



# General Information

## **ANNOUNCEMENTS**

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

## **NAVS' INFORMATION DESK**

1st floor lobby of the Student Union Building.

## **SUMMERFEST BADGES**

Must be worn for admission to all sessions.

## **SUMMERFEST SESSIONS**

Will be held in the following locations:

### **Classes, Lectures, Workshops**

*Living Learning Center: Heritage Hall A and B, University Room, Campus Room, Scholars Room, President's Room, Board Room, Engineering and Science Building: Auditorium*

### **Plenary Presentations**

*Pasquerilla Performing Arts Center*

### **Food Demonstrations**

*Heritage Hall C, Living Learning Center*

### **Morning Yoga**

*Heritage Hall A, Living Learning Center*

### **Exercise Classes**

*Terrace Room, Living Learning Center  
Heritage Hall A, Living Learning Center  
Outside as designated*

### **Children's Center**

*Laurel Hall Lower Lounge*

### **Youth Activities**

*Laurel Hall Lounge*

*Outside as designated*

See separate Children/Youth Program for activities

### **Evening Social Activities**

*Heritage Hall, Living Learning Center*

### **Film Screenings**

*Engineering & Science Building: Auditorium*

## **THE NAVS BOOKSTORE**

Located in the Cambria Room, Student Union. Exhibits will be in the Student Union Main Lobby.

## **MEALS**

Meals will be served Tuesday lunch through Saturday lunch in the cafeteria on the Student Union 2nd floor. Meals will be served at the following times:

**Breakfast: 7:30 – 8:30 AM**

**Lunch: 12:30 – 1:30 PM**

**Dinner: 5:30 – 6:30 PM**

**Farewell Dinner: 5:30 – 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 gold-medal winning vegan chef Ken Bergeron, restaurateur Cathi DiCocco and Chef Dave Stroka with guidance from NAVS. All food and meal related questions should be directed to NAVS staff members Zinnia Konviser and Pat Griffin 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. There is a charge to replace lost tickets.

## **SINGLES**

There are designated tables at meals for those who are interested in meeting other singles. Also, see singles bulletin board in Student Union. Singles activities/events are open to ALL adult singles, regardless of age, sexual orientation, ableness, ethnic or religious persuasion.

## **SWIMMING & FITNESS**

**Zamias Aquatic Center pool hours:**

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

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

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

# Tuesday, 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 Vegetarian Summerfest “first-timers” and attendees who are new to vegetarianism – Led by Maribeth Abrams

## 2:45 – 3:45 PM

*Heritage Hall A*

Vegicipes: All You Ever Wanted and Needed to Know about Eating Veg for Health (Tips on stocking up, and preparing a nutrified kitchen) – Julieanna Hever, MS, RD, CPT

*Heritage Hall B*

What About Fish & Fish Oils? (Although heavily promoted they are in no way a remedy for the inflammatory tendencies of a lifestyle, and carry other increased health risks) – Bob LeRoy, RD, MS, EDM

*University Room*

Someone, Not Something (Non-human animals are someone, not something. Farmer Brown will tell stories of animals that were something and became someone in his life. We have all experienced this shift, so come share your journey to animal consciousness) – Harold Brown

*Campus Room*

Vegan Sweeteners and Fats: Separating Fact from Fiction – Chef Fran Costigan

*Scholars Room*

Caring for Home: How Your Diet Choices Impact the Environment – Jim Corcoran

*President's Room*

A History of Veganism in the US (Learn “how it all vegan”– to coin a phrase--from Donald Watson’s invention of the term in 1944 to its becoming one of today’s trendiest lifestyles) – Rynn Berry

## 3:00 – 3:30 PM – EXERCISE

*Terrace Room / LLC*

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

## 4:00 – 5:00 PM

*Heritage Hall A*

Plant Based Nutrition: Exploring the Myths and Engaging the Science (Elephants, sparrows, lions: it seems pretty clear what they are “meant” to eat. Why are we so confused when it comes to the human race? Ample fun tips, provocative literature review) – Stephan Esser, MD

*Heritage Hall B*

Meat Eating and the Biology of Disgust

– Milton Mills, MD

*University Room*

Identifying and Using Wild Edibles to Supplement Your Diet (includes a slow walk around building) – George Eisman, RD

*Campus Room*

Make That Change! Easy Ways to Transition to Vegan Foods (Learn practical and indispensable tips to help make your transition to plant-based foods enjoyable and long-lasting, and how to go from vegetarian to vegan, or how to step up your game if you’re already a vegan) – Tracye McQuirter, MPH

*Scholars Room*

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

*President's Room*

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

## EXERCISE

*Terrace Room / LLC*

Low Impact Aerobic Exercises (Body weight is used to keep the heart rate high throughout the workout) – Tiffany Esser, ACSM, AFSA, NFPT

# Tuesday, July 5 (con't)

## **EXERCISE**

**Meet in front of Living Learning Center**

**Hiking** (All levels. Explore the trails that surround the area) Please bring water and appropriate footwear) – John Pierre

## **4:00 TO 5:00 – WELCOME SUMMERFEST SINGLES!**

**Board Room / Living Learning Center**

(Come meet and get to know other veggie friendly singles at Vegetarian Summerfest 2011. Have no fear – the singles program is not about matchmaking, it is simply a venue for meeting other attendees who are experiencing some of the same issues, living single as a vegan/vegetarian/veggie-curious in today's society) – Led by Nicole Fordyce

## **5:00 TO 5:30 – SINGLES WALK**

**Meet in front of the Living Learning Center** for a walk around the beautiful campus with fellow singles before going to dinner.

– Led by Nicole Fordyce

## **5:10 PM – GUIDED TOUR**

**Meet outside front door Living Learning Center**

(Here's your chance to find out how to get to all the buildings you'll be using during the conference) – Sue Speck (Tour Guide)

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

**Pasquerilla Performing Arts Center**

**Piano Prelude**

– Performed by Sarina & Sammi Farb

Emcee: Maribeth Abrams

**The North American Vegetarian Society**

**Welcomes You**

**Guide to Summerfest, Announcements**

– Carole Baral

**Brilliant Chickens, Einstein Chimps: Intelligence, Creativity and Caring in the Non-Human World** – Rae Sikora (20 min)

**Your Role in Global Depletion**

– Dr. Richard Oppenlander (30 min)

**Has Nutrition Arrived Yet as a Medical Science?** – T. Colin Campbell, PhD (40 min)

## **9:15 PM – GET ACQUAINTED PARTY**

**Heritage Hall – Living Learning Center**

Time to have fun, meet other attendees and dance to music provided by vegan DJ Johnny V. Light refreshments available.

## **9:45 – 11:00 PM – EVENING SKY WATCHING**

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

The Moon and Saturn will be quite striking  
– Led by Robert Victor

# Wednesday, July 6

## **6:00 – 6:40 AM – EXERCISE**

**Meet in front of Living Learning Center**

**Exerstriding** (Use synergistic resistance to build strength, stamina and endurance) – John Bolus

## **6:15 – 7:15 AM – EXERCISE**

**Volleyball Net (South side of Engineering & Science Building)**

**Boot Camp: Fun & Effective Sports and Conditioning for all Fitness Levels**

(Please bring water and appropriate footwear)  
– John Pierre & Anne Dinshah

## **6:30 – 7:30 AM – YOGA**

**Heritage Hall A**

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

## **6:50 – 7:20 AM – EXERCISE**

**Lobby Living Learning Center**

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

**8:40 AM – PLENARY**

***Pasquerilla Performing Arts Center***

**Emcee:** Sue Speck

**Should Food Really be Your Medicine?** (Analyze the famous Hippocratic aphorism and its effects on health in our modern society)

– Dr. Adiel Tel-Oren (40 min)

**Vegan Dining at the Academy of Culinary Arts**

– Freya Dinshah (10 min)

**The Link Between Dairy (and Other Animal Products) and Cancer Risk**

– George Eisman, RD (10 min)

**10:00 – 11:00 AM**

***Heritage Hall A***

**Diabetes: Examining the Sugar Cube** (Unraveling the mystery of the fastest growing disease in America – Find out why 1 in 3 American children are projected to develop diabetes and why it doesn't have to happen)

– Stephan Esser, MD

***Heritage Hall B***

**Global Depletion and Food Choice Responsibility**

(New perspectives will be presented about the state of our oceans with a closer look at eating fish/sustainable labeling issues, global warming and Kyoto, what's new with our rainforests, agricultural land use inefficiencies and world hunger, loss of biodiversity, and the sustainability question related to grass fed/pastured livestock)

– Dr. Richard Oppenlander

***University Room***

**Food Sensitivities: Health and Healing** (Learn why food sensitivities are a growing phenomenon and how you or your friends or loved ones can cope and thrive in spite of food challenges)

– Jo Stepaniak with Michael Stepaniak

***Campus Room***

**The Transition Kitchen: How to Go from Zero to Veg in One Day!** (So...NOW what do I eat? Learn about the connection between diet and disease, and unbelievably simple ingredient substitutions, foods and products that can help you make the transition to a healthier lifestyle quickly and easily) – Kerrie Saunders, MS, LLP, PhD

***Scholars Room***

**Vegan Diets for Animal Companions** (The risks and benefits of vegan diets for dogs and cats and information you should know)

– Armaiti May, DVM

***President's Room***

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

**10:00 – 12 NOON – FOOD DEMONSTRATION**

***Heritage Hall C***

**Exploring the World of Whole Grains**

– Chef Christine Waltermeyer

**11:10 – 12:10 PM**

***Heritage Hall A***

**Let the Myths Stop Here** (An opportunity to debunk popular nutrition myths and clarify the real evidence) – Julieanna Hever, MS, RD, CPT

***Heritage Hall B***

**Put Your Colon to Work for You** (How the human colon affects our health and physiology)

– Milton Mills, MD (with Roberta Schiff)

***University Room***

**Growing Microgreens at Home** (Learn a clean and cheap technique for home gardening that is adapted from commercial microgreen farms; samples of several varieties of microgreens will be shared) – Mark Mathew Braunstein

***Campus Room***

**Label Detective** (Learn how labels mislead, how the food industry tries to confuse us and how to really know if your food is healthy or not)

– Amie Hamlin

***Scholars Room***

**Vegan Advocacy for Passive People**

– Chris Hirschler, PhD, CHES

***President's Room***

**Vegan Parenting for Families with Older Children** (The whole game changes as your children get older. Learn how to “dance with your children” as they individuate, so that you can continue to honor your values while helping them to develop their own self, and eventually to be ready to launch out into the world. Bring your questions) – JoAnn Farb

# Wednesday, July 6 (con't)

## EXERCISE

### **Terrace Room**

**Total Toning** (This class is designed to tighten, firm and tone your whole body using resistance bands - Combines intense cardio and muscle conditioning exercises that will challenge everyone from beginner to advanced - Must wear appropriate running shoes, please bring a towel) - Nicole Fordyce

### **1:45 - 2:45 PM**

#### **Heritage Hall A**

**What is the Evidence for a Low Carb, Atkins Type Diet?** - T. Colin Campbell, PhD

#### **Heritage Hall B**

**The Link Between Dairy (and other animal products) and Cancer Risk** - George Eisman, RD

#### **University Room**

**Why Do I Have Stubborn Belly Fat When I do a Million Crunches a Day?** - Marty Davey, MS, RD

#### **Campus Room**

**At Ease in Every Restaurant** (A practice session for vegans to use actual menus from dozens of restaurants and to learn some easy "public" speaking tips to get what you want wherever you dine. Learn to order off the menu items and be comfortable speaking up and speaking out when ordering food) - Patti Breitman

#### **Scholars Room**

**Spice Up Your Life** (How to use herbs and spices to perk up your cooking and contribute to increased health and vitality - A review of various herbs and spices as well as their medicinal, nutritional and taste benefits) - Jill Nussflog, MS, RD

#### **President's Room**

**How to Live on an Activist's Salary: Eating like a King While Earning like a Pauper** (Everyone who works on behalf of the earth and animals has to learn how to live as economically as possible. Whether working for a non-profit, or fitting activism into your free time, we all need to economize drastically. Learn from an expert) - Karen Budkie

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

#### **Heritage Hall C**

**Low Fat Vegan: All the Flavor Without the Fat** - Lindsay Nixon

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

#### **Heritage Hall A**

**Using Food And Fitness To Fight Osteoporosis** (Learn how to use specific foods and fitness tips to help re-mineralize your bones! Research on hormones, bone density, and practical suggestions to strengthen your skeletal frame - learn your food friends & foes!) - Kerrie Saunders, MS, LLP, PhD

#### **Heritage Hall B**

**Global Depletion and Food Choice Responsibility** (New perspectives will be presented about the state of our oceans with a closer look at eating fish/sustainable labeling issues, global warming and Kyoto, what's new with our rainforests, agricultural land use inefficiencies and world hunger, loss of biodiversity, and the sustainability question related to grass fed/pastured livestock) - Dr. Richard Oppenlander

#### **University Room**

### **COMMUNITY OUTREACH: MAKING A DIFFERENCE**

**Joyfully Veganizing Your Community** (These simple activities don't take any particular skills or vast amounts of money, but will translate into huge returns in outreach and education. Tools that anyone can take home and put to use right away!) - Jim Corcoran & Rae Sikora

#### **Campus Room**

**Chemistry for Understanding Nutrition** (for the lay person): Dietary Fat - Milton Mills, MD

#### **Scholars Room**

**Raw Foods Guidance! Toward Satisfaction, Not Sacrifice - Sustainability, Not Flirtation - and Meeting All-Round Nutritional & Blood-Sugar-Management Needs** - Bob LeRoy, RD, MS, EDM

#### **President's Room**

**Yoga & Meditation: Ancient Wellness for Body, Mind and Spirit** (Yoga is so much more than just stretching; it's a lifestyle that can help us find social, emotional, physical, spiritual, intellectual and environmental wellness. Talk will include some gentle stretches, breathing exercises and a guided meditation) - Eileen Wieder Crone, RD, MS, ERYT-500

**3:00 – 5:00 PM – DOCUMENTARY SCREENING**

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

**VEGUCATED:** a documentary film that follows three meat and cheese lovers who, for six weeks, adopt a vegan diet...and a whole new way of thinking about food. Part sociological experiment and part adventure comedy, Vegucated showcases the rapid and at times comedic evolution of three people who are trying their darndest to change in a culture that seems dead set against it. (Introduced by filmmaker Marisa Miller Wolfson and followed by a Question and Answer session)

**4:10 – 5:10 PM**

***Heritage Hall A***

**Latest in Nutrition 2010:** Review of the Most Important Research Published in Peer-Reviewed Scientific Nutrition Journals from Summer 2009 to Summer 2010 – Michael Greger, MD

***Heritage Hall B***

**Fermented Foods: What You Need to Know and How to Make Them** (Learn how fermented foods aid digestion and build immunity, and why we're hearing more about them in today's society. The different kinds of fermented foods – and why some are better than others – will be addressed) – Sharon Greenspan, CHHP, HTP, MEd

***University Room***

**Overcoming Food & Weight Issues for Keeps** – Victoria Moran

***Campus Room***

**Building Effective Relationships** (An overview of some of the challenges vegans and vegetarians have in relationships, especially intimate relationships, with ideas for making our relationships as healthy, creative, and empowering as possible – both for ourselves and for others) – Dr. Will Tuttle and Madeleine Tuttle

***Scholars Room***

**Issues in Raising Vegan Children (Panel)**

Maribeth Abrams, MS, CNC (moderator) Marty Davey, MS, RD; Myriam Parham, RD; Kerrie Saunders, MS, LLP, PhD

**EXERCISE**

***Terrace Room / LLC***

**Resistance and Strength Training** (All fitness levels) – Tiffany Esser, ACSM, AFAA, NFPT

**5:00 – 5:30 PM – SINGLES VOLLEYBALL GAME**

***Volleyball Net (South side of Engineering & Science Building)***

Let's have some fun while getting our metabolism revved before dinner! Inexperienced players are welcome!

– Led by Nicole Fordyce

**7:15 PM – PLENARY**

***Pasquerilla Performing Arts Center***

**Musical Prelude** – Rebecca Barnett

**Emcee:** Vance Lehmkuhl

**The Youth-Preserving Lifestyle: High-Green, High-Raw, High-Spirited**

– Victoria Moran (30 min)

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

**Why Vegan: Lessons from an Animal Behavior Scientist** – Jonathan Balcombe, PhD (30 min)

**Lifestyle Medicine: The Power of Personal Choices** – Stephan Esser, MD (40 min)

**9:30 PM – EVENING SOCIAL**

***Heritage Hall / Living Learning Center***

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

**9:45 – 11:00 PM – EVENING SKY WATCHING**

***Meet at the Front Entrance to***

***Living Learning Center***

The Moon and Saturn will be quite striking

– Led by Robert Victor

**10:00 PM – TWEETUP**

***University Room / Living Learning Center***

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

# Thursday, July 7

## **6:00 – 6:40 AM – EXERCISE**

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

**Exerstriding** (Use synergistic resistance to build strength stamina and endurance) – John Bolus

## **6:15 – 7:15 AM – EXERCISE**

**Volleyball Net (South side of Engineering & Science Building)**

### **Boot Camp: Fun & Effective Sports and**

**Conditioning for all Fitness Levels** (Please bring water and appropriate footwear)

– Tiffany Esser, ACSM, AFAA, NFPT

## **6:30 – 7:30 AM – YOGA**

### **Heritage Hall A**

(You may want to bring a blanket or towel)

– Eileen Wieder Crone, MS, RD, RYT-500

## **6:50 – 7:20 AM – EXERCISE**

### **Lobby Living Learning Center**

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

## **8:45 AM – 9:45 AM**

### **Heritage Hall A**

**Raw and Living Food Basics** (Learn several models for raw food diets and the differences between raw and living foods. Leaders in the field and their different approaches will be discussed. Benefits and pitfalls of changing to this lifestyle will be discussed. Strategies for implementing a change will be described)

– Sharon Greenspan, CHHP HTP, MEd

### **Heritage Hall B**

#### **Heart Disease: Portrait of a Killer**

– Hans A. Diehl, DrHSc, MPH, CNS, FACN

### **University Room**

**Growing Up Vegan** (Meet a panel of lifelong vegans of various ages and learn about what it is like to be raised vegan. Bring your questions to ask them directly what worked, and what didn't. What might they do differently? How did they handle specific challenges?) – JoAnn Farb (moderator) Nathaniel Barnett, Aidan DeRocco, Anne Dinshah, Sarina Farb, Sammi Farb, Meara Hamlin and Sarah Schleuter Eisman

### **Campus Room**

**Looking for Peak Fitness as a Vegan** (Get your questions answered by two experts)

– John Pierre & Robert Cheeke

### **Scholars Room**

#### **Vegan Dilemmas: When Life Isn't Black or White**

(As vegans, our choices aren't always simple or clear-cut. Is it possible to remain true to our beliefs in compromising situations? Bring your questions and let's engage in a lively discussion of the "gray areas" of being vegan)

– Jo Stepaniak, MEd with Michael Stepaniak

### **President's Room**

#### **Living in the Lab: The Daily Life of our Closest**

**Relatives in Animal Labs** (Learn the truth about

what primates endure through the life stories of Amadeus, Wally, and many other primates who were not even given names) – Michael Budkie

## **10:00 – 11:00 AM**

### **Heritage Hall A**

#### **Myths and Misconceptions about Exercise**

(Get ready to break down the top 10 myths/misconceptions about exercise in a fun, interactive talk which highlights the benefits, risks, appropriate use and tools for change when it comes to being active. It's time to get moving)

– Stephan Esser, MD

### **Heritage Hall B**

#### **Chemistry for Understanding Nutrition** (for the

lay person): – Carbohydrates & Protein

– Milton Mills, MD

### **University Room**

#### **How the Internet & Social Games Will Reshape**

**the Vegan Movement** (The internet is reshaping the world. It is changing the nature of business, relationships, leisure time and all power structures. It is even spawning political and social revolutions across the globe. The Vegan Movement is finally beginning to use the internet more effectively to change peoples attitudes and behaviors towards their food. Learn how you can be apart of this change and why social gaming will be the next big trend to enhance the popularity of plant-based diets) – Mark Berman, MD

### **Campus Room**

#### **Setting Up Your Eco Vegan Whole Foods Pantry**

– Chef Fran Costigan

### **Scholars Room**

#### **Living With Joy** (Being an advocate for plant

based eating, the environment and animals can be daunting. There is so much bad news that we, at times, feel a sense of hopelessness. Farmer Brown will share tips that may help you find joy

in your daily life, to live beyond the pain and frustration) – Harold Brown

**President's Room**

**Prenatal and Breastfeeding Nutrition**

– Myriam Parham, RD, CDE, CLC

**10:00 – 12 NOON – FOOD DEMONSTRATION**

**Heritage Hall C**

**It's Easy Being Green: How to Incorporate More Greens into Your Diet in Ways that are Easy, Delicious and Fun. (Gluten-free)** – Chef AJ

**11:15 – 12:15 PM**

**Heritage Hall A**

**The 10 Power Practices of the Spiritual Life** (A life of peace and joy and power is possible. It's not so much about belief as it is about action. My ten power practices – including vegan ethics – make spirituality practical and accessible) – Victoria Moran

**Heritage Hall B**

**Plant-Based Losers: Winning the Weight Loss War with a Whole Food, Plant-Based Nutrition Plan** (No deprivation necessary)

– Julieanna Hever, MS, RD, CPT

**Campus Room**

**On Their Own Terms: How the Earth and its Animals Benefit from the Vegetarian Commitment** (Learn about how committed vegetarians have a role to play in cultivating new ways of growing our food – and a humanity beyond dominion) – Lee Hall, JD

**Scholars Room**

**How to Say No Without Feeling Guilty**

(Embracing our choices with confidence can be a challenge for vegans. Learn how to take a stand with courage and conviction without compromising your values. Explore and discover ways to embrace your choices when they are called into question by family, friends and in business) – Patti Breitman

**EXERCISE**

**Terrace Room / LLC**

**Cardio Kickboxing** (This high-energy cardiovascular class utilizes kickboxing movements and upbeat music to create a total body endurance workout – Experience combinations of punches, kicks and athletic drills [jumping jacks, push ups, light running and ab exercises] designed to turn up the intensity

– Must wear appropriate running shoes, please bring a towel) – Nicole Fordyce

**11:15 – 12:30 PM**

**University Room**

**It Takes Great Ideas to Make a Great Movement**

(The historical anti-slavery movement provides powerful inspiration as well as a few cautionary tales for today's animal advocates)

– James LaVeck

**President's Room**

**COMMUNITY OUTREACH: MAKING A DIFFERENCE**

**Local Vegetarian Groups: Starting One & Keeping it Alive** (Discussion) – Ted Barnett

(moderator) Carol Barnett, Amie Hamlin, Charles Hershey & Roberta Schiff

**1:45 – 2:45 PM**

**Heritage Hall A**

**Women's Cancers: (Breast, Ovarian, Uterine, Cervical) A Primer and Review**

(Includes a discussion of the primary/unified theory of inflammation and examination of the many preventive choices that have been shown to reduce risk and improve survival)

– Stephan Esser, MD

**Heritage Hall B**

**An Introduction to Carnism: The Psychology of Eating Meat**

(How is it possible for otherwise compassionate people to learn the truth about animal agriculture and still eat meat? Why do people who love their companion animals have no problem eating equally sentient animals? And why don't meat eaters recognize the inconsistencies in their attitudes and behaviors toward animals? Learn about carnism, the invisible belief system that shapes our perception of the meat we eat, so that we learn to love some animals and eat others without knowing why. The principles of transforming the carnistic mindset to create a more humane and just society are explained) – Melanie Joy, PhD, EdM

**University Room**

**Build a Better Body on a Plant-Based Diet**

(Learn how to eat to fuel your athletic interests, how to lose weight, gain muscle, lower stress and prevent injuries) – Robert Cheeke

# Thursday, July 7 (con't)

## **Campus Room**

**Emotional Intelligence** (This workshop will focus on practical strategies to support the development of emotional intelligence in children and adults; includes a review of the published literature on enhancing factors)

– Lisa Pitman & JoAnn Farb

## **Scholars Room**

**Global Hunger and the Demand for Meat** (Find out why global meat consumption is predicted to double over 50 years. Then go beyond simple solutions and the “scarcity vs. distribution” debate to find out how meat consumption undermines hunger-alleviation efforts, and how reversing America’s “overconsumption” would be a powerful tool for change) – Dawn Moncrieffe, MA

## **CIRCUS TRICKS PLAYSHOP**

### **Meet in front of Owen Library**

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

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

### **Heritage Hall C**

**Healthy Plant Based Protein, Four Delicious Ways** – Chef Alan Roettinger

## **2:55 – 3:55 PM**

### **Heritage Hall A**

**Diets & Health** (Covers alzheimer’s disease and other dementias, mad cow disease, food-borne toxins, depression and mood disorders, ADHD and child neural development, morning sickness, kidney stones, the importance of fiber, the health benefits of plant-based nutrition on immune function, longevity, successful aging and on exercise and weight training) – Milton Mills, MD

### **Heritage Hall B**

**Understanding Coronary Risk Factors**

– Hans A. Diehl, DrHSc, MPH, CNS, FACN

## **University Room**

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

## **Campus Room**

**Navigating Nutrition Labels on Food Products: How to Read Between the Lines** (and which lines to ignore) – George Eisman, RD

## **Scholars Room**

**Teach Your Kids to Cook: A Lesson for Parents** (Kids may attend) – Freya Dinshah and Anne Dinshah

## **President’s Room**

**Act with a Famous Vegetarian** (Class volunteers will get to perform supporting roles in 5 one act plays about Leonardo da Vinci, Dr John Harvey Kellogg, Jesus, the Buddha, Leo Tolstoy, Pythagoras, and Sir Paul McCartney) – Playwright Rynn Berry

## **EXERCISE**

**Volleyball Net (South side of Engineering & Science Building)**

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

## **3:00 – 5:00 PM – DOCUMENTARY SCREENING**

**Engineering & Science Bldg. – Auditorium**

**FORKS Over KNIVES: What if we could cure diseases without medicine?** This documentary film examines the profound claim that most, if not all, degenerative diseases that afflict us can be controlled, or even reversed by rejecting our present menu of animal-based and processed foods. Summerfest speakers T. Colin Campbell, PhD and Caldwell Esselstyn, Jr, MD are the two featured principals of the film. (Introduced by Robert Cheeke and followed by a Question and Answer session with Dr. Hans Diehl and Julieanna Hever, RD, MS)

## **4:10 – 5:10 PM**

### **Heritage Hall A**

**The Michigan Firefighter Challenge: Rescue the Rescuers** (Dr. Saunders designed and coordinated two 8-week food and fitness challenges for firefighters in the state of Michigan. Join us for the spectacular results and learn fun and easy ways you could help rescue the rescuers in your own hometown!) – Kerrie Saunders, MS, LLP, PhD

### **Heritage Hall B**

**You Diligently Consume Lots Of Calcium, Omega-3’s, Sunlight-Vitamin-D and all the Rest... But What in Your Diet or Lifestyle May Discourage Your Body’s USING Them as Needed?** – Bob LeRoy, RD, MS, EDM

### **University Room**

#### **No Sacrifice: Upholding our Values and Honoring Tradition**

(Vegans [obviously] eschew the animal foods traditionally served on the major holidays. At best, non-vegans may express pity for those not partaking in these “standards,” at worst, they may accuse vegans of “flying in the face of tradition,” implying that certain practices are justifiable simply because they’re embedded in the “culture” and sanctified by “tradition.” Learn how we can indeed adhere to traditions while honoring our values. We need not sacrifice one for the other) – Colleen Patrick-Goudreau

### **Campus Room**

#### **Why and How to Wean from Cow**

– Mark Mathew Braunstein

### **Scholars Room**

#### **Recipes Into Print: How to Write the Next Bestseller**

(Do you have a recipe book sprouting inside of you? Seasoned book editor and best-selling author Jo Stepaniak shares a banquet of knowledge on how to sift, whip, and blend your ideas into a publishable manuscript)

### **President’s Room**

**Mourning the Loss of a Beloved Companion Animal and the Suffering of Other Animals** (A spiritual look at our feelings) – Frank Hoffman

### **Terrace Room / LLC**

**ZUMBA** (This Latin inspired fitness program combines dance and aerobic elements. Zumba’s choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels) – Isabella Marmolejo

### **OUTDOOR COOPERATIVE GAMES: EVERYBODY IS A WINNER**

#### **Meet in front of Laurel Hall**

(For all who are old enough to do partner activities) – Rae Sikora

### **5:00 – 5:30 PM – SINGLES VOLLEYBALL GAME** **Volleyball Net (South side of Engineering & Science Building)**

Let’s have some fun while getting our metabolism revved before dinner! Inexperienced players are welcome! – Led by Nicole Fordyce

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

**Living Learning Center Lobby**

### **7:15 PM – PLENARY**

#### **Pasquerilla Performing Arts Center**

**Piano Prelude** – Elizabeth Barnett

**Emcee:** Victoria Moran

**A Wholistic View of Nutrition from a Registered Dietitian** – George Eisman, RD (15 min)

**Veg For Life—Theirs! Why Farmed Animals Matter** – Jenny Brown (30 min)

**“I No Longer Steal From Nature” a poem by the 11th-century poet Al-ma’ari, is set to music by Vance Lehmkuhl and sung by Sarah Schlueter-Eisman**

**Being a Joyful Vegan in a Non-Vegan World: Survival Tips & Tactics**

– Colleen Patrick-Goudreau (30 min)

**Lifestyle in Health & Disease & Longevity**

– Hans A. Dehl, DrHSc, MPH, CNS, FACN (35 min)

**Intermission** (5 min)

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

### **PIANO PASSION: CONCERT FOR A NEW WORLD**

Performed by Will Tuttle

Enjoy a delightful musical concert for world peace and for celebrating the beauty of the Earth. Rooted in ancient sacred traditions that see music as a vehicle of consciousness, this concert of uplifting original piano music generates a field of healing and insight. Combined with several silver flute duets and visionary art by Madeleine Tuttle that make this an event that will inspire and uplift!

### **9:30 TO 10:15 PM**

#### **SINGLES ICE-BREAKER GAMES**

**Meet at the University Room in the Living Learning Center**

Reveal your true nature with some fun ice-breaker games! Afterwards we’ll keep the party going at the evening social!

– Led by Nicole Fordyce

### **9:45 – 11:00 PM – EVENING SKY WATCHING**

**Meet at the Front Entrance to**

**Living Learning Center**

The Moon and Saturn will be quite striking

– Led by Robert Victor

### **10:30 PM**

**Heritage Hall**

**GET TOGETHER**

Light refreshments available.

# Friday, July 8

## **6:00 – 6:40 AM – EXERCISE**

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

**Exerstriding** (Use synergistic resistance to build strength stamina and endurance) – John Bolus

## **6:15 – 7:15 AM – EXERCISE**

### **Volleyball Net (South side of Engineering & Science Building)**

**Boot Camp: Fun & Effective Sports and Conditioning for all Fitness Levels** (Please bring water and appropriate footwear)  
– John Pierre & Anne Dinshah

## **6:00 – 7:30 AM – YOGA**

### **Heritage Hall A**

(You may want to bring a blanket or towel)  
– Carole Baral

## **6:50 – 7:20 AM – EXERCISE**

### **Lobby Living Learning Center**

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

## **8:40 – 9:45 AM**

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

**Oily Revolution: Scientific Omega 3 & 6 Breakthroughs that Question Everything We Once Believed** (What the fish oil and other industries don't want you to know)  
– Dr. Adiel Tel-Oren

### **Heritage Hall A**

**Dissolving Your Sugar Habit** (Constantly craving sweets? Reaching for sweets in the afternoon or evening? Gain control over sugar without feeling deprived. Uncover what drives your unhealthy food cravings. Learn about food choices to increase your energy, health and joy)  
– Sharon Greenspan, CHHP, HTP, MEd

### **Heritage Hall B**

**Nutrition Needs for the Over 50 Crowd**  
– Marty Davey, MS, RD

### **University Room**

**Vegetarianism in Art** – Mark Mathew Braunstein

### **Campus Room**

**Elements: Air, Water, Soil and Sunlight are the Foundations of Life on Earth** (Learn the latest on the situation of our elements of life and what we can do to conserve and nurture them for future generations. Food choices do matter!)  
– Harold Brown

### **Scholars Room**

**Compassionate Relationships** (As parents, partners, friends and family we have opportunities to assert and exploit or learn to connect and respect the others in our lives. Research on attachment, punishment and reward will be discussed) – Lisa Pitman

## **9:55 – 10:55 AM**

### **Heritage Hall A**

**Thrive on a Plant-Based Diet** (Whether you are an athlete or just looking to feel better, have more energy and manage bodyweight more efficiently. Robert's rules of consistency and accountability will help anyone find new inspiration for a healthier lifestyle)  
– Robert Cheeke

### **Heritage Hall B**

### **Relating to Meat Eaters: How to Communicate, Advocate, and Live in a Meat-Eating World**

(Well-meaning efforts by vegetarians to raise awareness are often either met with resistance, dismissed out of hand, or superficially acknowledged and quickly forgotten. Even when we're not attempting to advocate vegetarianism, our everyday relating to the meat eaters in our lives can be challenging and can leave us feeling isolated and misunderstood. Learn about how we can relate and communicate more effectively with meat eaters, advocate more strategically, navigate "mixed" (veg/meat eater) relationships, feel more grounded in and better able to articulate our own ethical choices)  
– Melanie Joy, PhD, EdM

### **University Room**

**Gluten 101: What Vegans Need to Know About This Nearly Ubiquitous Protein** (Both Anecdotal evidence and recent peer reviewed studies suggest that far more than the conventionally accepted number of 1/133 are being harmed by gluten. If you are considering getting off gluten, or just want to be better at helping others to successfully transition to a vegan diet, you will find this information helpful) – JoAnn Barb

### **Campus Room**

**Working Towards the Abolition of Our Meat-Eating Society Through Compassion**  
– Jenny Brown

### **Scholars Room**

**The Metaphysics of Food** (This presentation will explore the healing power of food and the importance of our attitudes while preparing and eating food, focusing on the metaphysical dimensions of food, eating, agriculture, and food production) – Will Tuttle, PhD

### **President's Room**

**Public Speaking & Media Training 101** (If you're an animal activist or a vocal vegan, chances are you'll have the opportunity – or you can make the opportunity – to speak to groups and appear on TV and radio. This session will help you get your presentation skills up to speed and get you camera-ready) – Victoria Moran

### **10:00 – 12 NOON – FOOD DEMONSTRATION**

#### **Heritage Hall C**

**Component Desserts** (How to make baked desserts, sauces, creams and more, and plate them to create wow with little effort. Nearly all of the components can be made ahead and assembled later) – Chef Fran Costigan

### **10:00 – 12:00 NOON – DOCUMENTARY SCREENING**

**Engineering & Science Bldg. – Auditorium**  
**PEACEABLE KINGDOM: The Journey Home** (The film tells the story of five farmers, an animal rescuer, and a humane police officer, each struggling to follow the voice of their conscience, and to challenge the commonly held belief that animals exist in order to fulfill human wants and needs. Strikingly honest interviews reveal the web of complex social, psychological and economic forces at play, while seldom-seen footage documents the beauty, emotional lives, and family bonds of farm animals. PG 13 due to some brief scenes depicting animal cruelty) (Introduced by filmmakers Jenny Stein and James LaVeck and followed by a Question and Answer session)

### **11:15 – 12:15 PM**

#### **Heritage Hall A**

**The Optimal Diet: for Health, Ecology & Ethics**  
 – Hans A. Diehl, DrHSc, MPH, CNS, FACN

#### **Heritage Hall B**

**THE BIGGEST WINNERS: Lessons Learned from Food & Fitness Consultation Clients**  
 (Four clients share their success stories – diet, fitness, emotions and mind set are addressed)  
 – John Pierre

### **Campus Room**

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

### **Scholars Room**

**Successful Vegetarian Campaigns: Reaching Out In Your Local Community** – Maribeth Abrams, MS, CNC (moderator), Jim Corcoran, Allison Memmo Geiger & Michael A. Weber

### **EXERCISE**

#### **Terrace Room**

**Total Toning** (This class is designed to tighten, firm and tone your whole body using resistance bands – Combines intense cardio and muscle conditioning exercises that will challenge everyone from beginner to advanced – Must wear appropriate running shoes, please bring a towel)  
 – Nicole Fordyce

### **11:15 – 12:30 PM**

#### **University Room**

**What the Bible Has to Say About a Plant-based Diet and Animal Rights** (The importance and impact of a vegetarian/vegan diet on our spirituality from a biblical perspective. Come prepared to share important/favorite Bible verses and engage in discussion)  
 – Milton Mills, MD, Roberta Schiff & Michael Budkie

### **1:45 – 2:45 PM**

**Engineering & Science Bldg. – Auditorium**  
**Ten Tenets to Optimum Health: Ten Principals that will Change Your Life by Fighting Disease, Strengthening Your Immune System and Maximizing Energy** – Julieanna Hever, MS, RD, CPT

#### **Heritage Hall A**

**Will a Vegan Diet Cure Obesity?** (What causes obesity? Why do we struggle with our weight? Is a vegan diet the cure for all our weight concerns? Gain a broader understanding of the obesity epidemic and what we can do about it – as individuals and as a society. Learn how to optimize a vegan diet for better weight control and improved health) – Mark Berman, MD

# Friday, July 8 (con't)

## **Heritage Hall B**

**What to Say When Moving People From Excuse-itarian to Vegan** (How to tackle the most popular excuses people give for not eating a plant-based diet – This session leaves no rationalization unexposed and offers sound and practical tips for living a life that reflects the values of sustainability, compassion, and simplicity)  
– Colleen Patrick-Goudreau

## **University Room**

**How to Avoid “the Evil Trinity” (sugar, oil and salt)** – Chef AJ

## **Campus Room**

**Too Busy to Cook** (Proven Strategies to save time in the kitchen and eat well when time is short. Not every home-made recipe has to be made “from scratch.” Learn how to use convenience foods as part of a home cooked life style and to prepare foods once and eat well all week)  
– Patti Breitman

## **Scholars Room**

**Organizing a Community Vegan Taste Fest**  
– Myriam Parham, RD, CDE, CLC

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

### **Heritage Hall C**

**Raw Gastronomy: A Taste of Gourmet Flavors**  
– Chef Chad Sarno

### **3:00 – 4:00 PM**

#### **Heritage Hall A**

**Phenomenal after 50: Flexing Body, Mind, and Spirit – The key to staying vibrant and healthy at any age is to keep your body fit, your mind agile, your intellect challenged, and your spirit fulfilled.** Learn the secrets of aging with grace  
– Panel Discussion: Jo Stepaniak moderator (with Michael Stepaniak assisting) Jim Corcoran, Fran Costigan, Amie Hamlin, Abbie Jaye, Victoria Moran & Will Tuttle

## **Heritage Hall B**

**Healthy, Hippy, and Happy: Lose the Weight, Keep the Curves** (Learn how to focus on what you eat, not how much you eat. No more worrying about counting calories, cutting portion sizes, or limiting carbohydrates Find out how you can eat plant-based foods until you're satisfied and still trim down effortlessly, without dieting, to your ideal weight and natural curves)  
– Tracy McQuirter, MPH

## **University Room**

**The Inner Lives of Animals** (Drawing on the latest research, observational studies and personal anecdotes the full gamut of animal experience is revealed – from their sense of emotions, to their ability to solve problems and make moral judgments) – Jonathan Balcombe, PhD

## **Campus Room**

**How Not to Prevent Disease: The History of Official Dietary Recommendations in the U.S.**  
– Ted D. Barnett, MD

## **Scholars Room**

**Global Warming, Meat, and Farmed Animals** (A simple overview of the why eating meat is a top contributor to global warming, how this causal relationship may be used to advance the “veg” cause, and the implications (positive and negative) for farmed animals. Followed by a more detailed explanation of the global warming connections and quick replies to public FAQs and skeptics) – Dawn Moncrieffe, MA

## **President's Room**

**Ethical Vegetarianism and Non-violence in the World's Religions** (Learn the fascinating but rarely discussed history of the crucial role nonviolence and vegetarianism has played in the beliefs of many influential sects including Jains, Essenes, Gnostics, Cathars, Bible Christians and Seventh Day Adventists as well as all the major faiths) – Rynn Berry

## **Terrace Room / LLC**

**ZUMBA** (This Latin inspired fitness program combines dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels) – Isabella Marmolejo

## **3:30 PM TO 4:00 PM**

### **SINGLES OUTDOOR GAMES**

**Meet in front of the Pasquerilla Performing Arts Center**

**Fun outdoor games to continue getting to know each other and to meet the newcomers joining us!** – Led by Nicole Fordyce

## **4:20 – 5:20 PM – PLENARY**

**Pasquerilla Performing Arts Center**

**Emcee:** Lorene Cox

**Kickstart Your Health** – Neal Barnard, MD

**5:30 PM – SINGLES WALK**

**Meet in front of the Pasquerilla Performing Arts Center** for a walk around the beautiful campus with fellow singles before going to dinner.

– Led by Nicole Fordyce

**5:30 – 7:45 PM – FAREWELL DINNER**

(Serving until 7:00 PM)

MUSIC by John Bolus

**8:30 PM – SPECIAL PRESENTATION**

**Pasquerilla Performing Arts Center**

Piano Prelude – Vance Lehmkuhl

Emcee: Maribeth Abrams

Performance by the Summerfest Children

Vegetarian Hall of Fame

– Induction of Neal Barnard, MD

The Latest in Nutrition 2011

Presented by Michael Greger, MD

Always a crowd pleaser, Dr. Greger's "Latest in Nutrition" sessions are engaging, humorous and entertaining – making serious nutrition studies – enjoyable and fun. He scours the world's scholarly literature on clinical nutrition every year and develops a brand-new talk based on the latest in cutting-edge research and world premiere's it

at Summerfest. Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease in an engaging interactive quiz show format. You won't want to miss this one. (60 min)

Immediately following the Special Presentation – until 1:00 AM

**EVENING SOCIAL / DANCING / SUMMERFEST DRAWING**

**Heritage Hall / Living Learning Center**

It's our last night together, so you won't want miss this chance to mingle, dance and see the new friends you've made this week.

Music provided by vegan DJ Johnny V. Light refreshments available.

**DRAWING: Would you like to attend Vegetarian Summerfest 2012 for free?** – At tonight's drawing during the evening social, we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free – but – you must be present to win.

**10:00 – 11:00 PM – EVENING SKY WATCHING**

**Meet at the Front Entrance to**

**Living Learning Center**

The Moon and Saturn will be quite striking

– Led by Robert Victor

# Saturday, July 9

**6:00 – 6:40 AM – EXERCISE**

**Meet in front of Living Learning Center**

**Exerstriding** (Use synergistic resistance to build strength stamina and endurance) – John Bolus

**6:50 – 7:20 AM – EXERCISE**

**Lobby Living Learning Center**

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

**6:30 – 7:30 AM – YOGA**

**Heritage Hall A**

(You may want to bring a blanket or towel) – Laurie Jordan

**6:30 – 7:30 AM – ZUMBA**

**Terrace Room / LLC**

(This Latin inspired fitness program combines dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels) – Isabella Marmolejo

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

**Whalley Memorial Chapel**

(Inter-religious / Non-denominational)

– Frank Hoffman, Music by Ted, Elizabeth, Rebecca and Nathaniel Barnett

**6:50 – 7:20 AM – EXERCISE**

**Lobby Living Learning Center**

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

**8:45 – 10:45 AM – PLENARY**

**Pasquerilla Performing Arts Center**

Musical Prelude – Nathaniel Barnett

Emcee: Victoria Moran

**Treating the Cause of Coronary Artery Disease – Making Yourself Heart Attack Proof**

– Caldwell Esselstyn, Jr, MD (45 min)

# Saturday, July 9 (con't)

**Healthy School Food: Heading Toward a Tipping Point?** – Amie Hamlin (20 min)

**The Status of the Vegetarian Movement**  
– Michael Greger, MD (10 min)

**Blasted Stereotypes! Growing Vegan Community in the Most Unexpected Places**  
– Rae Sikora (15 min)

**Creating A New Culture Of Peace**  
– Will Tuttle, PhD (15 min)

**CLOSING REMARKS**  
Maribeth Abrams

## **11:00 – 12 NOON**

**Engineering & Science Bldg. – Auditorium**  
**How “Innocent” Foods Can Destroy Our Health: The Untold Scientific Story of Allergies, Sensitivities and Inflammation as Triggers and Promoters of Chronic Disease** – Dr. Adiel Tel-Oren

**Heritage Hall A**  
**Strategies to Acquire and Prepare Plant Based Nutrition** – Ann Crile Esselstyn and Caldwell Esselstyn, Jr, MD

**Heritage Hall B**  
**World’s Most Nutri-licious Smoothie!** (Get your daily greens and heal yourself. No special blenders or expensive ingredients needed for this simple, but incredibly delicious, detoxifying, healing drink! Many variations demonstrated)  
– Rae Sikora and Jim Corcoran

**University Room**  
**The Junk-Food Vegan Diet** (What is it and why is it detrimental to the animal rights and environmental movements? Ways to help you maximize your potential as an activist while attaining excellent health) – Julieanna Hever, MS, RD, CPT

**Campus Room**  
**Basic Nutrition for Vegetarians, Vegans and Everyone Else** – George Eisman, RD

**Scholars Room**  
**Finding Your Peaceable Path** (This inspirational talk offers a detailed roadmap and practical advice for finding meaning and making a difference in this era of moral confusion and global upheaval) – James LaVeck

**President’s Room**  
**How to Talk to a Lay Person About the Dangers of Dairy** – Maribeth Abrams, MS, CNC

**Board Room**  
**The Ten Most Important Things Parent Can Do to Raise Healthy Grounded Compassionate Children** (Important things for parents to consider if they want to optimize the functioning in their family and in their offspring, and increase the likelihood that their children will embrace their values) – JoAnn Farb

## **2:00 – 3:00 PM**

**Heritage Hall A**  
**New Food Guidelines: News or Snooze?** (LaDiva Dietitian spills the beans on whether there is anything in the new food guidelines to create better health for the average American or is it just an upgraded rehash of the last 20 years?)  
– Marty Davey, MS, RD

**Heritage Hall B**  
**Nutritional Support (and Nutritional Sabotage) for the Stability of Mood, Emotion, Sleep and Cognitive Brain Function** – Bob LeRoy, RD, MS, EDM

**University Room**  
**Are Humans Designed to Eat Meat?**  
– Milton Mills, MD

**Campus Room**  
**Becoming an Effective Advocate: Lessons Learned by a Passionate Farm Animal Activist**  
– Jenny Brown

**Scholars Room**  
**Promoting Veganism to a Captive Audience** (Learn how to address a roomful of non-vegans, without watering down your message by tapping into values already held by the vast majority. An interactive presentation with audience participation can nudge a whole roomful of people towards the animal rights perspective and end with most of the room promising at least a reduction in animal consumption)  
– Michael A. Weber

**President’s Room**  
**Vegetarianism in the Americas** (The earliest vegetarian society in the US was founded in the early 19th century. In addition to the development of vegetarianism from the 18th century to the present, this session will examine the evidence for vegetarian groups in the pre-Columbian as well as the post-Columbian Americas) – Rynn Berry

**Please take a moment to fill out our questionnaires. All attendees must be checked out of their rooms by 3:30 PM.**

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