fran to discuss this hot button topic and vegan sweeteners and other dessert ingredients.) – Fran Costigan

Engineering & Science Bldg. – Room 241
Building a Movement that Includes Every Body (Having a fat body shouldn’t make one subject to prejudice, but presently in our society, it does. Weight stigma contributes to depression, anxiety, social isolation. Vegans can challenge this injustice by changing the way we frame information about vegan nutrition. See how Jennifer does this in her advocacy, and consider how you might apply these lessons in your own life.) – Jennifer Greene

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

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Scholar’s Room
Our Climate, Our Diets: What We Need to Know in 2019 (What’s changing this year in climate science? Explore current knowledge and trends. And if you still eat flesh, dairy, and fishes, connect your own dots to those “natural disasters” resulting from the unnatural system that produces what goes in your grocery bags. It’s never too late to learn. And you won’t be alone on the journey.) – Lee Hall, JD, LLM

College Room
It’s Never Been Easier to be Vegan (A review of the marketplace and guide to meal planning and daily living.) – Freya Dinshah

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

3:00 – 5:00 PM - FOOD DEMONSTRATION
Heritage Hall B & C
Learn the Secrets of Creating Delicious Vegan Cuisine (Experience GW Chew’s signature comfort foods that can be made in 20 minutes or less) – GW Chew

3:00 – 4:00 PM
Engineering & Science Bldg. – Auditorium
The Food Rx for Cardiovascular Disease: A defined, plant-based diet as a potential therapeutic approach in the treatment of heart failure: a clinical case series
– Baxter D. Montgomery, MD FACC

Heritage Hall A
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. Recent evidence suggests for optimal health we may need to double the recommended intakes. We will discuss reasons and benefits for meeting the recommended amount, why this should be doubled, 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

University Room
You’re Not Dead, Yet: Nutrition for the over 50 crowd (You are NOT getting older. You are becoming a more prestigious vintage. BUT, guess what? Nutrition needs change. Stay your FAB self with the LaDiv of dietetics herself, Marty Davey. Guaranteed to let you see that you are the “Gold” in ”Golden age.” Updated from last year. Same bad jokes.) – Marty Davey, MS, RD

Campus Room
How to Combat Climate Change with Your Fork (Your 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. We need to understand that we have a responsibility towards both saving our planet and controlling out health. The solution to climate change is on our forks.) – Kathy Pollard
Scholar’s Room
The Sound of Silence (Sound is energy. The spoken word and music have the power to heal. This fun and interactive session will explore the ideas and theories of quantum energies that help us evolve. Come, sing, dance! Farmer Brown will share his experiences and how music has been one of the anchors in his life and how language is so important in our lives from our health to our activism. Learn the Sufi dance of peace and how we connect with one another.) – Harold Brown

President’s Room
Vegan Contests - A Growing Form of Advocacy (A key form of ‘food activism,’ that is, promoting vegan food as a mainstream choice, is citywide or regional contests allowing people to vote on vegan venues and vegan menu items. As the founder of the Best Vegan Cheesesteak in Philly contest and cofounder of the Philly Vegan Awards, I’ve learned a few things about what methods of promotion, engagement and overall logistics work best in my area. Contests can be generated that will generate a good amount of buzz within and outside the local vegan community, that will at least pay for themselves and in some cases may be able to raise revenue for vegan causes.) – Vance Lehmkuhl

College Room
Animals in Modern Animal Agriculture (Best-selling author and Oxford-educated historical Yuval Noah Hariri describes modern animal agriculture as the worst crime in human history. Using only minimal graphic images, we look at the trend lines, for better and for worse, for animals in our modern agricultural system.) – Jeffrey Spitz Cohan

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

4:15 – 5:15 PM
Engineering & Science Bldg. – Auditorium
Get the Doctor’s Expert Opinion on Your Health and Nutrition Questions
– Michael Greger, MD

Heritage Hall A
Plant Based Pediatrics: Nourishing Kids for Optimal Health (Discussion of how many of our most serious chronic diseases—like obesity, diabetes, asthma, and coronary heart disease—start in childhood and how a whole foods plant-based diet right from the beginning will help to decrease the risk of many childhood illnesses and set the stage for vitality and longevity well into adulthood.) – Robert Breakey, MD

University Room
Why people sometimes fail on vegan Diets – and how to prevent this (Being a “failed vegan” can do wonders for one’s YouTube channel, but it’s a tragedy for animals, the environment and future generations. Learn the science and the psychology so that you can be the best advocate and mentor possible to others.) – JoAnn Farb

Scholar’s Room
Strength Training for Heart Health (Derek Tresize will discuss why strength training is so beneficial for heart health and cover specific strategies for those seeking to build their heart strength and how to train safely if you’re at high risk for a cardiovascular event.) – Derek Tresize

Campus Room
Reading Food Labels: Making Sense of Healthy Eating (Labels on food packages can be confusing and even misleading. With an eye toward maintaining healthy, plant-centered food choices, you’ll receive guidance on how to read labels for common foods, including cereals, snack foods, frozen veggie burgers, and more. An interactive, hands-on workshop.) – Sally Lipsky, PhD

President’s Room
Serving Appropriate Food to Non-vegans (Saving animals and our planet and health concerns are reasons to eat vegan. Non-vegans can be turned off by dishes that seem strange or bland and uninteresting. We will discuss interesting and appropriate items to serve for meetings, informal gatherings, community outreach, parties and full meals. Some food samples will be offered.) – Roberta Schiff

College Room
Advancing the Cause: Your New Career in Vegan Nutrition (Are you interested in nutrition as a career? Individuals, health care providers and food service operators are increasingly interested in accessing or offering professional vegan nutrition services. We’ll discuss the various education programs, implications of professional licensure, and how to find a program that fits—whether you are still earning a degree, or already have one. Advance the movement by converting your passion into your profession!) – Mark Rifkin, MS, RDN

Owen Library Field
CIRCUS TRICKS PLAYSHOP
Learn to balance on a rola-bola, spin a diabolo, juggle (those who can juggle could
FRIDAY, JULY 5 (con’t)

learn rings and/or clubs), do juggling stix and spin poi – Led by Chip Ballew

STUDIO THEATRE
Pasquerilla Performing Arts Center
The 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. In this session, you’ll also learn the moves for our Nia Flash Mob at the Saturday night dance party!) – Allison Rivers Samson

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

7:00 PM - MUSICAL PRELUDE
– Performed by Nathaniel Barnett
Pasquerilla Performing Arts Center

7:15 PM - PLENARY
Emcee: Maribeth Abrams

Goodbye Lupus - How I became Lupus Free with Supermarket Foods – Brooke Goldner, MD (30 min)

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)

Why Plants Work? The role they have in decreasing inflammation and constipation which increases quality of life – Terry Mason, MD FACS (60 min - including time for questions)

9:10 PM (or immediately after the plenary session)

EVENING SOCIAL & DANCING
Heritage Hall
Living Learning Center
Music provided by vegan, DJ Shamrock – Light refreshments available.

9:30 P.M. – EVENING SKY WATCHING
Begins near flagpole, east of Blackington Hall
Binoculars show earthshine on Moon’s dark side, with Regulus, heart of Leo, 3° lower left. Enjoy views of Moon, Jupiter and Galilean moons, two or three east, one west, and Saturn’s rings! July map depicting sky at 10:20 p.m. tonight shows seven stars of first magnitude or brighter, and two planets. See them all! AT 10:45 PM, WE’LL WALK TO ATHLETIC FIELDS for constellation tour, spectacular Milky Way, and views of star clusters and other objects through telescopes and binoculars. – Led by Robert Victor

SATURDAY, JULY 6

6:00 – 7:15 AM – BIRD WALK
Meet in front of the Living Learning Center
Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable.) – Ted Barnett and Jonathan Balcombe

6:30 – 7:30 AM – YOGA
Heritage Hall A

YOGA

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 improve them in order to realize more comfort & integration in life and yoga. You may want to bring a mat, blanket or towel.) – Mark Agrusti

8:45 AM – 9:45 AM
Engineering & Science Bldg. – Auditorium
Prevent and Reverse Diabetes with a Plant-Based Diet (The underlying causes of insulin resistance will be explained, and a plant-based diet will be presented as an evidence-based approach shown for decades to prevent and reverse this condition. Case studies from Cure Diabetes, a group lifestyle medicine program, will be shared.) – Karen Smith, RD, CDE

Heritage Hall A

What a Fish Knows (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, biologist and best-selling author Jonathan Balcombe presents a fresh look at these remarkable creatures in all their breathtaking beauty and diversity.) – Jonathan Balcombe, PhD
Heritage Hall B
When I’m 64: Plant-Powered Living for Slow-Motion Aging (Learn the 4 types of aging and how lifestyle choices can affect 3 of them, as well as how to implement Victoria’s signature live-well program, MEND ~ Meditation, Exercises, Nourishment, and Detoxification.) – Victoria Moran

Engineering & Science Bldg. – Room 241
Be Vegan, Yet Keep Friends/Family (Fun social tips/stories you can use to gracefully handle any situation with people who might not think like you do.) – Anne Dinshah

University Room
Vegan Poster Child Syndrome (Vegan means never getting old, fat, sick or tired, right? Wrong. Being a regular human as the only vegan in the room isn’t easy. Being real in a non-vegan world.) – Rae Sikora

Campus Room
Vegetarianism in Art (Art is rich with imagery of animals, including some art with underlying vegetarian themes. While most artworks depict cutesy storybook animals, this slideshow will explore the hidden meanings of icons of European and American paintings whose narratives unwittingly portray our exploitation of them for food. Thus some artworks depict hunting, fishing, butcher shops, and dairy farming, but others portray the Ark and the Peaceable Kingdom. Artists notably include Bruegel, Bosch, Rembrandt, Winslow Homer, and Edward Hicks, plus some less popularly known, such as Arcimboldo, Aertsen, Bassano, and our contemporary Sue Coe). – Mark Braunstein

Scholar’s Room
Nonviolent Communication (Nonviolent Communication, or NVC, is a communication process developed by Marshall Rosenberg. Sometimes referred to as Compassionate Communication, its purpose is to create human connections that empower compassionate giving and receiving. Learn why NVC helps our cause, and how to use it to get your point across and your needs met.) – Jennifer Greene and Amie Hamiln

President’s Room
Intersectional Veganism (Some social justice activists promote “intersectionality”—the idea that various forms of injustice are connected. Intersectionality presents the vegan movement with opportunities and challenges. By making common cause with those who favor civil rights, women’s rights, LGBT rights, and others, we broaden our base. Yet given political polarization, intersectionalitity can also alienate potential allies. Let’s discuss our experiences.) – Michael Dorf

10:00 – 11:00 AM – PLENARY
Pasquerilla Performing Arts Center
Emcee – Vance Lehmkuhl

Vegan Perspectives on Cell-Based Meat (Lab-grown “slaughter free” meat is being promoted by some animal advocates as a way to produce meat without hurting animals. But is cell-based meat really better for animals, the environment, and a “solution” we should be promoting? Join a chemistry teacher, a doctor, a former farmer, and a lawyer for a discussion about the facts and realities of the latest food industry trend: Clean meat.) – Panel discussion moderated by JoAnn Farb and panelists include Sarina Farb, Milton Mills, MD, Harold Brown and Lee Hall, JD, LLM

11:15 – 12:15 PM
Pasquerilla Performing Arts Center
Courageous Compassion (Through the eloquence of spoken words, imagery and music performance, this presentation focuses upon embracing the greatest gift we can give to other beings – compassion. The courage to transform our collective identity away from an egocentric view will reawaken the deep kinship we have with our fellow beings, and create a path to restore the sustainability of the natural world.) – Joanne Kong PhD

Heritage Hall A
Health is a Gift You Give Yourself (Overview of why and how a whole food plant-based diet provides optimal nutrition for people of all ages who want to improve their vitality and avoid chronic disease.) – Robert Breakey, MD

Heritage Hall B
Current Vegan Research - The NEW Soul Study at the University of South Carolina (A research study coupling Southern cooking, vegan meals and taught by a Northerner? Recipe for disaster? Learn how cultures collide and come together in the NEW Soul Study, conducted at the University of South Carolina. NEW Soul uses a WFPB approach to decrease heart disease in African Americans in the Stroke Belt of the United States.) – Marty Davey, MS, RD

University Room
Vegan Reboot (Sometimes the best intentions falter. Bring your biggest challenge or obstacle and see if there isn’t a way to hop back on the road to success, however you define it. Identify and gain clarity with direction for your vegan goals. Do celebrity endorsements mean anything? How can we deal with defections of others and on social media? Should we care?) – Ellen Jaffe Jones
1:45 PM – 2:45 – PLENARY
Pasquerilla Performing Arts Center
Emcee: Vance Lehmkuhl

Do Animals Hold the Key to Your Health?
– Aysha Akhtar, MD, MPH (20 minutes)

The Smaller Majority: Surprising Insects
– Jonathan Balcombe (40 Minutes)

3:00 – 5:00 PM – FOOD DEMONSTRATION
Heritage Hall B & C
Vegan Desserts For Everyone (Learn to make a few core recipes and you’ll have variations galore.) – Fran Costigan

3:00 – 4:00 PM
Engineering & Science Bldg. – Auditorium
Essential Fatty Acids: Health Effects, Controversies, and Recommendations for Plant Based Diets (Essential. Yes. But just how essential? We will define types and sources of EFA focusing on omega-3 and 6 pathways, what they make, ratio and conversion rates, health benefits, controversies, and despite most recommendations discuss whether vegans and vegetarians actually need to use a DHA supplement.) – Tim Radak, RDN, DrPH, MPH

Heritage Hall A
Dementia – Whole Health Instead of Hole in Head (Dietitian and researcher, Marty Davey presents the latest findings on Alzheimer’s and dementia. Marty’s very funny presentations are always insightful and leave you with the next steps to better brain cognition and loving embracing life as an elder.) – Marty Davey, MS, RD

University Room
The Environmental Impact of Eating Sea Life (What’s the current status of Earth’s aquatic habitats? What are we learning right now from results of the “sustainable seafood” market segment? Lee Hall, who has developed and taught courses in Environmental Law and is now writing for the Encyclopedia of UN Sustainability Goals, explores what we know, and how to share this information.) – Lee Hall, JD, LLM

College Room
Getting Started and Staying on Track With a Plant-Based Diet (Learn proven strategies for adopting a healthy vegan diet, how to prepare simple menus without recipes, and how to make it sustainable when you return to the real world. If you should find yourself off-course, learn how to get back on track quickly, without beating yourself up!) – Christin Bummer

SUNDAY, JULY 7 (con’t)
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

Scholar’s Room
Vegans Go to the Museums: A History of Animals in Art, Music, and Literature (All throughout history there have been countless examples of animals captured in the world of art; we’ll look closely at 10 examples, from Edward Hopper to Pablo Picasso. We’ll also listen to several songs which celebrate the animal kingdom, along with reading excerpts from literary works where our animal friends are featured.) – Kathleen Kinsolving

President’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

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

4:10 – 5:10 PM
Engineering & Science Bldg. – Auditorium
Diets & Health: How Plant-based Diets Improve Human Health and Longevity – Milton Mills, MD

Heritage Hall A
The Ethics of Animal Experimentation (By researchers’ own admissions, animal experiments causes animals extreme pain, distress, injury, and death. The only serious purported justification for treating animals so badly is the benefits argument: the benefits to humans are so significant they outweigh the interests of the animal victims. I explain why the benefits argument fails and why animal experimentation should be abolished.) – Mylan Engel Jr.

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
Basics of Plant-based Eating (Workshop intended for the novice seeking 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

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

President’s Room
Looking Back & Moving Forward (I opened the Bread Shop in 1971, believing it was Chicago’s first vegetarian business. Little did I know the breathe and depth of the vegetarian movement. We must utilize the wisdom, support and resources of those who came before. Let’s learn from the mistakes of the past to move towards a greener future. Knowing our history will strengthen our Great Movement.) – Kay Stepkin

STUDIO THEATRE
Pasquerilla Performing Arts Center
Prehab and Rehab: Exercises to Support Pain-Free Long Term Fitness (The modern, sedentary lifestyle often puts us in unnatural positions for long periods of time, leading to muscular imbalances and reduced flexibility. In this therapeutic fitness class, we will address common weak areas such as the hip and shoulder joints, leading the group in exercises that will strengthen weak muscles and stretch overtight ones. You will walk away from this class with new knowledge and an arsenal of exercises to add to your daily routine that will keep you free of injury and discomfort for years to come!) – Derek Tresize and Marcella Torres
SUNDAY, JULY 7

6:30 AM – MEMORIAL SERVICE FOR THE ANIMALS
Whalley Memorial Chapel
(Inter-religious/Non-denominational)
Inspirational readings and music – 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 mat, blanket or towel.) – Ariel Jing Xu

8:30 – 9:30 AM
Engineering & Science Bldg. – Auditorium
The Heart in Heath & Disease – Milton Mills, MD

Heritage Hall A
Bats: Myth and Reality (Misconceptions abound about bats. This illustrated presentation debunks the myths and explores some of the remarkable ways in which bats live, including how they find food, communicate, parent, and cooperate. With over 1,300 species, bats are second only to rodents as the most diverse group of mammals, and their astonishing abilities make for an eye-opening tour.) – Jonathan Balcombe, PhD

9:40 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.

9:40 P.M. – EVENING SKY WATCHING
Begins near flagpole, east of Blackington Hall
Moon is one-quarter full, showing much detail! We’ll observe Saturn’s rings, and find all four Galilean moons closely west of Jupiter, until brightest Ganymede disappears behind planet at 11:10 PM. THEN, WE’LL WALK TO ATHLETIC FIELDS for constellations, Milky Way, and farewell views of deep sky objects through telescopes and binoculars. – Led by Robert Victor
**University Room**

**Minimalist Plant-Based Eating for a Healthy Body Composition**
(Making plant-based eating habitual is key to reaping the maximum health benefits from this diet, and that motivate many of us to stick with it. The key to making the diet habitual is making it so simple that it isn’t a burden. Here we will share our strategy for minimizing the mental burden (and cost) of meal planning and eating plant-based while juggling family, career, and athletic competition. We will also have grocery and meal planning cheat sheets to share!) – Derek Tresize and Marcella Torres

**Campus Room**

**But If We Didn’t Eat Them They Wouldn’t Exist!**
(Some people say that veganism harms cows, chickens, and other animals that exist only because they were bred to be eaten. Any good response implicates the “nonidentity problem” that’s related to other important questions, like whether societies owe reparations for historical injustices such as slavery and the Holocaust and whether environmental damage today harms people in the future. Let’s discuss.) – Michael Dorf and Sherry Colb

**Scholar’s 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 film making to the present; how some films have influenced people to change their thinking about animals, and how enough concern about abuse in the industry helped launch the American Humane Association which monitors the treatment of animals in film.) – Kathleen Kinsolving

**President’s Room**

**Questlove’s ‘Vegan Cheesesteak’: Why We Need More Vegans in the Newsroom**
(Why did mainstream headlines mistakenly tout a new vegetarian cheesesteak as ‘vegan’? Because we still need more vegan journalists to counter the implicit bias and ignorance of otherwise capable reporters and editors for whom veganism is an exotic annoyance. We’ll look at how vegan and anti-vegan news gets shaped by mainstream outlets, as gathered from decades at top regional daily newspapers. We’ll also look at maximizing media coverage of veg groups, and the value of localized social media.) – Vance Lehmkuhl

**Engineering & Science Bldg. – Auditorium**

**9:45 – 10:45 AM**

**The Latest on The Vegan Dietary Pattern and Other Lifestyle Factors on Cancer**
(As a researcher in nutrition and cancer at the University of Rochester Medical Center, I will present some of the latest findings on the benefits of a vegan diet and other lifestyle factors in preventing cancer and addressing the impact of cancer and cancer treatment in cancer patients and survivors.) – Julia Inglis PhD, RD

**Heritage Hall A**

**Essential Fatty Acids**
(Recent research on fish and fish oil supplements for CVD: Why the research suggests no benefit and implications for plant based diets. Fish and Fish Oil Supplements have long been promoted widely for health benefits, particularly Cardiovascular disease. This supposedly put vegetarians and vegans at a potential disadvantage as these groups did not consume these and typically have lower levels of Longer chain Omega 3 fatty acids Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Yet, recent research suggests little to no benefit for fish or fish oils. We will discuss this along with implications for those who follow plant-based diets)
– Tim Radak, RDN, DrPH, MPH

**Heritage Hall B**

**Vegan Sex**
(Saying yes to no (nitric oxide) can improve performance at marathons in and out of the bedroom. Erectile dysfunction is the leading indicator of heart disease. When addressed with nitric oxide-rich foods, it is not uncommon for 70 year old men to come off medications and for women to enjoy life in a way never thought possible.) – Ellen Jaffe Jones

**University Room**

**How Our Country’s Meat-based Diet Impacts Wildlife**
(Bison of Yellowstone Park are destroyed by the National Park Service when they pose a threat to cattle. The Bureau of Land Management removes wild horses from the prairies to appease cattle ranchers. The USDA kills millions of wild animals each year to protect the profits of ranchers. This session covers the government’s war on wildlife to support animal agriculture.)
– Greg Lawson

**Campus Room**

**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

Scholar’s 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 interactive workshop includes: Role of food in families and society. Ways to react to common social scenarios. Participating in plant-based communities—face-to-face and online. Resources for support, information, and sharing) – Sally Lipsky

College Room
Workshop: Veganically Grown Food: Planting a Seed for a New Movement (Veganic Farming is growing food without animal inputs such as manure and slaughterhouse by-products. This workshop is for those who eat, not just those who grow food. We’ll talk about why veganically grown food is the “missing link” for vegans, and why it’s time to start a new movement to request veganically grown food. Join the discussion on how to move forward in creating a demand for veganically grown food.) – Amie Hamlin

President’s Room
Vegan; Striving to Live a Morally Consistent Life (There are serious questions 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

10:45 PM – MUSICAL PRELUDE
Pasquerilla Performing Arts Center
– Performed by Rebecca Barnett

11:00 – 12:15 – PLENARY
Emcee: Maribeth Abrams

Plant-Based Healthcare: Prescription Reversal – Robert Breakey, MD (35 min)

Igniting Your Passion To Change The World With & to Veganism – Michael Taylor (15 min)

DRAWING: Would you like to attend Vegan Summerfest 2020 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

Loving The World, As It Is: Giving up hope of a “different world”, a “compassionate world”, a “vegan world” to embrace the reality of the world as it is. (15 min) – Rae Sikora

CLOSING REMARKS
– Maribeth Abrams

2:00 – 3:00 PM
Heritage Hall A
Chemistry for Understanding Nutrition: Protein (and why plant proteins are best!) – Milton Mills, MD

Heritage Hall B
Exploring the Teachings of the Medical Medium (Anthony William, the Medical Medium, is making a huge impact in the alternative health world with powerful, plant-based suggestions for improving health. In this enlightening overview of William’s work, we’ll cover the healing benefits of celery juice, wild blueberries, and other fruits, vegetables, and herbs that can make a real difference in the way we feel.) – Victoria Moran

Campus Room
But It’s Too Expensive to be Vegan!“ – NOT (The healthiest diet for everyone is also the cheapest. There’s a myth out there that vegan is expensive. We’ll bust that, and talk about making meals affordable. Here we’ll learn affordable ways to incorporate healthy, whole plant foods into your diet and budget, and also cover the hidden cost of bad food.) – Kathy Pollard

Scholar’s Room
Act With A Famous Vegan (Reading and performing three of Rynn Berry’s short plays about famous vegans.) – Roberta Schiff and Chris Abreu-Suzuki, PhD

President’s Room
Making a Positive Vegan Impact When Traveling (Presentation and open discussion covers three themes: I Ways to make a positive impact when traveling with family/friends, letters to the editor, travel industry, sharing your expertise, presenting at local veg-festivals, vegan businesses. II Resources for local and global vegetarian events, small events, large events, local events, and more. III Methods for traveling less expensively) – Juan Deguara

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!
You Can Help Create a Better Future!

Please consider including NAVS in your will

You can make a lasting difference for people, animals and the planet. Veganism holds the key to improving people’s health, saving millions of animals’ lives and helping to protect our precious Earth. By remembering NAVS in your will, you will help us continue and expand our important work of promoting veganism. Thank you!
MEMBERS GET GREAT BENEFITS!

✓ **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.

**YES!** I Want to Become a Member.

- **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