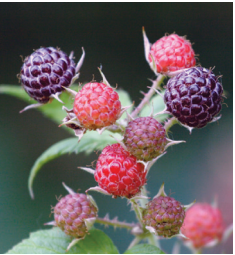


VEGAN SUMMERFEST 2023 PROGRAM

★ *The 49th Anniversary of NAVS* ★



July 5 – 9 ★ Johnstown, PA
Conference Center at Pitt-Johnstown

VEGAN 20
23
SUMMERFEST

49th Anniversary of the North American Vegetarian Society

navs

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



NAVS LOGO SHIRT

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

\$20



STOP GLOBAL WARMING: GO VEGAN!

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

\$20

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

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

John P. Murtha Center, Assembly Hall

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 Student Union: the Cafeteria on the 2nd floor. If needed, there may be additional seating added elsewhere. Meals will be served at the following times:

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

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

Meals are prepared by the Food Service of the University of Pittsburgh at Johnstown, under the direction of Executive Chef Mark Reinfeld of VeganFusion Institute 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.

FITNESS

Adults: The Wellness Center offers use of their exercise equipment and walking track from 7am to 4 pm. This facility is not available on the weekend.

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

KEITH AKERS (CO) Activist; author, *Embracing Limits: A Radical and Necessary Approach to the Environmental Crisis*; *The Lost Religion of Jesus*, and *A Vegetarian Sourcebook*, and numerous articles on the environment and plant-based diets

JONATHAN BALCOMBE, PhD (CAN) Animal behavior expert; author, *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, *What a Fish Knows: The Inner Lives of Our Underwater Cousin, Jake* and *Ava: A Boy and a Fish* and *Super Fly: The Unexpected Lives of the World's Most Successful Insects*

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

NEAL BARNARD, MD, FACC (MD) Adjunct associate professor of medicine at The George Washington University School of Medicine; President of the Physicians Committee for Responsible Medicine, founded the Barnard Medical Center and author of numerous books

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) Founding President and Board Chair, Rochester Lifestyle Medicine; created a 6-week 24-CME course combining 10 hours of live patient interaction (in the 15-Day WFPB Jumpstart) with 14 hours of online instruction; Co-Coordinator RAVS

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

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

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

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

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*

JANE ESSELSTYN, RN (OH) Nurse; designer of plant-based recipes; co-author of *Be a Plant-Based Woman Warrior: Live Fierce, Stay Bold, Eat Delicious*; co-author of *The Prevent and Reverse Heart Disease Cookbook*; *Plant-Strong* and *The Engine 2 Cookbook*

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

SPEAKERS (con't)

SARINA FARB (KS) Life-long vegan; makes videos for her YouTube station, Born Vegan which are about growing up vegan and all things related to veganism, animal rights, and the vegan lifestyle

EVE FOX (NY) Second generation lifetime vegan; loves dancing; writing; Girl Scouts; their 11 animals and enjoys hanging out with friends and family and helping her community

HEIDI FOX (NY) Second Vice President of NAVS; lifetime vegan; loves her NAVS job; spending time with her daughter and their 11 animals; favorite things are family, friends, reading, writing and dancing

MICHAEL GREGER, MD (MD) Physician specializing in clinical nutrition; founded NutritionFacts.org; author of the NY Times best seller *How Not To Die* and the forth coming *How Not to Age: The Scientific Approach to Getting Healthier as You Get Older*

LEE HALL, JD, LL.M (PA) Holds a Master of Laws (LL.M.) in Environment & Climate Law from Vermont Law School; taught animal law and environmental law; authored several books, including *On Their Own Terms: Animal Liberation for the 21st Century*

JULIEANNA HEVER, MS, RD, CPT (CA) MS in Nutrition; known as the Plant Based Dietician; authored numerous books including her latest, *The Choose You Now Diet: Lose Weight for the Last Time with a Proven Plan and 75 Delicious, Nutritious Recipes*

DAWN HILTON-WILLIAMS (NC) Founder of Herban Eats and creator of EDD Summits, Dawn Hilton-Williams AKA The Vegucator; author of the clinically-endorsed cookbook, *Flava My Plate: Your Tasty Vegan Guide to Health-Wealth*

SHARON JACKS, NBCHWC (GA) Wellness Coach through Emory University and nationally board certified through NBHWC. Founder and Lead instructor for Studio Veg Productions; Certified in Plant Based Nutrition through the T. Colin Campbell Center; Food for Life Instructor, PCRM

BRITTANY JAROUDI (PA) Runs the plant-based cooking YouTube channel, *The Jaroudi Family*; developed hundreds of delicious, easy, and family-friendly recipes focused on a whole food plant-based lifestyle; has an M.Ed. in education and a certificate in plant-based nutrition from T. Colin Campbell Center for Nutrition Studies

MICHAEL KLAPER, MD (TX) Vegan medical doctor; promotes lifestyle choices to help people stay out of hospitals and off of operating tables; served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars; contributed to the making of 2 PBS television programs on health

JOANNE KONG PhD (VA) Speaker focusing on the ethical, health and environmental impacts of veganism; author, *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

RUBY LATHON, PhD (DC) Holistic Nutritionist, Health Coach & Educator; Dr. Ruby Lathon is an engineer turned holistic nutritionist, after healing herself of thyroid cancer by drastically changing her lifestyle through a plant-based diet. Dr. Lathon was featured on the documentary, *What the Health* and the newly released documentary, *They're Trying to Kill Us*

VANCE LEHMKUHL (PA) Director American Vegan Center; AVS' Communications Director; cartoonist; founding member of vegetarian pop band Green Being and author, *Joy of Soy*

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

MILTON MILLS, MD (VA) Associate Director of Preventive Medicine with the Physicians Committee for Responsible Medicine (PCRM) and co-author of PCRM's report on *Racial and Ethnic Bias* in the U.S. Dietary Guidelines; serves as the Race & Nutrition Specialist and Board Adviser for A Well Fed World

VICTORIA MORAN (NY) Featured twice on Oprah; the author of *Main Street Vegan* and *The Love-Powered Diet*; director of Main Street Vegan Academy; cofounder of the Compassion Consortium; host of the Victoria Moran Podcast; lead producer of the documentary, *A Prayer for Compassion*; author of the forth coming book, *Age Like a Yogi*

DAVID N. NEUBAUER, MD (MD) Associate Professor of Psychiatry at the Johns Hopkins University School of Medicine and senior faculty of the Johns Hopkins Sleep Disorders Center; author of *Understanding Sleeplessness: Perspective on Insomnia*

JILL NUSSINOW, RD (CA) Registered Dietitian teaching at the McDougall Program; author of *Nutrition CHAMPS: The New Fast Food*; *The Veggie Queen*; *Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in your Pressure Cooker*

MYRIAM PARHAM, RD, CDCES (FL) Registered Dietitian, Certified Diabetes Care and Education Specialist; coordinated and taught programs which promote plant based lifestyle at the Advent Health Zephyrhills; presented nutrition lectures for Dr. John McDougall's Publix program; co-founder of Florida 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) Research Projects Manager for the American College of Lifestyle Medicine (ACLM); administrating officer of the ACLM Global Sustainability Committee; co-founder of SustainableDiet.com; MS in Applied Clinical Nutrition from NY Chiropractic College; Board member of Plant-based Prevention Of Disease

TIM RADAK, RDN DRPH MPH (NC) Registered Dietitian; Academic Coordinator and Core Faculty for the Public Health PhD programs at Walden University; Senior Research Program Manager for the Cancer Prevention Institute of California, and Director of Nutrition for Physicians Committee for Responsible Medicine; earned his doctorate in Public Health Nutrition at Loma Linda University

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

ALYSSA SIKORA (CO) Practices a variety of yoga including, Yin, Vinyasa, and Iyengar yoga; Certified Iyengar Yoga Teacher (CIYT) and Registered Yoga Teachers (RYT) 500 through Yoga Alliance. She connected with the Iyengar philosophy because of its emphasis on anatomy and philosophy.

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

SPEAKERS (con't)

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

PAUL RODNEY TURNER (DE) Founder of Food for Life Global, a food relief organization; devoted his life to nourishing the world’s most vulnerable populations; founded Impact bars, a range of delicious vegan snacks

JULIANA CASTAÑEDA TURNER (COLUMBIA) Co-founder and Executive Director of Juliana’s Animal Sanctuary (JAS) which cares for 300 animals; rescued over 3000 animals; vegetarian since the age of five and a vegan since 2006

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”

ILYSE WELLS (CT) Certified teacher with a master’s degree in early childhood education; currently a teacher in a Reggio inspired, nature-based preschool; vegan for over thirty years and has raised her three, now adult, children as lifetime happy and healthy vegans!

KIM A. WILLIAMS, MD, MACC, FAHA, MASNC, FESC (KY) Cardiologist following and promoting a vegan diet; professor of medicine and chair of the University of Louisville Department of Medicine; his focus is on preventive cardiology through nutrition; past President of the American College of Cardiology

ENTERTAINMENT

NEAL BARNARD AND CARBONWORKS – Vanishing Act

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

ROBERT TUCKER (NY) (RT) – DJ –Vegan Summerfest 2023 – RT Tunes of Pro Show Entertainment

WEDNESDAY, JULY 5

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” — Led by Maribeth Abrams

2:45 – 3:45 PM

Heritage Hall A

Healthy Aging (Good science from epidemiological and clinical studies clearly suggests which lifestyle choices vastly increase our odds of avoiding the major chronic diseases that afflict Western people. It's not just about living longer, but BETTER — by maintaining physical and cognitive functionality late into life. Science and healthy older populations can teach us about living well and feeling good.) — JoAnn Farb

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 tasty, healthy, versatile food! In this session we will discuss soy in all its delicious and nutritious forms: tofu, tempeh, miso, and others. Additionally, learn the history of soy use in our culture, as well as research-based facts about the positive effect this food can have as a protein source as well as for hormonal health. Let's discover the Joy of Soy!) — Sharon Jacks

University Room

Eight billion vegans? Water, soil, and popula-

tion (Veganism is necessary, but not sufficient, to solve problems created by human overpopulation. Agriculture is obviously critical for survival, but it is also edging out wildlife and is destructive of the earth. Where does this leave us?) — Keith Akers

Campus Room

All You Need Is Love (“I love my dog. I love my cat. I love 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 the 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

Scholar's Room

“Strategic Methods for Encouraging Veganism: Leveraging Business Tactics for Maximum Impact” (This session is designed for

individuals who are passionate about promoting veganism and are interested in using a strategic and business-oriented approach to maximize their impact. Participants will learn how to leverage key business tactics to effectively engage and persuade individuals to adopt a vegan lifestyle. The session will cover various strategies and techniques for promoting veganism, including market research, the “selling cycle”, and setting realistic goals. Whether participants are vegan activists, entrepreneurs, or simply interested in learning more about the intersection of business and veganism, this session will provide them with practical tools and techniques to promote veganism effectively and make a positive impact on the world.) — Michael Taylor

4:00 – 5:00 PM

Heritage Hall A

Are Dairy Products Necessary for Human health? What Does the Science Say?

— Milton Mills, MD

Heritage Hall B

The 15-Day Whole-Food Plant-Based

Jumpstart: A Tool for Physician and Patient

Success (Rochester Lifestyle Medicine Institute launches people on the plant-based journey with its engaging and supportive Jumpstart. Available everywhere, Jumpstart takes place on Zoom and in a virtual Classroom. Almost 2,000 people from 44 states and 9 foreign countries have taken it, with those who are sickest seeing the most improvement. Jumpstart can heal the chronically ill and the planet too!) — Ted D. Barnett, MD

University Room

How Veganism can solve world hunger (innovative solution to solving world hunger and other social issues, and it all begins with what we put on our plates and how the meal is prepared.)

— Paul Rodney Turner

Campus Room

Easy Steps to a Plant-based Diet (How to Transition to a Whole Food Plant-based Diet. Humans hate to change habits like what we eat, which can be especially 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 easy and practical strategies to make plant-based living easy, sustainable, and joyful in the long-term)

— Kathy Pollard, MS

Scholar's Room**The Intersection of Judaism and Veganism**

(This class will show that the Bible, specifically the Jewish texts, point strongly toward a vegan diet.) — Jeffrey Spitz Cohan

President's Room**Planning Successful Vegan Restaurant Events and Potlucks**

(To keep a vegan group viable, the organizer and group leaders need to know how to plan and execute well attended and successful events. Participants will learn about choosing restaurants, working with them on menus, serving, seating, publicity, pricing and more)

— Roberta Schiff

7:15 PM – OPENING PLENARY SESSION**Pasquerilla Performing Arts Center**

Emcee: Maribeth Abrams

The North American Vegetarian Society Welcomes You**Guide to Summerfest, Announcements**

Farmed and Sentient — Jonathan Balcombe, PhD (40 min)

Diagnosis to Triumph: How I Harnessed Plant-Based Nutrition to Beat Thyroid Cancer

— Ruby Lathon, PhD (15 min)

The Benefits of Plant-Based Eating (above and below the belt!) — Jane Esselstyn, RN (40 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 (or immediately after the plenary session) **EVENING SKY WATCHING**

Meet in Front of the Living-Learning Center

Evening Sky Watch. We'll begin with telescopic and binocular views of crescent Venus. The gathering of Venus, Mars, and the star Regulus, best seen through Binoculars 9:40 - 10:00 PM, spans 6.5° tonight. Look nightly for changes! As sky darkens, we'll see the Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. The July star map depicts the sky at 10:20 PM tonight. Bright Moon rises within 50 minutes later, so we'll save the Milky Way for another night. — led by Robert Victor

THURSDAY, 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, PhD

6:30 - 7:30 AM - YOGA

John P. Murtha Center, Assembly Hall
Strengthen and Restore. You may want to bring a mat, blanket or towel. (This session will include a combination of strengthening standing poses and restorative forward bends. As activists, we need stamina to stand for long periods of time and mental equanimity to deal with a variety of people. This class will help build resilience in the body and mind.) — Alyssa Sikora

8:45 - 9:45 AM

Engineering & Science Bldg. – Auditorium
What is “Plant-Based Normal”? Is your cholesterol reading really “OK” if it is 199? (Health metrics are based on a “reference range” that is derived from studies of people who are supposedly healthy-- but, as a result of the overall poor health or our American population eating animals and junk food, the metrics we think are “OK” are really shifted significantly from what is optimal. Learn how to best assess your health using “plant-based” measures of health.)
— Robert Breakey, MD

Heritage Hall A

Nicer Nature – (Televised nature documentaries and other media present life in the wild as a constant struggle, a race against time, life lived on a knife edge of survival or death. This presentation focuses on nature's often neglected brighter side. The audience will experience animal acts of virtue, pleasure, and cooperation.)
— Jonathan Balcombe, PhD

Engineering & Science Bldg. – Room 241

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

Calling All Allies: A Recipe for Successfully Presenting Health-Wealth within BIPOC communities. (Evidence-driven presentations, carefully curated culinary samples and chef demos notwithstanding, well-meaning, non-BIPOC plant-based/vegan educators and advocates are often left agonizing over why their impassioned community-based efforts keep missing the mark. This presentation will provide insights, tools and tips to help you more convincingly convey the benefits and flavors of health-wealth to communities that need it most).
— Dawn Hilton-Williams

Campus Room

Watch Your Tongue! (Terminology is in flux, as always, not just in the “milk” sector. Let's talk about how phrases like “plant-based,” “cultivated meat,” “factory farming” and even “animal rights” can both help and hurt as we try to make inroads in mainstream thinking.)
— Vance Lehmkuhl

Track at the Athletic Fields

The magic of movement. (In this outdoor workout you will experience the physical movements to keep you limber and strong. JP and Anne will take you through a series of motions to stimulate and strengthen your body from head to toe).
— John Pierre and Anne Dinshah

10:00 -11:00 AM

Engineering & Science Bldg. – Auditorium
Are Humans Designed to Eat Meat - Part 1 (Comparative anatomy discussion of mammalian carnivores and herbivores and humans to show that humans are complete and committed plant eaters and that we are not omnivores.)
— Milton Mills, MD

Heritage Hall A

KICKSTART YOUR WEIGHT LOSS! Cut Through the Gimmicks and Fads and Get Lean and Healthy for Life (Weight loss is big business in

the United States; it is estimated that we spend an estimated 33 BILLION dollars annually on weight loss products. Yet the rate of obesity in our culture is rising every year, with no end in sight. In this class, we will cut through the trends and fads and discuss the proven value of a low-fat, nutrient dense vegan diet for weight loss, long term weight maintenance, and disease prevention. We will discuss the evidence-based research behind why a vegan diet is optimal for a healthy weight, as well as practical tips to help you get started on the healthy plant-based path and to stick with it!) — Sharon Jacks

Engineering & Science Bldg. – Room 241
Instant Pot Cooking to Uplevel your Whole Food Plant-Based Eating (You own an Instant Pot pressure cooker but it's tucked away in a closet. Learn how you can use it to uplevel your plant-based eating any time of year. Summer, with all the produce bounty and warmer weather, is the perfect time to learn how to use your Instant Pot to create great tasting and healthy plant-based and vegan meals.) - Jill Nussinow, RD

University Room
Status Quo Bias and the Ethics of Eating (Most people don't adopt a vegan diet – even after learning of its profound benefits to health, the environment, and animals. I explore the role that status quo bias plays in perpetuating such suboptimal eating patterns. I offer a method for overcoming status quo bias that can help us align our dietary practices with our values and can also help us become more effective advocates for the animals.) — Mylan Engel Jr.

Campus Room
From Pharma Rep to Vegan Activist (History suggests that good people can and do become facilitators of widespread harms. Being a microbiologist for a global pharmaceutical company presented JoAnn with an extraordinary opportunity...to forego wearing the “golden handcuffs” and do something radically different that forever changed the course of her life - for the better.) — JoAnn Farb

STUDIO THEATER

Pasquerilla Performing Arts Center

Find Your Fitness - Discover the five components of physical fitness and then test your fitness level with six simple tests. Class requires participants to perform physical activity and will work and stretch the muscles. Bring water and a yoga mat — Eileen Wieder Crone, RD, MS

11:15 – 12:15 PM - PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

A novel way to make Vitamin D from supermarket mushrooms. — Tim Radak, RDN DrPH MPH (45 min)

Music, imagery and reflections in an inspiring meditation on the idea of Compassion for all beings. — Dr. Joanne Kong (15 Min.)

1:45 – 3:45 PM - FOOD DEMONSTRATION

Heritage Hall B & C

Whole Food Plant-Based Desserts (Decadent Chocolate Pudding, Refreshing Lemon Blueberry Mousse, Irresistible Chocolate Chip Cookies, and Edible Cookie Dough) — Brittany Jaroudi

1:45 – 2:45 PM

Heritage Hall A

Chronic Kidney Disease: Plant-Based Prevention and Management (Chronic kidney disease (CKD) has reached epidemic proportions in America. Fortunately, the solution to this crisis lies in addressing the root cause of CKD: the “Standard American Diet”. Just like for many diseases, CKD is almost entirely preventable and, if already present, best managed with a Whole Food Plant Based lifestyle. Join us and learn how and why it is the time to “Love Your Kidneys” — with Plants!) — Robert Breakey, MD

Engineering & Science Bldg. – Room 241

The Interconnectedness of Life (Being present, and living in the now can be really challenging. The daily mundane routines of life tend to keep us from seeing and appreciating the wonders operating in our lives. What is necessary to realize

THURSDAY, JULY 6 (con't)

our potential as activists and not be ground down by the dominant culture that is all around us? We will look at the influences that may be holding us back from appreciating the interconnectedness of ourselves with each other, the animals, and the planet. Hopefully what we learn will help us all in being better activists.) — Harold Brown

University Room

Raising Vegan Children (Panel)

— Maribeth Abrams (moderator) JoAnn Farb, Illyse Wells

Campus Room

Preserving our Past and Strengthening the Future

(Today, in the middle of an old order crumbling, our great vegan movement is exploding: gaining adherents, strength, respect. What most important change can we each make to strengthen our movement in preparation for rebuilding our failing world? As our environment continues to collapse, those of us rising out of our movement will lead the way to save our planet). — Kay Stepkin

FOREST BATHING

Meet in front of the Living Learning Center

Find Your Soul in the Forest (Enjoy some “forest bathing” to promote calm, rejuvenate the spirit and clear the mind. We will take a slow walk, using our senses, practicing meditation and grounding exercises, noticing things that often go unnoticed, and sharing our experience. Please wear shoes for the trail.)

— Eileen Wieder Crone, RD, MS

3:00 – 4:00 PM

Heritage Hall A

Diet & Cancer: Burning Down the House or Putting out the Flames (Part 1 Root Causes of Cancer: defines what cancer is and the mechanisms of cellular transformation into cancer cells. Reviews dietary factors that cause and promote cancers (animal protein; animal fat; heme iron; heat-generated cancer causing compound in meat; alcohol; bacterial toxins; aging; environmental toxins.) — Milton Mills MD

Engineering & Science Bldg. – Room 241

The Power of Our Fork: Creating a paradigm shift for a peaceful, just, and sustainable world

(Most people already care deeply about other animals and living ethically and sustainably. But figuring out how to actually live those values in a culture addicted to exploiting people, animals, and the planet, for profit, can feel confusing and overwhelming. Come learn how to claim your power as an individual and what we can do to change the world.) — Sarina Farb

University Room

Fiber Facts and Benefits

(We should all strive to eat more fiber. It does so much more than what most people think. It may be one of the keys for a healthy weight and reducing the risk of diabetes, heart disease, cancer and more. Learn practical tips for reaching your daily intake goals. This will be an interactive discussion.)

— Myriam Parham, RD, CDCES

Terrace Room

Balance, coordination and fall prevention.

(This class is JP's most popular movement class. He will cover the importance of why training your balance and coordination are the real keys to longevity, health, and vitality. You will do practical and very functional movements that will wake you up and stimulate your nervous system. Most importantly you will learn one of the most critical skills as you age, fall prevention.) — John Pierre

Meet in front of Laurel Hall

OUTDOOR COOPERATIVE GAME:

(Fun and friendly active games.) Juggling Playshop - Ages 8 & above including adults - (Learn to juggle! It's a fun challenge and a lesson with coaching helps. Begin with 1 and 2 balls or scarves. Have the basics already? Learn new patterns, club & ring juggling, or ball, club, ring passing). — Chip Ballew

4:10 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

The Power & Promise of Vegan Spirituality

— Victoria Moran (30 min.)

Q & A with Michael Greger — Michael Greger, MD (30 Min.)

7:15 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

Physician's Eye, Healer's Heart

— Michael Klaper, MD (45 min)

Transforming my health with a whole food

plant-based lifestyle. — Brittany Jaroudi

(15 min.)

Biodiversity collapse and you: Are humans the next dinosaurs? — Keith Akers (45 min.)

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

Heritage Hall - Living Learning Center

EVENING SOCIAL AND KAROKE PARTY

Join host RT Tunes of Pro Show Entertainment and let your talent shine at our Karaoke party

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

9:30 PM (or immediately after the plenary session) – **EVENING SKY WATCHING**

Front of Living-Learning Center

Evening Sky Watch. We'll begin with telescopic and binocular views of crescent Venus. The gathering of Venus, Mars, and the star Regulus, best seen through binoculars 9:40 – 10:00 PM, spans 6° tonight. As sky darkens, we'll find Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. The July star map depicts the sky exactly at 10:16 PM tonight.

AT 10:30 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

FRIDAY, JULY 7

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, PhD

6:30 – 7:30 AM – YOGA

John P. Murtha Center, Assembly Hall

Twist Your Body to Untwist Your Mind You may want to bring a mat, blanket or towel. (In order to understand the new ideas that we learn at Summerfest, we must first overcome our mental obstacles. This session will work towards various twists to help us untwist the mind, and release obstacles) — Alyssa Sikora

8:45 – 9:45 AM

Engineering & Science Bldg. – Auditorium

Brain Building 101: Learn how to enhance cognitive functioning and gain a healthier brain. (JP created some of the first Brain Building classes in the U.S 38 years ago. We will cover dietary Brain do's and don'ts. You will learn why prioritizing sleep and stress reduction are paramount to a healthy brain. Everyone will try some brain-building exercises that enhance focus and recall. Learn which physical exercises are most beneficial to brain health) — John Pierre

Heritage Hall A

VEGAN 101: Getting Started with a Plant Positive Lifestyle! ("Vegan", "Plant-Based", "Vegetarian"... What's the difference? For someone new to the Vegan World, these terms might

FRIDAY, JULY 7 (con't)

be confusing. In this light-hearted, informative session, we will discuss the ethical and cultural meanings of these terms and what each looks like in real life. Additionally, we will address challenges for new vegans: how to stock a pantry, what to order at a restaurant, and how to survive family dinners that are not vegan friendly. Literature provided.) — Sharon Jacks

Engineering & Science Bldg. – Room 241 **“You’re Just Being Oversensitive!”**

(Psychologists Elaine Aron and Arthur Aron introduced the Highly Sensitive Person Scale. Some people experience life with ideasthesia: they ~feel~ thoughts. Is this a limitation or superpower? In an exploration completely new to Vegan Summerfest, Harold Brown and Lee Hall will guide a discussion on Highly Sensitive People as we seek fairness in human and species interactions, eco-awareness, and wellness.) — Lee Hall JD LLM and Harold Brown

University Room

Reductionism versus Wholism – Surprising facts and unintended consequences of common medical interventions (“Tobacco Science” has become a euphemism for combinations of factors that enabled industry to bias science and public policy. Similar dynamics supported the dairy industry, widespread use of DDT, Vioxx and other medical interventions. Better understanding this history, can empower you to better assess risks and benefits for yourself –before you learn of class-action lawsuits for the injured) — JoAnn Farb

Campus Room

Herbs & Spices, Benefits & Concerns (Will discuss the differences between herbs and spices and some of the health benefits. Will identify some that may be toxic if consumed in excess. Will share some storing tips and how to use them for best results. Q&A and sharing by audience encouraged.) — Myriam Parham, RD, CDCES

Scholar's Room

Effective Marketing Strategies for Promoting Your Vegan Lifestyle, Brand, and Business

(This session is designed for individuals who are interested in effectively marketing their vegan lifestyle, brand, or business. Participants will learn how to develop and implement successful marketing strategies that align with their values and promote the benefits of a vegan lifestyle. The session will cover key topics such as branding, target audience identification, content creation, and social media. Participants will explore how to effectively communicate their vegan message across a variety of platforms. They will also learn how to measure the success of their marketing efforts and make data-driven decisions to optimize their results.) — Michael Taylor

10:00 – 11:00 AM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Maribeth Abrams

The Plant Based Path to Health and Vitality –

Robert Breakey, MD (40 min)

Why Vegans Sometimes Get Sick

— Milton Mills, MD (20 Min.)

11:15 – 12:15 PM

Engineering & Science Bldg. – Auditorium

The Unexpected Lives of Insects (This presentation seeks to inspire wonder at the diversity, complexity, and success of insects, with a special focus on their cognitive and social capacities. As scientific discoveries continue to blur the line between vertebrates and invertebrates (witness the mighty octopus), there are more reasons than ever to respect and protect the “smaller majority.” Without them, planet Earth would collapse into chaos). — Jonathan Balcombe, PhD

Heritage Hall A

Plant-Based Fermented Foods: How to Include Them Daily for Better Gut Health (We keep hearing about how fermented foods are good for your gut health. Learn which plant-based fermented foods are good for gut health, and how to use them, and even how to easily

make them at home in your kitchen. This class will also include information on prebiotics, probiotics, and postbiotics.) — Jill Nussinow RD

Engineering & Science Bldg. – Room 241

Eating Does It; Saving Our Planet and

Ourselves with Food (The most impactful thing any person can do is eat a plant-based diet. It is the best tool we have to maintain both our health and that of the planet's. This is the message of Kathy's upcoming book, which offers big-picture climate science and health information to make transformative food choices for themselves and their planet. Just eating can do that!) — Kathy Pollard, MS

University Room

Veg History Should Be Taught In Schools

(Did you know that the first-ever philosophy was a vegetarian philosophy? Or that vegetarians were the first targets of the Inquisition? Or that the transatlantic movement to abolish slavery was founded by vegetarians? If you didn't hear about this in school, what else did they leave out? It turns out that the vegan idea has been a central, foundational part of Western Culture from the beginning and students should be aware of this. Building off the groundbreaking research and efforts of Rynn Berry, here is a detailed plan for integrating veg history into the school curriculum) — Vance Lehmkuhl

Meet in Front of the Living Learning Center

A Celebration of Life in Honor of Lorene Cox.

Come and share your memories.

1:45 – 2:45 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Maribeth Abrams

Beyond Cholesterol: What a Vegan With an Elevated LDL Should Do.

— Michael Klaper, MD (40 min)

Important New Revelations About Sleep and Circadian Rhythms, and Their Practical implications for our Wellbeing.

— David N. Neubauer, MD (20 min)

3:00 – 5:00 PM – FOOD DEMONSTRATION

Heritage Hall B & C

Easy Recipes to Impress Family, Friends and

Coworkers. Scrumptious secrets for anything from successful light lunches to extravagant dinner parties. Turn skeptics into your biggest fans with a few tips collected over half a century of vegan eating — Anne Dinshah

3:00 – 4:00 PM

Engineering & Science Bldg. Auditorium

Are Humans Designed to Eat Meat - Part 2

(Comparative anatomy discussion of mammalian carnivores and herbivores and humans to show that humans are complete and committed plant eaters and that we are not omnivores.)

— Milton Mills, MD

Heritage Hall A

Vegan 101: The Basics of Animal Liberation and How They're Linked to All Other Fairness

Principles (What is veganism? How is it like other social movements? How is it unique among social movements? The Vegan 101 slideshow guides us through a series of simple thoughts about what it is to be vegan—personally, and as a movement. Let's converse together, sharing our perspectives about each of these simple thoughts.) — Lee Hall JD LLM

Engineering & Science Bldg. – Room 241

The Magical MEND Plan for Slow-Motion

Aging (The Magical MEND Program — Meditation, Exercise, Nourishment, and Detoxification — is a formula for vitality and prolonged youthfulness.) — Victoria Moran

University Room

Eating Sustainably, Eating Well (What we eat has a profound impact on the environment and on our health. This presentation explores the most effective, health-promoting ways to lower our food-related environmental impact, while debunking certain widely held myths about eating green.) — Mylan Engel Jr.

FRIDAY, JULY 7 (con't)

Campus Room

The Vegan Traveler (Whether it's on the trail, in the air or traveling in the car, packing and eating a vegan diet is possible. With a little ingenuity and persistence, you can learn how to make your own dehydrated meals, purchase nonperishable foods and cook healthy fare. Class will offer tips on using a dehydrator and Instant Pot on the road. Eileen and her husband Neil have taken many road trips, camped outdoors and have extensive backpacking experience and recently walked The Wicklow Way in Ireland and The West Highland Way in Scotland, using many of the ideas presented in this class.) — Eileen Wieder Crone, RD, MS

4:15 – 5:15 PM

Engineering & Science Bldg. – Auditorium
Plant-Based Cancer Prevention (In 1964 a landmark report clearly demonstrated that lung cancer was causally related to a common lifestyle choice: smoking cigarettes. Now, the ensuing 59 years, thousands of studies have also clearly demonstrated that one's diet plays a critical role in the risk for acquiring many other common cancers. Adopting a WFBP diet is one of the best things we can do lower our risk of falling victim to this widely feared and all too often fatal disease.) — Robert Breakey, MD

Heritage Hall A

Deconstructing the Ex-Vegan Phenomenon (In the last few years an increasing number of well-known vegan influencers and high profile celebrities such as Miley Cyrus have ditched their vegan diets and very publicly announced that they feel better eating meat and other animal products. But what's really going on here? Why do some people become ex-vegans and what can we do to prevent this from happening?) — Sarina Farb

Engineering & Science Bldg. – Room 241

The Arts: A Powerful Voice for the Animals (This talk will tell how the visual and musical arts can serve as powerful tools to promote deeper awareness of connections to our kindred animals.) — Dr. Joanne Kong, DMA

STUDIO THEATRE

Pasquerilla Performing Arts Center

The 15-Minute Strength Workout (It can be hard to start a consistent exercise routine that is simple and effective enough to fit into a hectic schedule. In this class we will lead you through a beginner workout designed to build strength and muscle, combat common problems like shoulder and hip tightness, and strengthen key areas that are prone to injury. It's a great place to start resistance training because it requires no equipment and can be done regularly at home in less than 15 minutes!) — Derek Tresize and Marcella Torres

Owen Library Field

CIRCUS SKILLS PLAYSHOP – Ages 8 & above including adults – Learn to balance on a rola bola, spin a diabolo and poi, try juggling stix and learn to juggle with balls. Experienced jugglers can learn rings & clubs, or work on their passing skills. - Led by Chip Ballew

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

Living Learning Center Lobby

7:15 PM – PLENARY

Pasquerilla Performing Arts Center
Emcee: Maribeth Abrams

Food is Medicine: Simple Steps to Fill Your Plate with Delicious Food
— Julieanna Hever, RD (30 min)

How Not to Age. In a Summerfest tradition, Dr. Greger is premiering his new talk for his upcoming book *How Not to Age and living the longest, healthiest life*. Be the first in the world to hear it! — Michael Greger, M.D. FACLM (90 min.)

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

Heritage Hall - Living Learning Center
EVENING SOCIAL & DANCING

Living Learning Center Music provided by RT
Tunes of Pro Show Entertainment — Light refreshments available.

9:30 PM (or immediately after the plenary session) **EVENING SKY WATCHING**

Front of Living-Learning Center

We'll begin with telescopic and binocular views of crescent Venus. The gathering of Venus, Mars, and the star Regulus, best seen through binoculars 9:40 - 10:00 PM, spans 5.5° tonight. As sky darkens, we'll find Summer Triangle in

east, Antares in south, and Arcturus and Spica in southwest. The July star map depicts the sky exactly at 10:12 PM tonight.

AT 10:30 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

SATURDAY, JULY 8

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, PhD

6:30 – 7:30 AM – YOGA

John P. Murtha Center, Assembly Hall

Open Your Heart. You may want to bring a mat, blanket or towel. (This session focuses on heart openers. We want our hearts and minds open to receive new information this weekend. As our heart region expands, we create space for knowledge and growth.) — Alyssa Sikora

8:45 AM – 9:45 AM

Engineering & Science Bldg. – Auditorium

The Choose You Now Diet (This lecture will explore the ten easy-to-follow tenets for lasting weight loss and health gains. Instead of counting calories, her joyful approach to eating embraces the health benefits of a whole food, plant-based diet: one that's focused on vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs, and spices. Her low-sugar, plant-based program, combined with strategic time-restricted eating and mindfulness techniques, has a proven record of success. As Julieanna likes to say, "Results are typical.")

— Julieanna Hever, MS, RD, CPT

Heritage Hall A

Simplifying the Case for Ethical Veganism

(Ethical vegans believe it's wrong to eat animals and animal products. I present a simple argument for ethical veganism grounded in commonsense moral principles we all share. These

principles entail that eating animal products is wrong. Appealing to these principles when engaging with others on behalf of animals can help us become more effective animal advocates.) — Mylan Engel Jr.

Engineering & Science Bldg. – Room 241

Omnivore Bingo? Common Objections to Veganism, and Practical Responses "Too extreme!" "Vegans harm animals too!" (Let's create a Bingo card of objections to veganism, and, together, think through responses a vegan might effectively offer. Because in times of extinctions and climate breakdown, it's more urgent than ever to meet the common objections to veganism with thought-out answers, and express our best potential role in this beautiful web of life.) — Lee Hall JD LL.M

University 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

Campus Room

Boost Your Health with Two Supernutrients

(How two basic nutrients that are frequently neglected can boost your health. Get more Vitamin A and C with easy add-ons to your daily meals not from supplements. Examples will be shared in a discussion.) — Myriam Parham, RD, CDCES

SATURDAY, JULY 8 (con't)

Track at the Athletic Fields

The magic of movement. (In this outdoor workout you will experience the physical movements to keep limber and strong. JP and Anne will take you through a series of motions to stimulate and strengthen your body from head to toe.) — John Pierre and Anne Dinshah

10:00 – 12:15 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee – Maribeth Abrams

Nutrition and Cardiovascular Mortality –

(including Q & A) Kim Allan Williams, MD
(60 min)

NAVS Hall of Fame – Induction Ceremony

(30 min.)

The New Science of Foods, Hormones, and

Health — Neal Barnard, MD (30 min.)

1:45 PM – 2:45 – PLENARY

Pasquerilla Performing Arts Center

Emcee: Maribeth Abrams

Disease Reversal Through Plant-based

Nutrition: A Revolutionary Concept

— Michael Klaper, MD (40 min)

**Beyond Sustainability: Why Embracing
Veganism and Collective Liberation is Key
to Solving Climate Change and Healing the
Planet** — Sarina Farb (20 min)

3:00 – 5:00 PM – FOOD DEMONSTRATION

Heritage Hall B & C

Cooking w/Flava (If you're ready to pump up the flava profile of some of your favorite summer dishes, join the Cooking w/Flava demo! Featuring twice roasted bbq jackfruit w/purple cabbage slaw and our signature Krabby Cakes w/a simple vegan remoulade.)
— Dawn Hilton-Williams

3:00 – 4:00 PM

Engineering & Science Bldg. – Auditorium

The Weight-Loss Wars: (Diet versus drugs and the Wegovy controversy. This program will cover the controversy over weight-loss drugs and how one can accomplish the same results using a healthful diet.) — Neal Barnard, MD

Heritage Hall A

Mushrooms: The Ultimate Vegan Food for A Happy Microbiome

(Mushrooms are not plants. They are, in fact, the only food from Mother Nature that can produce vitamin D. Learn about the benefits to your microbiome of eating mushrooms more often. Jill will discuss evidence-based science surrounding a variety of mushrooms, including those widely available at your local grocery store.) — Jill Nussinow, RD

Engineering & Science Bldg. – Room 241

Vegan 201: Connecting the Dots: Animals, Farming, and Global Heating

(When climate crisis is in the news, the connection to fossil fuels is often (rightly) made. What's less frequent? The animal ag connection. Some commentators even promote grazing (regenerative!) or other forms of animal ag. We need strong input on the climate-farming connection—that's factual, and that touches the very roots of how we humans present ourselves in the world.)
— Lee Hall JD LLM

University Room

Local Vegan Groups: Starting One and Keeping It Alive (Panel) — Ted Barnett (moderator) Carol Barnett, Roberta Schiff and Keith Akers

Terrace Room

Hackysack Playshop - Ages 8 & above including adults (Hackysack 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

4:10 – 5:10 PM**Engineering & Science Bldg. – Auditorium**
Diet & Cancer: Burning Down the House

or Putting out the Flames - Part 2 (Phyto-Chemotherapy: discusses how plants/plant foods prevent and can treat cancer; reviews Epigenetics; DNA damage and repair; beans/legumes; cruciferous vegetables; allium vegetables; nuts; fiber; mushrooms; vitamins and minerals. Lecture also features 4 people with medically-proven late stage cancers that were reversed after switching to vegan diets.)

— Milton Mills, MD

Heritage Hall A**DON'T LOSE YOUR MIND! Evidence-Based Lifestyle Strategies to Prevent Alzheimer's Disease and Cognitive Decline**

(Alzheimer's and other diseases of cognitive decline are some of the fastest growing and most feared conditions of our time. As someone with a 35 year career in the long-term healthcare industry, I have seen first hand the devastation that these diseases cause patients and families. New research is showing that Alzheimer's and related diseases are highly preventable through lifestyle choices. This session will discuss the latest evidence-based research that puts your brain health largely in your control! With simple lifestyle changes, you can greatly increase your cognitive health and lessen the likelihood of devastating diseases like Alzheimer's) — Sharon Jacks

Engineering & Science Bldg. – Room 241
Compassionate Dining: A Cultural History

(In the spirit and memory of the late vegan historian Rynn Berry, we'll take a whirlwind trip through time to understand that veganism, the way of the future, has a substantial and colorful past.) — Victoria Moran

University Room**Healthy Vegan Eating: Simple Steps for Wise Food Choices**

(The presenter covers what a healthy vegan, plant-centered diet consists of and why it's important for overall well-being. Includes 3-step meal plans, shopping guides, and helpful resources.) — Sally Lipsky

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

5:30 – 7:00 PM**FAREWELL DINNER** (Serving until 7:00 PM)**7:15 PM - MUSICAL PRELUDE****Pasquerilla Performing Arts Center**

— Performed by Vance & Skyler Lehmkuhl

7:30 PM – SPECIAL PRESENTATION

Emcee – Maribeth Abrams

Musical Performance by the Summerfest Children

(10 min)

How Not to Age – Q & A — Michael Greger, MD (30 min)

Vanishing Act. This will be an evening of music videos from the CarbonWorks and a live discussion about compassion. — Neal Barnard, MD (60 min.)

A special performance by some of our Summerfest Speakers and Attendees — coordinated by Beth Ertz. (20 min)

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.

SATURDAY, JULY 8 (con't)

Music provided by RT Tunes of Pro Show
Entertainment — Light refreshments available.

9:40 PM – (or immediately after the plenary session)

EVENING SKY WATCHING

Front of Living-Learning Center

We'll begin with telescopic and binocular views of crescent Venus. The gathering of Venus, Mars, and the star Regulus, best seen through

binoculars 9:40 - 10:00 PM, spans 5.1° tonight. As sky darkens, we'll find Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. The July star map depicts the sky exactly at 10:08 PM tonight.

AT 10:30 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

SUNDAY, JULY 9

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

John P. Murtha Center, Assembly Hall

Ahimsa in Pranayama. You may want to bring a mat, blanket or towel. (Come learn about the philosophy of ahimsa and how it relates to the eight limbs of yoga. This session will include pranayama for beginner and intermediate yoga practitioners). — Alyssa Sikora

8:30 – 9:30 AM

ENGINEERING & SCIENCE BLDG. – AUDITORIUM

Understanding the Microbiome & Its Impact

on Mood & Behavior (Review of the human microbiome to overall human health and the importance of plant fibers for optimal human health; will look at bacterial generated compounds that improve our physiology and combat disease and depression) — Milton Mills, MD

Heritage Hall A

The Sentient Lives of Fishes

(Arguably the least understood, and certainly the most exploited vertebrates on Earth, fishes have been vastly underestimated by us. Combining science and story-telling, this presentation explores startling discoveries of fishes' colorful lives.

You'll learn how fishes can use tools and create mental maps, recognize shoal-mates, deceive others, keep accounts, parent, woo, collaborate, and more.) — Jonathan Balcombe, PhD

Heritage Hall B

Strength Training and Plant-Based Nutrition:

A Winning Combination for Longevity

(We'll discuss emerging research on the powerful relationship between strength training and longevity, and how a plant-based diet can enhance these benefits even further. Studies have shown that resistance training can increase muscle mass, reduce age-related muscle loss, improve bone density, and enhance overall physical function. Plant-based diets, on the other hand, have been associated with a reduced risk of chronic diseases, such as heart disease, type 2 diabetes, and certain types of cancer. Combining strength training and plant-based nutrition can have a synergistic effect, enhancing the benefits of each. This talk will delve into the science behind this powerful relationship and provide practical tips on how to incorporate both into your lifestyle.) — Derek Tresize and Marcella Torres

University Room

Sleep Health and Wellness: Why and How

(The importance of sleep and circadian health and its role in promoting wellness. Practical recommendations will be given and there will

be ample time for questions and discussion)
— David Neubauer, MD

Campus Room

Animal Agriculture and the Environment

(We'll look at the data about the environmental consequences of animal agriculture, with an emphasis on climate change.)
— Jeffrey Spitz Cohan

Scholars Room

How Vegetarianism Got Going In The U.S.

(Pennsylvania, where Summerfest is happening, is also where the U.S. vegetarian movement started. Learn the amazing stories of the meat-free men and women who pioneered this sector and established the American Vegetarian Society, and find out why vegetarianism overlapped with so many other social reforms.)
— Vance Lehmkuhl

9:45 – 10:45 AM

ENGINEERING & SCIENCE BLDG. – AUDITORIUM Plant-Based Nutrition and Changing Medical Paradigms

(Why do scientific advances take so long to be put into medical practice? Why do we treat heart disease with drugs and procedures when we've known since the 1990's that it can be arrested and reversed with diet and lifestyle changes? To answer these questions, we'll consider hand washing, gastric ulcers, and radical mastectomy, in a lively presentation.)
— Ted D. Barnett, MD

Heritage Hall A

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. Recent evidence suggests for optimal health we may want 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 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 B

The cow in the room: livestock and climate change

(Why has the United States done nothing substantial about climate change? What can we do about climate change as individuals, as vegans, as environmentalists, and as a nation? The answers are complex, but all of our scientific clues point toward plant-based diets as a necessary part of the solution.) — Keith Akers

University Room

Animal Sanctuary and animal rights in South America

(Juliana's Animal Sanctuary is the first sanctuary in South America and currently, the only one officially verified in South America by the Global Federation For Animal Sanctuaries. Julie will share stories about the animals at the sanctuary and the importance of education to help animals.) — Juliana Castaneda Turner

Campus Room

Mindfulness, Meditation, and Changing Eating Habits

(Sustaining healthful eating habits is difficult for many people, especially during times of personal stress, uncertainty, and overwhelming emotions. The presenter will explain how a practice of mindfulness and meditation can significantly impact your response to these emotions and your food choices. This interactive workshop includes proactive strategies for change and short meditation practices.) — Sally Lipsky

Scholars Room

Diabetes & the Vegan Diet (Learn about the benefits and some myths related to diet and diabetes and how to achieve better blood sugar control with a plant-based diet. This approach to nutrition and meal planning is ideal for the entire family. It is a healthy lifestyle for all and will reduce the risks of heart disease and the complications associated with diabetes.)
— Myriam Parham, RD, CDCES

SUNDAY, JULY 9 (con't)

11:00 – 12:15 – PLENARY

Pasquerilla Performing Arts Center

Emcee: Maribeth Abrams

Planet Based Living, the future is in our hands. — John Pierre (45 min)

DRAWING: Would you like to attend Vegan Summerfest 2024 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

Remaining Calm in the Face of the Storm.

Our state of mind has a huge impact on our effectiveness as communicators.

— Maribeth Abrams (20 min)

CLOSING REMARKS

2:00 – 3:00 PM

Heritage Hall A

Chemistry for Understanding Nutrition:

Protein (Explains what protein is and that all protein is made by plants. Reviews nutritional needs for protein and shows that vegan diets are superior sources of healthy protein in both quantity and quality; and that plant proteins are adequate for exercise and bodybuilding)

— Milton Mills, MD

Heritage Hall B

Calorie and Nutrient Density (We humans are obsessed with parts, particularly food parts. We love to measure calories, cholesterol and protein without taking into account the food

from which it comes, like muffins, milk and meat. This keeps us from understanding the simplicity of eating well, and makes it hard to value the healthiest foods for us – whole plant foods. Here we'll take the examples of calories in food, and the nutritive value of food, for an easy way to determine what foods nourish or deplete you .) — Kathy Pollard, MS

University Room

Getting Back to In-Person Events (After three years of so many Zoom Meetings, the transition to in-person events needs careful consideration. We will discuss planning and preparation for a wide range of events.) — Roberta Schiff

Campus Room

Ethical Dilemmas Solutions Workshop –

(Vegan-curious and new vegans please bring your questions to our discussion, or just enjoy probing possibilities together. With ethical dilemmas, the right answer is the one that is right for you, not necessarily everyone else.) — Anne Dinshah

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.

A silhouette of a woman and a young child standing on a beach, looking out at the ocean during a vibrant sunset. The woman is on the left, holding the child's hand. The child is on the right, standing and looking towards the horizon. The sky is a mix of blue, orange, and red, with the sun low on the horizon. The ocean is visible in the background.

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 Vegan 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 Vegan 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 Vegan Summerfest Bookstore and Information Table.

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** _____

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