

Vegetarian'07 SUMMERFEST



**Welcome to
Our 33rd
Annual
Celebration!**

PROGRAM
JULY 25 - JULY 29
2007



*University of Pittsburgh
Pitt-Johnstown, PA*

NORTH AMERICAN VEGETARIAN SOCIETY

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 is in the Student Union Building.

SUMMERFEST SESSIONS will be held in the following locations:

Classes, lectures, workshops

- Student Union Building: Cambria Room
- Living Learning Center: Heritage Hall A and B, University Room, Campus Room, Scholars Room, President's Room
- Blackington Hall: Auditorium 138

Plenary presentations

- Cambria Room, Student Union Building
- 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
- University Room, Living Learning Center
- Outside as designated

Children's Center

- Laurel Hall Lower Lounge

Youth Activities

- Biddle Hall room 208, 210, and Laurel Hall Lounge.
See separate Children/Youth Program for activities

Evening Social Activities

- Cambria Room, Student Union Building
- Heritage Hall, Living Learning Center

Videos

Student Union Building:
Blue & Gold Room

THE NAVS BOOKSTORE

will be located in the Allegheny Room in the Student Union. Exhibits will be in the Student Union Main Lobby.

MEALS will be served Wednesday lunch through Sunday 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 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 with guidance from NAVS. All food and meal related questions should be directed to NAVS staff member Zinnia Konviser 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 have 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.

SUMMERFEST BADGES must be worn for admission to all sessions.

SWIMMING / FITNESS:

Zamias Aquatic Center pool hours:

Weekdays: 10 AM–5 PM (times may vary, always check in advance for any changes – dial hotline: 2002)

Sat./ Sun: 1PM – 4 PM

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

SUMMERFEST SPEAKERS

MARIBETH ABRAMS (CT) assoc. editor, *Vegetarian Voice*; host of *Tofu 1-2-3* (video/dvd); author, *Tofu 1-2-3* recipe book; cooking class instructor; mother of two vegan children

BEN ADAMS (NY) vegan personal chef and culinary instructor; graduate, The School of Natural Cookery; former head baker and pastry chef for the award-winning vegan bakery, Sticky Fingers in Wash. D.C

PHILIP D. ALLAMONG, ND (PA) board certified traditional Naturopath; certified massage therapist & Tai Chi instructor; Reiki Master Practitioner; Yang Long Form Tai Chi Practitioner; founder / pres. Lancaster Veg. Soc.

STEVEN BAER (MA) vegan scientist, engineer and futurist; founding member of the Peace Abbey's Mass Action for Animals, an association of animal advocates involved in the peace, environmental and spiritual communities

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

CAROLE BARAL, MS (NY) certified Integral Yoga instructor for over 25 years; NAVS board member

CAROL H. BARNETT, PhD, JD (NY) Co-coordinator, Rochester Area Veg. Soc.; mother of three vegan children

TED BARNETT, MD (NY) Board certified diagnostic radiologist; co-coordinator, Rochester Area Veg. Soc.; father of three vegan children

KEN BERGERON (CT) Intl. Culinary Olympics gold medal-winning chef; culinary instructor & catering consultant; author, *Professional Vegetarian Cooking*

RYNN BERRY (NY) NAVS historical advisor; author, *Food for The Gods: Vegetarianism and the World's Religions; Famous Vegetarians and Their Favorite Recipes, and Hitler: Neither Vegetarian Nor Animal Lover*

JOHN BESKE (IL) longtime vegan / environmental activist; advertising and graphic designer focusing on marketing and communications for green and sustainable businesses, nonprofits, and other companies and groups working toward a healthier and more compassionate world

JOHN BOLUS (FL) America's sole instructor, Chinese Wand Exercise; ranked 1st in his state's 5k races for 65-69 age group, 5th in Nat'l Sr. Olympics; professional keyboard musician, performs at top clubs; CD, *Naples Medleys*, a collection of easy listening standards

REAGAN BONGIORNO (NY) certified Jivamukti Yoga teacher, a dynamic form of Asana (postures) with an emphasis on ethical vegetarianism; teaches living food classes; Vegan Outreach Coord. for Mid-Hudson Veg. Soc.

HAROLD BROWN (NY) raised on a beef farm; spent half of his life in agriculture; outreach coordinator for Farm Sanctuary, encouraging farmers to adopt sustainable practices; appears in the film, *Peaceable Kingdom*

MICHAEL BUDKIE (OH) dir. of Stop Animal Exploitation NOW! (SAEN); past consultant for NEAVS, HSUS & PCRM; worked for In Defense of Animals on animal research issues; co-founder Nat'l Activist Network

DAVID CANTOR (PA) vegan and a full-time animal advocate since 1989; founder Responsible Policies for Animals; which promotes basic legal rights for all sentient beings as the route to an all-plant human diet

SUMMERFEST SPEAKERS

PAULETTE CHANDLER, MD (MA) graduate Princeton Univ., Duke Medical School and Harvard School of Public Health; practices internal medicine at Brigham and Women's Hospital; Harvard Medical School faculty member; director Natural Healing Pathways

JIM CORCORAN (MI) co-founder and former pres., VegMichigan; leads life changing programs on the effects of dietary choices; publishes vegan lifestyle e-newsletter; BS in Emergency Medicine; certified fitness instructor

GABRIEL COUSENS, MD, MD (H), DD (AZ) founder/director, Tree of Life Foundation and Tree of Life Rejuvenation Ctr.; holistic medical doctor; psychiatrist and family therapist; homeopathic physician; uses the modalities of nutrition, naturopathy, Ayurveda, homeopathy and acupuncture, blended with spiritual awareness, in the healing of body, mind, and spirit; author, *Spiritual Nutrition, Conscious Eating* and others; authority on live-food nutrition

MARTY DAVEY, RD (PA) Masters in Food & Nutrition; coordinator SNAP! Program, a family weight management clinic, Scranton PA; vegetarian since 1980

BRENDA DAVIS, RD (CANADA) public health nutritionist; clinical nutrition specialist; nutrition consultant; academic instructor; past chair, VNDPG of American Dietetic Assn; author, *Becoming Vegan, Defeating Diabetes* and *The New Becoming Vegetarian*; recently conducted a government sanctioned study in the Marshall Islands and implemented a program to prevent and reverse diabetes

KAREN DAVIS, PhD (VA) founder / pres., United Poultry Concerns; author, *Instead of Chicken, Instead of Turkey: A Poultryless 'Poultry' Potpourri; Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry; More Than a Meal: The Turkey in History* and many more

KEVIN DUNN (MI) graduate, Culinary Institute of America; vegan culinary instructor; worked in several four-star restaurants throughout the U.S.; spent 7 years at the New England Culinary Institute

SYNDEE L'OME EARTHEART (IN) therapist/lifestyle consultant; trained & certified in breathwork, eco-psychology, transpersonal psych., spiritual practices, energy work, intuitive healing, lifestyle counseling, conflict transformation & integrating mind, body, heart, spirit, community & earth

GEORGE EISMAN, RD (NY) founder/pres., Veg. and Vegan Association; co-founder of the Vegetarian Nutrition Practice Group of the American Dietetic Assoc.; dir. of vegetarian nutrition home-study course; author, *The Most Noble Diet*; has taught nutrition at the college and university level

ANN ESSELSTYN (OH) retired from teaching in 2000 to focus on creating heart healthy recipes, including those published in *Prevent and Reverse Heart Disease*

CALDWELL ESSELSTYN, Jr, MD (OH) retired Cleveland Clinic surgeon; conducted a 20 year study of coronary artery disease using diet and lifestyle modification; recipient of the Benjamin Spock award for Compassion in Medicine in 2005; author *Prevent and Reverse Heart Disease*

JOANN FARB (KS) author, *Compassionate Souls: Raising the Next Generation to Change the World*; founder Vegetarians of Kansas City; biologist; freelance writer & activist; married with two vegan children

SUMMERFEST SPEAKERS

NICOLE FORDYCE (Canada) certified group fitness instructor, teaching total toning/low-impact aerobics and high-impact cardio-kickboxing classes; long-time animal rights advocate; vegetarian at age 10; vegan since age 20

SCOTT GEIGER (PA) vegan for 9 years; volunteer for Club Veg; works with local sports franchises to introduce more vegetarian/vegan options

MICHAEL GREGER, MD (MD) dir., Public Health and Animal Agriculture, Humane Society of the United States; graduate Cornell's College of Agriculture and Tuft's University of Medicine; nationally known speaker on public health and social justice issues; Farm Sanctuary's chief investigator, mad cow disease; author *Carbophobia: The Scary Truth about America's Low-Carb Craze* and *Bird Flu: A Virus of Our Own Hatching*

LEE HALL, JD (PA) legal dir. for Friends of Animals; co-author of *Dining With Friends*; and author, *Capers in the Churchyard: Animal Rights Advocacy in the Age of Terror*; has taught on the subject of nonhuman rights as well as immigration and refugee law; speaks frequently on the world food supply, climate change and the importance of ecology to animal rights

AMIE HAMLIN (NY) exec. dir. NY Coalition for Healthy School Food, responsible for resolutions passed unanimously in NYS Legislature & NYS PTA, asking that plant-based entrees be served daily; founder of Club Veg

CHARLES HERSHEY (IL) founder/pres., Springfield Veg. Assoc; past editor *Springfield Vegetarian*; vegetarian for over 30 years

SUSAN SMITH JONES, PhD (CA) motivational speaker; frequent radio/TV talk show guest; culinary instructor; author of 17 books, including her latest, *The Healing Power of NatureFoods: 50 Revitalizing SuperFoods & Lifestyle Choices to Promote Vibrant Health*

MEGHAN KELLY (CANADA) vegan juggler; teaches circus skills, games, songs & crafts for children; encourages cooperative play & enviro-friendly games

JAMES LAVECK (NY) co-founder of the nonprofit arts/educational organization Tribe of Heart, producer of the award-winning documentaries, *The Witness* and *Peaceable Kingdom*

NICK LAWRENCE (PA) Radio/TV personality for over twelve years; currently hosting four radio shows, and a TV show in the Philadelphia area; certified hypnotherapist for 10 years; Holistic Lifestyle Coach and vegetarian for about two years

VANCE LEHMKUHL (PA) cartoonist, writer, all-around entertainer; founding member veg pop band Green Beings; creator *VegNews* "Edgy Veggies" cartoon; author, *Joy of Soy* (collection of vegetarian cartoons); illustrator/writer, *Vegetarian Voice*; host of VEGCAST podcast

BOB LEROY, RD, MS, EDM (NY) NAVS nutrition advisor, nutritionist; writer; researcher; certified fitness instructor

LOREN LOCKMAN (PANAMA) founder/dir., Tanglewood Wellness Ctr.; nutrition / wellness counselor, specializing in fasting, living foods and Reiki; author, *A Handbook for Vibrant Living - 8 Keys to Optimal Health*

HOWARD LYMAN (VA) executive dir., Voice for a Viable Future; nationally renowned speaker; author, *Mad Cowboy: Plain Truth From the Cattle Rancher Who Won't Eat Meat* and *No More Bull! The Mad Cowboy Targets America's Worst Enemy: Our Diets*; he is the subject of the feature documentary *Mad Cowboy*, an expose' of modern agriculture

SUMMERFEST SPEAKERS

MILTON MILLS, MD (VA) assoc. dir., preventive medicine with Physician's Committee for Responsible Medicine (PCRM); co-author of PCRM's report *"Racial and Ethnic Bias in the U.S. Dietary Guidelines"*

VICTORIA MORAN (NY) motivational speaker; certified life coach specializing in spiritual-life coaching; author of ten books, including the just released *Fat, Broke & Lonely No More: Your Personal Solution to Overeating, Overspending, and Looking for Love in All the Wrong Places* and *Creating a Charmed Life*

JEFF NOVICK, MS, RD, LD (FL) dir. of Nutrition, Pritkin Longevity Ctr. (Aventura); VP National Health Assn. Board of Dir.; Health Science magazine columnist

JILL NUSSINOW, MS, RD (CA) culinary educator; registered dietitian; freelance writer who has been teaching nutrition and cooking classes since 1985; author, *The Veggie Queen: Vegetables Get the Royal Treatment*; formerly in charge of the nutrition and no-fat vegan cooking component of The McDougall Program

MYRIAM PARHAM, RD, LD, DLN, CDE (FL) clinical dietitian & certified diabetes educator at the East Pasco Medical Ctr., Seventh Day Adventist Hosp.; mother of a vegan child

JOHN PIERRE (IL) vegan nutrition and fitness consultant, sharing the principles of compassionate living with people of all ages; best known for his innovative work in enhancing cognitive functioning in older adults and his fun, yet effective approach to functional fitness

DAN PIRARO (NY) creator of the syndicated cartoon feature Bizarro that appears daily in over 200 newspapers worldwide; winner of numerous cartooning and animal activism awards; author *Life Is Strange and So Are You: A Bizarro Sunday Treasury*, among others

PAMELA RICE (NY) author, *101 Reasons Why I'm a Vegetarian*; runs the Veg. Ctr. of NYC; frequently engages in creative vegetarian street outreach with fellow activists

MARK RIFKIN, MS, RD, LDN (MD) MS in Health Education; conducts presentations on nutrition and food-related topics, promoting the benefits of plant-based diets in preventing and treating various chronic conditions and "diseases of affluence"

MARLA ROSE (IL) author, *A Vegan Guidebook to Chicago* and numerous articles for *VegNews* and *Satya* mag.; founding chairperson of EarthSave Chicago and the Conference for Compassionate Living; co-founder, Chicago Vegan Family Network; co-founder of the seminal vegan lifestyle website and clothing company, *Vegan Street*; vegan parent

KERRIE SAUNDERS, MS, LLP, PhD (MI) author, *The Vegan Diet as Chronic Disease Prevention*; *VegNews Magazine's Dear Dr. Kerrie*; Master's level psychologist; Functional Food Consultant; past dir., Sanilac County Health Education Division; founder of *VeganSpeak MultiMedia* and *DrFood.org*

ROBERTA SCHIFF, MS (NY) pres., Mid-Hudson Veg. Soc.; health educator; nutrition counselor; stand-up comic

RAE SIKORA (NM) founder/dir., *Simply Enough*; co-created the nation's first humane education certification and Masters programs; leads programs on compassionate living and all forms of non-violence, including in consumerism, advertising/media influences, communication, conflict resolution, animal rights/awareness, and environmental awareness/responsibility

SUMMERFEST SPEAKERS

ASHLEY LOU SMITH (NY) founding board member, Woodstock Farm Animal Sanctuary; fulltime freelance activist for such organizations as Farm Sanctuary, PETA and COK; teaches a humane ed. course to public school students in NYC

BRIAN SPIZZO (OH) vegetarian 26 years (vegan 18 +), long-time animal rights activist; formerly officer, Kent State Univ. C.A.R.E.; raising a vegan cat and vegan dogs for 13 years; presents public programs on vegetarianism

JO STEPANIAK, MEd (PA) has been involved with vegetarian and vegan-related issues for over four decades; author and co-author of sixteen books on compassionate living and vegan cuisine; contributing author to many other books, pamphlets, national publications and magazines; senior book editor, Book Publishing Co.; intl. business dispute resolution specialist; award-winning column, *Ask Jo!* appears on her web site *Grassroots Veganism*

MICHAEL STEPANIAK, BA (PA) a program coordinator for the Pennsylvania Resources Council, one of the state's oldest grassroots environmental organizations; administrator of the Southwestern PA Household Hazardous Waste Task Force

JEANINE TAYLOR (MA) founder and owner of *Snootie Jewelry*; long time vegan activist

LATHAM THOMAS (NY) graduate of Columbia University, and the Institute for Integrative Nutrition; certified holistic health counselor; principal chef preparing raw vegan cuisine at *Organic Avenue*; co-founder of *Panela Productions*, a lifestyle company that educates youth and families; taught at the Natural Gourmet Institute for Food and Health

SUALUA TUPOLO (MA) dir. of Culinary Arts, and Executive Chef, Atlantic Union College, which boasts an all vegetarian campus and vegan culinary arts program; teaches vegan culinary arts for PCRM's Cancer Project; studied at Living Light Culinary Arts school for Raw Food, and Weimar Institute, Vegan Culinary Arts Program

PAUL TURNER (DC) Intl. Dir., *Food For Life Global*, a non-profit world hunger relief organization that has distributed over 500 million vegetarian/vegan meals to the world's hungry

ROBERT VICTOR (MI) astronomer, *Abrams Planetarium*, Michigan State Univ.

KYLE VINCENT (MA) critically acclaimed contemporary singer/songwriter; had *Billboard* top 20 single; released 9 CDs; officially sanctioned presenter of Al Gore's climate crisis slide show which he has personalized to address animal agriculture's serious impact on this problem

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ELIZABETH BARNETT (NY) pianist, (18) piano student 13 years, lifetime vegan

NATHANIEL BARNETT (NY) pianist, (14) piano student 9 years, lifetime vegan

JOHN BOLUS (FL) professional keyboard player

SARINA FARB (KS) pianist, (13) piano student 5 years, lifetime vegan

JUKEBOX EXPRESS (PA) dee-jays

VANCE LEHNKUHL (PA) cartoonist, songwriter and pianist

JAY MANKITA (NY) songwriter/performer, songs speak to the human condition

DAN PIRARO (NY) cartoonist, creator of cartoon feature Bizarro

SARAH SCHLUETER-EISMAN (NY) (12) vocalist; lifetime vegan

TIM TYE & THE NOT (FL) Tim (singer, keyboards) & Marty Airey (guitar)

KYLE VINCENT (MA) contemporary singer and songwriter

WEDNESDAY, JULY 25, 2007

10 AM - 10 PM REGISTRATION

Living Learning Center

2 - 2:35 PM ORIENTATION

Heritage Hall A

Guidance for all Vegetarian Summerfest "first-timers" and attendees who are new to vegetarianism – Led by Jennie Kerwood and Maribeth Abrams

2 - 4:40 PM FILMFEST

Blue/Gold Room – Student Union

A Cow at My Table (90 min)

Mad Cowboy: The Documentary (58 min)

Meet Your Meat (Narrated by Alec Baldwin – 13 min)

2:45 - 3:45 PM

Heritage Hall A

Navigating Nutrition Labels on Food Products: How to Read Between the Lines (And Which Lines to Ignore) – George Eisman, RD

Heritage Hall B

Beans & Grains: Staples of Ancient as Well as Modern Diets – Ben Adams

University Room

Animal Rights: Its Influence on American Diet – Rynn Berry

Campus Room

Stories from the Front Lines of Veganism – (The Farb family shares their experiences of using their every-day lives as opportunities to spread veganism) – Joe, JoAnn, Sarina & Sammi Farb

3- 3:30 PM EXERCISE

Terrace Room / Living Learning Center

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

4 - 5 PM

Heritage Hall A

Cutting Edge Vegan Nutrition – Brenda Davis, RD

Heritage Hall B

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

University Room

Is Chocolate "Better Than Sex"?

How Foods Act As Drugs, Cerebral Allergens & Mood-Swingers (A look at dairy, eggs, wheat, chocolate, coffee, colas, concentrated sweeteners & more) – Bob LeRoy, RD, MS, EdM

Campus Room

Media, Meat, and "Me, Me, Me" If it tastes good, it is good – according to millions of mass-media messages, to the detriment of animals' wellbeing, including us humans. Should we teach plants – only eating without the media, or are the media too important to ignore? – David Cantor

EXERCISE

Meet in front of Living Learning Center

Strenuous Hike for Adults & Teens (please bring water) – John Pierre

SINGLES ICE-BREAKER GAMES

Meet at Soccer Field

Outdoor games to get to know each other in an interactive non-competitive way. Don't be afraid to get wet if it's hot!

5:10 PM GUIDED CAMPUS 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

Cambria Room – Student Union

Piano Prelude – Performed by Sarina Farb

The North American Vegetarian Society Welcomes You

– President Jennie Kerwood

Guide to Summerfest, Announcements

– Carole Baral

The 100 Years of the US Diet

– Howard Lyman (30 min)

Cancer is Now Our #1 Killer: What Does Diet Have to Do with It?

– George Eisman, RD (15 min.)

Defeating Diabetes: Lessons from the Marshall Islands

– Brenda Davis, RD (35 min)

8:55 – 9:10 SINGLES MEET UP

Chaser's Lounge / Student Union

Meet for basic introductions & to attend "Get Acquainted Party" together – Led by Nicole Fordyce

9:00 PM GET ACQUAINTED PARTY

Cambria Room

Time to have fun, meet other attendees and dance to music provided by Tim Tye & The Not. Refreshments available.

EVENING SKY WATCHING

Meet Outside Pasquerilla Performing Arts Center

Moon and Jupiter Viewing:

Immediately after plenary for 30 min.

Moonlight Stroll & Stargaze: 10:15 – 11PM

– Led by Robert Victor

10:15 PM SINGLES GET TOGETHER

Chaser's Lounge – Student Union

End the evening with a few games and discussion. Emphasis on fun & getting to know each other. Led by Nicole Fordyce

THURSDAY, JULY 26, 2007

6 - 7:30 AM YOGA

Heritage Hall A / Living Learning Center

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

6 – 6:40 AM EXERCISE

Meet in front of the Living Learning Center

Heavy Hands Exercise Session (10 min.) followed by a **Group Run/Jog** (easy pace – approx. 3 mi.) – John Bolus

6:15 – 7:15 AM EXERCISE

Meet at the south side of Engineering & Science Building

Boot Camp: Sports and Conditioning for all Fitness Levels – John Pierre

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 - 9:45 AM

Heritage Hall A

Going Nuts! The Facts about Fats, Oils, Nuts and Mediterranean Diets

– Jeff Novick, MS, RD, LD

Heritage Hall B

Diet to Lower Cancer Risk

– George Eisman, RD

University Room

Are Humans Designed to Eat Meat?: Part 2 – Milton Mills, MD

Campus Room

Change Your Mind, Change Your Habits – Nick Lawrence

Scholars Room

Raising Green Children in a Disposable World (Finding approaches to conscientious living that are consistent and comfortable with your parenting/family style) – Marla Rose

10 -11 AM

Heritage Hall A

The Energetics of Food (How do we cultivate our ancestral wisdom about food and develop a practice of reawakening our senses and stimulating them with healthy, organic, tasty, high prana whole foods) – Latham Thomas

THURSDAY, JULY 26, 2007

Heritage Hall B

Defeating Diabetes: Practical Applications – Brenda Davis, RD

University Room

Global Home Wrecker! (Global Warming: Where we stand and how you can be a powerful force in creating a positive change) – Jim Corcoran

Campus Room

The Honoring of Our Whole Yummy, Vegetarian Selves! Integrating Our Physical, Mental, Emotional, Social, Spiritual and Earth Bodies – Syndee L'ome Eartheart

Scholars Room

Lessons Learned from Food & Fitness Consultation (A fun and fast-paced discussion of fitness tips, assessment tools, nutrient status and social environmental issues. Learn the most common mistakes we see in client behavior)
– John Pierre & Kerrie Saunders, MS,LLP,PhD

President's Room

Rattling the Gates of Eden (Animal agribusiness and other destructive industries long ago learned how to keep truth out of policy-making. How progress toward a humane & healthful world is obstructed, and how to overcome barriers without resorting to disrespect or violence)
– David Cantor

10 – 12 NOON FOOD DEMONSTRATION

Heritage Hall C

Beyond Stir-Fry: A New World of Tofu Recipes – Maribeth Abrams

11:10 – 12:10 PM

Heritage Hall A

Losing Yourself in Conversation: Discovering New Perspectives (Do you want to be a masterful conversationalist? Do you want to make lasting, positive impressions? Curiosity is the key to great communication. Unlock the secrets in this fun and challenging interactive workshop)
– Jo Stepaniak

Heritage Hall B

Superfoods: Myths or Miracles?
– Jill Nussinow, MS, RD

University Room

Living Lightly (Every action we take impacts the planet and its overtaxed resources. You can easily lighten your footprint...without moving into a tree)
– Loren Lockman

Campus Room

Ten Ways to Improve a Vegetarian/Vegan Diet – Mark Rifkin, MS, RD, LDN

Scholars Room

Ethical Vegetarianism and Non-Violence in the World's Religions (A look at the role these played in the beliefs of many influential sects, as well as all the major faiths) – Rynn Berry

11:10 – 12:30

Presidents Room

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 PLENARY

Cambria Room – Student Union

The Weapons of Mass Deception: How the Marketing of Health Foods is Killing You, and How to Defend Yourself Against Them
– Jeff Novick, MS, RD, LD

SINGLES STROLL AROUND CAMPUS

Meet in front of the Student Union

2 – 4 PM FOOD DEMONSTRATION

Heritage Hall C

Healthy Transitions: Delicious Whole-Food Meat and Dairy Alternatives
– Chef Sualua Tupolo

3 – 4 PM

Heritage Hall A

Diets & Health: Part 1 – Milton Mills, MD

Heritage Hall B

Healthy Weight for Life – Brenda Davis, RD

University Room

The Politics of the Animal Industry and You: Exploring Ways That We Can All Become Better Informed and Recognize the Hype From the Facts – Harold Brown

COMMUNITY OUTREACH:

MAKING A DIFFERENCE

Campus Room

Hands-on Activities to Teach About Healthy – and Unhealthy – Eating (Participatory activities for use at health fairs, class presentations, tabling at conferences, etc.) – Amie Hamlin

Scholars Room

I Used to be a Vegetarian – or Vegan (Why do some people seem to take a “backwards” step. Learn valuable tools for dealing with this and other challenging situations / comments) – Rae Sikora

Meet in front of Owen Library

Introduction to 3-Ball Juggling (Adults & Teens) – Meghan Kelly

4:10 - 5:10 PM

Heritage Hall A

Boost Your Brain Power: Lifestyle Strategies for Maintaining and Enhancing Brain Performance – Paulette Chandler, MD

Heritage Hall B

The Nature of Symptoms – (There are underlying reasons we don't feel well sometimes. Understanding what's happening allows us to make better choices)
– Loren Lockman

University Room

Are Soyfoods Healthful? (A look at – whole soy vs. refined soy; benefits vs. risks; moderation vs. excess; genetically engineered vs. organically produced)
– Bob LeRoy, RD, MS, EdM

Campus Room

Vegan Nutrition Basics for New Vegetarians (Includes a protein primer)
– Myriam Parham, RD, LD, DLN, CDE

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

What Every Caring Person Should Know About Animal Experimentation, and What They Can Do – Michael Budkie

SINGLES “GET TOGETHER”

Chaser's Lounge – Student Union

Would you like to know more about what your fellow singles are thinking? Come participate in or just observe a lively discussion of topics pertinent to living veg and single in today's world.
– Led by Nicole Fordyce

YOUTH ACTIVITY

Meet at the south side of Engineering & Science Building

Soccer Camp for All Kids (Skills and conditioning drills - any age – parents welcome) – John Pierre

5:15 PM

SKY WATCHING – Led by Robert Victor Meet Outside Student Union

SINGLES VOLLEYBALL GAME

Volleyball Net (South side of Engineering & Science Building)

7:15 PM PLENARY

Pasquerilla Performing Arts Center Musical Prelude

 – Nathaniel Barnett

Draw-a-long: RED, YELLOW, GREEN: Help create the Global Warming Alert System – Vance Lehmkuhl (20 min)

Can Factory Farming Be Reformed?
– Karen Davis, PhD (25 min)

Putting Your Colon to Work for You
– Milton Mills, MD (25 min)

Take Action for School Food
– Amie Hamlin (5 min)

THURSDAY, JULY 26, 2007

9:10 – 10:00 PM PERFORMANCE

Jay Mankita in Concert

EVENING SKY WATCHING

Meet Outside Pasquerilla Performing Arts Center

Moon and Jupiter Viewing:

Immediately after plenary for 30 min.

Moonlight Stroll & Stargaze: 10:15 – 11PM

– Led by Robert Victor

10 PM EVENING SOCIAL

Heritage Hall / Living Learning Center

Easy listening music provided by John Bolus.

Light refreshments available.

10 – 12 NOON FOOD DEMONSTRATION

Heritage Hall C

Taste Explosions – Chef Kevin Dunn

11:15 – 12:15 PM

Heritage Hall A

The Optimal Diet - Part 1 (Foods that Harm) – Brenda Davis, RD

Heritage Hall B

Calorie Density: The Secret to Lifetime Weight Management (Simple solutions to achieve and maintain a healthy weight)

– Jeff Novick, MS, RD, LD

ALIGNING OUR LIVES WITH OUR VALUES

Campus Room

How Talents & Careers Can be Used to Advance Vegetarianism

– Kerrie Saunders, MS, LLP, PhD (moderator), John Beske, Rae Sikora & Jeanine Taylor

Scholars Room

Chemicals in Your Home: How to Safeguard Your Health, Kids and Companion Animals, and the Environment (Many common chemical products found in the home contain hazardous ingredients that can be harmful to kids and adults, companion animals, and the environment. Learn how to responsibly purchase, use, store, and dispose of these products and make nontoxic versions at home)

– Michael Stepaniank

11:15 – 12:30 PM

University Room

Global Warming: Truth & Consequences

(A condensed version of the slide show presentation as seen in “An Inconvenient Truth”, that will include the connection between diet and the climate crisis. Even if you’ve seen the movie, this is a great opportunity for a live refresher course.)

– Kyle Vincent – The Climate Project

1:45 – 2:45 PM

Heritage Hall A

Strong Bones for Life: Lifestyle Strategies to Build Healthy Bones

– Paulette Chandler, MD

Heritage Hall B

Emotional Poise – Ten Distinctions for Creating a Life of Balance. Here’s How to Look at Things in a Way that Supports Healthy Functioning – Loren Lockman

University Room

Health and Diet Crisis! – Howard Lyman

Campus Room

The School Food Situation and What You Can Do About It – Amie Hamlin

Scholars Room

Why Be Vegetarian? Seven New Strategies To Convince Almost Anyone

(New reasons anyone can use to convince relatives, friends and even neo-conservatives) – Mark Rifkin, MS, RD, LDN

President’s Room

Effective Activism: How to Use News Conferences, Press Releases and File Complaints with Regulatory Agencies (Techniques used against animal research that are relevant to many issues)

– Michael Budkie

JUGGLING STIX PLAYSHOP

Meet in front of Owen Library

Juggling stix is a fun way to improve your dexterity, hand/eye coordination, concentration and release stress. (Teens & Adults)

– Led by Chip Ballew

SINGLES STROLL AROUND CAMPUS

Meet in front of the Student Union

2 – 4 PM FOOD DEMONSTRATION

Heritage Hall C

BenBons: Exploring Vegan and Allergy-sensitive Pastries – Chef Ben Adams

2:55 – 3:55 PM

Heritage Hall A

Thundering Silence: The Power of Deep Listening (The art of deep listening can profoundly transform both the speaker and the listener. Join us to explore and practice the powerful gift of listening fully and openly) – Jo Stepaniak

FRIDAY, JULY 27, 2007

6 – 6:40 AM EXERCISE

Meet in front of Living Learning Center

Heavy Hands Exercise Session (10 min.) followed by a **Group Run/Jog** (easy pace – approx. 3 mi.) – John Bolus

6 – 7:30 AM YOGA

Heritage Hall A / Living Learning Center

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

6:30 – 7:15 AM EXERCISE

Meet at the south side of Engineering & Science Building

Combination of Vinyasa (flow) Yoga, Calisthenics and Isometrics (Moderate level and above – you may want to bring a blanket or towel) – Loren Lockman

6:30 – 7:30 AM

Basketball Court across from Student Union

GOLDEN TAI CHI (Emphasis on balance, while developing strength & confidence) Easy to learn – All ages – Phil Allamong, ND

8:45 - 9:45 AM PLENARY

Cambria Room – Student Union

Talking to Others About Your Food Choices – George Eisman, RD (10 min.)

Healing Power of Kindness: Embrace the Power of Kindness to Promote Health, Healing and Happiness

– Paulette Chandler, MD (20 min)

Bird Flu: A Virus of Our Own Hatching

– Michael Greger, MD (20 min)

10 – 11 AM

Heritage Hall A

Sea Vegetables: The Missing Nutrition Link? – Jill Nussinow, MS, RD

Heritage Hall B

Diet and Lifestyle Changes to Treat and Cure Diabetes Part 1

– Milton Mills, MD & Roberta Schiff

University Room

The Truth Behind Poultry & Egg Production – Karen Davis, PhD

Campus Room

The Veggie Blogosphere (Learn about weblogs, podcasts and other internet tools/trends useful to vegetarians in organizing and staying informed)

– Vance Lehmkuhl & Pamela Rice

Scholars Room

Act With A Famous Vegetarian (Class volunteers will get to perform supporting roles in 5 one act plays about Leonardo da Vinci, Dr. John Harvey Kellogg, Jesus, the Buddha, Leo Tolstoy, and Sir Paul McCartney)

– Playwright Rynn Berry

FRIDAY, JULY 27, 2007

Heritage Hall B

Exercise Physiology

– Milton Mills, MD & Roberta Schiff

University Room

The Vegan Diet as Chronic Disease

Prevention (Practical advice on how to switch to a cutting-edge, health promoting food and fitness plan)

– Kerrie Saunders, MS, LLP, PhD

Campus Room

Teaching Vegetarian Nutrition to Others

– George Eisman, RD

Scholars Room

The Environmental Impact of Fishing

– Pamela Rice

President's Room

Organic? Biodynamic? Biointensive? Permaculture? Stock-Free Veganic?

(A look at these different modalities of growing more food in a sustainable way)

– Harold Brown

Board Room

Why Cow's Milk Products are the *FIRST* Foods Anyone Should Give Up

– Bob LeRoy, RD, MS, EdM

EXERCISE

Meet at the south side of Engineering & Science Building

Boot Camp: Sports and Conditioning for all Fitness Levels (Please bring water)

– John Pierre

4:10 – 5:10 PM

Heritage Hall A

Individualizing Cuisine for Optimal

Energy – Gabriel Cousens, MD

Heritage Hall B

Bird Flu: Surviving the Pandemic

– Michael Greger, MD

University Room

Health and Nutrition Issues for Older Vegans and Vegetarians

– Marty Davey, RD

Campus Room

Vegetarianism and the Sexist Connection

– Karen Davis, PhD

Scholars Room

How Our Children Deal With Non-Vegetarian Family or Friends

– Myriam Parham RD, LD, DLN, CDE & Syndee L'ome Earheart

President's Room

Realizing Your Vegetarian Strength

– **The Team Effect** (Taping into the team synergy of our movement) – Steven Baer

Meet in front of Owen Library

Everybody is a Winner (Outdoor fun for all ages with cooperative games)

– Rae Sikora

5 – 11 PM WEEKEND REGISTRATION

Cambria Room C

5:15 PM SKY WATCHING

Meet Outside in front of the Student Union

– Led by Robert Victor

7:15 PM PLENARY

Pasquerilla Performing Arts Center

Piano Prelude – Vance Lehmkuhl

Welcome to Weekend Attendees

– Jennie Kerwood

Spiritual Nutrition for Life

– Gabriel Cousens, MD (40 min)

Good News and Bad News: The Latest Science in Human Nutrition

– Michael Greger, MD (10 min)

Fat, Broke & Lonely No More

– Victoria Moran (30 min)

Food Production Cover up?

– Howard Lyman (20 min)

9:30 PM GET TOGETHER

Heritage Hall / Living Learning Center

Time to have fun, meet other attendees and dance to music provided by JukeBox Express. Light refreshments available.

EVENING SKY WATCHING

Meet Outside Pasquerilla Performing Arts Center

Moon and Jupiter Viewing: Immediately after plenary for 30 min.

Moonlight Stroll & Stargaze: 10:15 – 11PM

– Led by Robert Victor

SATURDAY, JULY 28, 2007

4:15 – 5:15 AM PREDAWN SKY WATCHING

Meet at South Entrance Owen Library

– Led by Robert Victor

6 – 6:40 AM EXERCISE

Meet in front of Living Learning Center

Heavy Hands Exercise Session (10 min.) followed by a **Group Run/Jog** (easy pace

– approx. 3 mi.) – John Bolus

6:30 – 7:15 AM EXERCISE

Meet at the south side of Engineering & Science Building

Combination of Vinyasa (flow) Yoga, Calisthenics and Isometrics (Moderate level and above – you may want to bring a blanket or towel) – Loren Lockman

6:30 – 7:30 AM YOGA

Heritage Hall A / Living Learning Center

(You may want to bring a blanket or towel) – Reagan Bongiorno

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 PLENARY

Pasquerilla Performing Arts Center

On Beyond Veg

– George Eisman, RD (15 min)

10:30 PM SINGLES WEEKEND ICEBREAKER

Chaser's Lounge – Student Union

Weekenders come join this year's Summerfest Singles Community. End the night with a few games and discussion. Emphasis is on fun & getting to know each other. – Led by Nicole Fordyce

PLEASE VISIT OUR EXHIBITORS & THE NAVS BOOKSTORE

Human Billboards: What Does Your Lifestyle Communicate to Those Around You?

– Rae Sikora (15 min)

A 20-Year Experience of Preventing and Reversing Heart Disease

– Caldwell Esselstyn, Jr., MD (30 min)

9:55 – 10:55 AM

Heritage Hall A

Maximizing Essential Fatty Acid Status in Vegetarians/Vegans

– Brenda Davis, RD

Heritage Hall B

What is Food? The Average American Grocery Store Contains More than 50,000 Items, But the Vast Majority Don't Belong in Your Body: Find Out What Does, And Why – Loren Lockman

University Room

Vegetarian/Vegan Diets and the Bible

(Interactive discussion of the various reasons the Bible supports adopting a plant-based diet) – Milton Mills, MD

Campus Room

Addressing Animal Offensive Idioms:

Creating Animal-Friendly Language (Interactive workshop) – Steven Baer

Scholars Room

Why Be Vegetarian? Seven New Strategies To Convince Almost Anyone

(New reasons anyone can use to convince relatives, friends and even neo-conservatives) – Mark Rifkin, MS, RD, LDN

SATURDAY, JULY 28, 2007

President's Room

Issues in Raising Vegan Children (Panel)
Maribeth Abrams (moderator) JoAnn Farb,
Vance Lehmkuhl & Victoria Moran

10 – 12 NOON FOOD DEMONSTRATION **Heritage Hall C**

Marrakesh Express: Raw Moroccan and
Other Middle Eastern Delights
– Chef Latham Thomas

11:15 – 12:15 PM

Heritage Hall A

Vegetarianism and World Peace

– Gabriel Cousens, MD

A 30 minute meditation will follow this talk
for those who wish to remain

Heritage Hall B

Happy Meat 101: What Goes Wrong
When Animal Advocates Endorse, Certify
and Promote “Humane” Animal Products
– James LaVeck

University Room

**Supplementing Your Diet with Edible
Wild Plants** (Includes a brief walk outside,
weather permitting) - George Eisman, RD

Campus Room

Ask the Nutritionist: Question and
Answer Session – Bob LeRoy, RD, MD EdM

Scholars Room

Cravings and Food Addiction: Learn
New Techniques to Help Make the Switch
to Better Health!
– Kerrie Saunders, MS, LLP, PhD

President's Room

Subsidies to the Meat Industry

– Pamela Rice

Board Room

Nutrition for Infants and Young Children

– Myriam Parham, RD, LD, DLN, CDE

1:30 TREE PLANTING

In Front of Living Learning Center

Music by Kyle Vincent

1:45 – 2:45 PM SINGLES STROLL AROUND CAMPUS

Meet in front of the Student Union

1:45 – 2:50 PM PLENARY

Pasquerilla Performing Arts Center

Announcements (5 min.)

Choose to Be Healthy & Celebrate Life

– Susan Smith Jones, PhD (30 min)

Humane Meat and the War on Terror:

What's Wrong with These Ideas, and How
are They Related? – James LaVeck (30 min)

2 - 3 PM YOUTH ACTIVITY

**Meet at the south side of Engineering &
Science Building**

Soccer Camp for All Kids (Skills and
conditioning drills - any age - parents
welcome) – John Pierre

2 – 4 PM FOOD DEMONSTRATION

Heritage Hall C

**Veggie Dishes in Minutes in the
Pressure Cooker** – Jill Nussinow, RD

3 – 4 PM

Heritage Hall A

**Deconstructing the Animal-Welfare
Industrial Complex: Recognizing
Patterns of Co-option and Corruption**
– James LaVeck

Heritage Hall B

**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

University Room

Diabetes: Diet & Lifestyle Changes to Treat and Cure Diabetes

(Part II) Eating Plans (Includes food tasting)
– Milton Mills, MD & Roberta Schiff

Campus Room

**Food Politics & Schools: An Overview
of Tactics and How It Influences Public
Policy** (Fighting state laws, cholesterol
recommendations, not mentioning the “V”
word, how they claim to be part of the
obesity solution, but aren't...and much
more) – Amie Hamlin

Scholars Room

**Veg-Ease: Tips and Tricks to Make a
Plant-Based Diet Work for You and Your
Family** – John Pierre

President's Room

**Community Activism: Three Easy and
Highly Effective Things that ONE
Activist Can Do!** – Jim Corcoran

3:30 – 4PM EXERCISE

Terrace Room / Living Learning Center

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

4 – 5 PM SINGLES VOLLEYBALL GAME

Volleyball Net (South side of Engineering & Science Building)

4:15 - 5:15 PM

Heritage Hall A

The Optimal Diet – Part 2

(Foods that Heal) – Brenda Davis, RD

Heritage Hall B

**Creating a Charmed and
Compassionate Life** – Victoria Moran

University Room

**The Basics of Exceptional Egg-and-
Dairy-Free Baking** (Covers: flours, binders,
sweeteners, fats & leavenings)

– Chef Ben Adams

Campus Room

**How To Address Local Communities on
Connecting Vegetarianism to Protect
the Planet From Climate Meltdown**

– Lee Hall

Scholars Room

**Pure Vegetarianism: A Solution to
World Hunger** – Paul Turner

President's Room

Humane Education: Awakening Hearts

Learn how to be a humane activist every-
day. – Rae Sikora and Ashley Lou Smith

COMMUNITY OUTREACH:

MAKING A DIFFERENCE

Board Room

**How to Present the Health Benefits of
Vegan Diet in a Fun and Interactive Way
to Any Lay Group, Any Age**

– Maribeth Abrams

HACKEY SACK PLAY SHOP

Meet in front of Owen Library

For first timers, beginners and people
who think they could never learn. Tips and
coaching can help you succeed. (Teens
and Adults) – Led by Chip Ballew

5:15 PM SKY WATCHING

Meet Outside Student Union

– Led by Robert Victor

5:30 – 7:45 PM FAREWELL DINNER

(Serving until 7:00 PM)

– Music by John Bolus

8:00 – 9:30 PM ENTERTAINMENT

Pasquerilla Performing Arts Center

Musical Prelude – Vance Lehmkuhl

**A Vocal Performance
by Sarah Schlueter-Eisman**

Original Songs: “Where Do You Get Your
Protein,” “I Can Drive 55” and Summerfest
favorite “Leftovers” – Vance Lehmkuhl

Comedy, Cartoons, and Compassion

– Bizarro creator, Dan Piraro, speaks out
for animals

CONCERT PERFORMANCE

BY KYLE VINCENT

Vegan pop artist will share a collection of
his lyrically rich tunes

SATURDAY, JULY 28, 2007

IMMEDIATELY FOLLOWING THE CONCERT – UNTIL 12PM EVENING SOCIAL

Heritage Hall – Living Learning Center

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

EVENING SKY WATCHING

Meet Outside Pasquerilla Performing Arts Center

Moon and Jupiter Viewing:

Immediately after plenary for 30 min.

– Led by Robert Victor

10:30 PM SINGLES CLOSING

Chaser's Lounge – Student Union

We'll close our Singles Community this year with one final get together, playing a few games and chatting – Led by Nicole Fordyce

SUNDAY, JULY 29, 2007

6 – 6:40 AM EXERCISE

Meet in front of Living Learning Center

Heavy Hands Exercise Session (10 min.) followed by a **Group Run/Jog** (easy pace – approx. 3 mi.) – John Bolus

6:30 - 7:30 AM YOGA

University Room / Living Learning Center

(You may want to bring a blanket or towel) – Reagan Bongiorno

6:30 – 7:30 AM GOLDEN TAI CHI

Basketball Court across from Student Union

(Emphasis on balance, while developing strength & confidence) Easy to learn – All ages – Phil Allamong, ND

6:50 – 7:20 AM

Lobby Living Learning Center

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

– John Bolus

8:30 - 9:30 AM

Heritage Hall A

Transitioning to Plant-Based Nutrition for Heart Health – Caldwell Esselstyn, Jr., MD & Ann Esselstyn

Heritage Hall B

Be Healthy~Stay Balanced I: Simple Ways to Create More Joy & Less Stress. – Susan Smith Jones, PhD

University Room

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

Campus Room

Fighting Cancer with the Fork and Mind: Lifestyle Strategies to Prevent the Development of Cancer and Improve Survival from Cancer – Paulette Chandler, MD

Scholars Room

Start a Vegetarian/Vegan Family Network in Your Community (Learn effective tools to organize and maintain a local veg-family support group in your area) – Marla Rose

President's Room

What's cooking, kids? (How to get kids into the kitchen to make healthy vegan foods with your family) – Latham Thomas

SUNDAY, JULY 29, 2007

Board Room

The Environmental Impact of Meat

– Pamela Rice

9:45 - 10:45 AM

Heritage Hall A

Reversing Diabetes Naturally in 21 Days

– Gabriel Cousens, MD

Heritage Hall B

Be Healthy~Stay Balanced II: Simple Ways to Create More Joy & Less Stress.

– Susan Smith Jones, PhD

ALIGNING OUR LIVES WITH OUR VALUES

University Room

How Talents & Careers Can be Used to Advance Vegetarianism

– Vance Lehmkuhl (moderator), Kevin Dunn, Victoria Moran, Dan Piraro, & Kyle Vincent

Campus Room

Weight Loss WOW! (Learn ways to help change body chemistry by changing your food chemistry)

– Kerrie Saunders, MS, LLP, PhD

Scholars Room

Coping with and Loving Our Flesh-Eating Friends and Family

– Syndee L'ome Earheart

President's Room

Vegans with Allergies and or Celiac

(Support discussion group)

– Led by Amie Hamlin & Scott Geiger

Board Room

Raising Vegetarian Cats & Dogs:

Philosophical Issues, Practical Advice

– Brian Spizzo

11 – 12:10 PM PLENARY

Cambria Room – Student Union

Musical Prelude – Elizabeth Barnett

Making Healthy Choices... For the Animal's Sake

– Brenda Davis, RD (20 min)

Planting Hope – Howard Lyman (15 min)

Your Life is Your Message

– Rae Sikora (15 min)

CLOSING REMARKS

NAVS President Jennie Kerwood

1:45 – 2:45 – SINGLES STROLL AROUND CAMPUS

Meet in front of Student Union

2 – 3 PM

Heritage Hall A

Diets & Health: Part 2 – Milton Mills, MD

Heritage Hall B

What's in a Word? Maybe the Future of Life on Earth (Common words blind people to the truth about healthful, humane & ecologically sound food production. How to free ourselves & our friends from mental slavery)

– David Cantor

University Room

Menopause Naturally (Rather than a disease to be treated, menopause is a passage to be honored. Learn tools for moving smoothly through this transition naturally and celebrating its gifts)

– Rae Sikora

Campus Room

The Real DaVinci Code: Can This Code and History be Decoded to Show that Leonardo DaVinci and Jesus were Ethical Vegetarians? – Rynn Berry

FILMFEST

Blue/Gold Room – Student Union

Beyond Violence: The Human – Animal Connection (14 min)

Forest Gardening: Cultivating an Edible Landscape (48 min)

Please take a moment to fill out our questionnaires. All attendees must be checked out of their rooms by 5 PM. Thank you for joining us! Have a safe trip home.

Become Healthier While Helping to Save Animals and the Earth!

WORLD VEGETARIAN DAY

October 1 is the Annual Kickoff of Vegetarian Awareness Month

EVERY MEATLESS MEAL CAN HELP:

- Reduce the risk of major killers such as heart disease, strokes and cancers while cutting exposure to foodborne pathogens;
- Provide a viable answer to feeding the world's hungry through more efficient use of grains and other crops;
- Save animals from suffering in factory-farm conditions and from the pain and terror of slaughter;
- Conserve vital but limited freshwater, fertile topsoil and other precious resources;
- Preserve irreplaceable ecosystems such as rainforests and other wildlife habitats;
- Decrease greenhouse gases that are accelerating global warming;
- Mitigate the ever-expanding environmental pollution of animal agriculture.

To learn more about healthy meat-free eating, contact us for our free 16-page booklet, ***Vegetarianism: Answers to the most commonly asked questions.***

This handy resource contains nutrition information, recipes and more.

For a full menu of ideas and information, visit our website: **www.worldvegetarianday.org**