

THE experience TO FILL YOU UP

Classes, cuisine, conversation and community for enlightened eaters!

SUMMERFEST
EDUCATIONAL
PROGRAM

June 18 – 22 | Johnstown, PA



2008 VEGETARIAN SUMMERFEST

34th Annual Conference of the North American Vegetarian Society

navs

General Information

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

NAVS' INFORMATION DESK

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

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

- Laurel Hall Lounge
- See separate Children/Youth Program for activities

Evening Social Activities

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

Videos

Living Learning Center: Campus Room

THE NAVS BOOKSTORE

will be located in the Somerset Westmoreland 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 – 7:00 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 and restaurateur Cathi DiCocco 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, ability, ethnic or religious persuasion.

SUMMERFEST BADGES must be worn for admission to all sessions.

SWIMMING/FITNESS:

Zamias Aquatic Center pool hours:

Weekdays: 12:00 – 1 PM

2:00 – 5:30 PM

Saturday and Sunday: 1 – 4 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.

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

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.

DINA ARONSON, MS, RD, LDN (NJ) Co-author of *Food Allergy Survival Guide* and *Minerals from Plant Foods: Strategies for Maximizing Nutrition*; vegan dietitian whose specialties include chronic disease prevention through vegetarian/vegan nutrition and lifestyle management; founder and director of veganRD.com, a nutrition consulting company

JONATHAN BALCOMBE, PhD (MD) Author of *Pleasurable Kingdom: Animals and the Nature of Feeling Good* and *The Use of Animals in Higher Education: Problems, Alternatives and Recommendations*; has written many scientific papers and lay-articles on animal behavior, humane education, and animal research; Senior Research Scientist with PCRM

LEE BALL (NC) Teaches green building at Appalachian State University's Building Science program (7 yrs); ASU Energy Center's project manager; involved with development of green affordable housing, green building curriculum for colleges & K-12 public schools

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

GENE BAUR (NY) Pres. & Cofounder, Farm Sanctuary, national farm animal protection org., since '86, rescued sick, abandoned & abused animals from farms, stockyards & slaughterhouses; helped enact laws & policies to end abusive practices in food production; author, *Farm Sanctuary: Changing Hearts & Minds about Animals & Food*

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*, and others

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

IAN BRANDT (UT) Executive Chef/owner, Sage's Café (voted "Best Vegetarian Restaurant Utah" for seven consecutive years), his restaurants and culinary creations have been featured in the USA Today, Bon Appetit, Yoga Journal, *VegNews*, San Francisco Bay Guardian, and many more local and international publications

HAROLD BROWN (NY) Raised on a beef farm; spent half of his life in agriculture; president, Farm Kind, Ltd, encouraging farmers to adopt sustainable practices; appears in the film, *Peaceable Kingdom*

T. COLIN CAMPBELL, PhD (NY) Jacob Gould Schurman Professor Emeritus of Nutrition Biochemistry at Cornell University; project director, China-Oxford-Cornell Diet and Health Project, the most comprehensive study of health & nutrition ever conducted; author *The China Study: Startling Implications for Diet, Weight Loss & Long-Term Health*

www.vegetariansummerfest.org or call (518) 568-7970

Speakers (con't)

DAVID CANTOR (PA) Vegan, 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

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

MAYNARD S. CLARK (MA) – 4th decade vegan; founder: Boston Vegetarian Society (1984), Vegetarian Resource Center (1993), and Boston Vegetarian Food Festival (1995); has been urging herbivores into technical fields and onto the Internet for ages

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

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

ART EGGERTSEN (UT) Founder, Probar, company producing wholesome, delicious, vegan meal replacement bars; has worked closely with numerous well-known athletes to design specific diet programs; Dir., Nutrition Progress for Image & Women Beyond Cancer

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

BARBARA ELLICOTT, PhD (NJ) Motivational/inspirational speaker on the subject of diet, exercise, health and spirituality; author, *Discovered Secrets: A Self-Metamorphosis, Inspiration for Self-Healing*; serves as an Ambassador for PCRM and gives presentations on "Healthy Hearts;" licensed Speech-Language Pathologist

ANN CRILE 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 and Get Off Gluten*; founder Vegetarians of Kansas City; biologist; freelance writer & activist; married with two vegan children

PRISCILLA FERAL (CT) President of Friends of Animals; co-author (with Lee Hall) of *Dining with Friends: The Art of North American Vegan Cuisine*

MICHAEL GREGER, MD (MD) Director, 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; author *Carbophobia: The Scary Truth about America's Low-Carb Craze* and *Bird Flu: A Virus of Our Own Hatching*

STEPHANE GROLEAU (CANADA) Founder, Veganic Agriculture Network, promotes plant-based farming and gardening; co-directed *A Veggie Meal*, the first French Canadian documentary about vegetarianism and veganism; writer for Veganic Organic Network's magazine *Growing Green International*; webmaster of veganquebec.net (vegan lifestyle); studied organic farming in college and anthropology at Laval University; previously a circus instructor for Cirque du Monde

Speakers (con't)

LEE HALL, JD (PA) Legal director 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) Executive director 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

MICHAEL HOBBS (NC) Director of Communications at Peace College in Raleigh, has more than 20 years of experience in journalism and communications; previously served as director of internal communications at UNC-Chapel Hill

SUZANNE HAVALA HOBBS, DRHP, MS, RD (NC) Nationally recognized writer on food, nutrition and dietary guidance policy; clinical assistant professor in the School of Public Health (UNC) author ten books, including *Get the Trans Fat Out, Being Vegetarian for Dummies, Vegetarian Cooking for Dummies*, and *Good Foods, Bad Foods: What's Left to Eat?*; regular writer for *Vegetarian Times*; nutrition advisor to the Vegetarian Resource Group

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*

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

HOWARD LYMAN (VA) Executive director, 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 exposé of modern agriculture

CAYCE MELL (PA) Author of forthcoming *Stories from the Sanctuary*; featured in soon-to-be released (new version) *Peaceable Kingdom* film; former co-founder & co-director, OohMahNee Farm Animal Sanctuary; former Humane Society Police Officer; mother of 2 vegan children

MILTON MILLS, MD (VA) Associate director, 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"

DAWN MONCRIEF (DC) Executive director of FARM (Farm Animal Rights Movement); holds masters degrees in International Relations and Women-in-Development; her focus is on the detrimental effects of meat production on world hunger, especially for women in low-income countries; advocates a vegan diet as a critical part of solutions

VICTORIA MORAN (NY) Motivational speaker; certified life coach specializing in spiritual-life coaching; author of ten books, including *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*

Speakers (con't)

LARRY MOSS (CA) Dialect, diction and acting coach; has prepped hundreds of actors for film, television and theater roles including: Kirstie Alley, Drew Barrymore, Cameron Diaz, Matt Dillon, Keira Knightley, Matthew McConaughey and Elijah Wood; has voiced character and dialect roles in over 300 films

JEFF NOVICK, MS, RD, LD (FL) Nutritionist/dietitian for the prestigious McDougall Wellness Program; Director of Health Education for the National Health Association; formerly served as the Director of Nutrition at the world-renowned Pritikin Center in Florida; created and taught the Nutrition Education Initiative, a preventive medicine curriculum for medical doctors, residents, and medical students

JILL NUSSINOW, MS, RD (CA) Culinary educator; freelance writer who has been teaching nutrition and cooking classes since 1985; author, *The Veggie Queen: Vegetables Get the Royal Treatment*; creator, *Pressure Cooking: A Fresh Look – Delicious Dishes in Minutes (DVD)*; formerly in charge of the nutrition and no-fat vegan cooking component of The McDougall Program

MYRIAM PARHAM, RD, CDE, CLC (FL) Clinical dietitian & certified diabetes educator at the East Pasco Medical Ctr., Seventh Day Adventist Hospital.; 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

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, including the first U.S. Veggie Pride Parade

ROBIN ROBERTSON (VA) Has worked as a restaurant chef, cooking teacher, and food writer for more than twenty-five years; author of the best-selling *Vegan Planet*, and more than a dozen others, including her newest book *Vegan Fire & Spice*, writes regularly for *VegNews* magazine, and has a Q&A column on www.vegcooking.com

KERRIE SAUNDERS, MS, LLP, PhD (MI) Author, *The Vegan Diet as Chronic Disease Prevention*, provides private Functional Foods Consultations, Certified FLT Health Care Provider, and one of four Global Diabetes Moderators for PCRM; *VegNews* magazine's Dear Dr. Kerrie

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

KAREN SCHILTZ (MA) Long-time animal rights, environmental & peace activist; certified dispute mediator; professional photographer; vegetarian for 27 years

RAE SIKORA (NM) Founder/director, 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

CHERIE SORIA (CA) Founder, director of Living Light Culinary Arts Institute; author of several books, including *Angel Foods* and the soon to be released, *Raw Revolution Diet*; has been teaching gourmet raw vegan cuisine to individuals, chefs, and instructors for over 15 years and vegetarian culinary arts for more than 35 years

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

Speakers (con't)

CHARLES STAHLER (MD) Co-director Vegetarian Resource Group; a founding editor of *Vegetarian Journal*; vegan for over 25 years; special interest in the challenges of ethical entrepreneurship and activism with kindness

JO STEPANIAK, MSeD (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.; international 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

PAUL TURNER (DC) International director, 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

MADELEINE TUTTLE (CA) Visionary artist from Switzerland; creates original paintings, art cards, tating; collaborates with her husband Will in creating personalized music and art portraits; her art has developed out of her deep interest in meditation and the beauty of nature, her love of animals, and her training as a Waldorf educator

WILL TUTTLE, PhD (CA) Acclaimed musician with six CDs of uplifting piano music, including *Animal-Songs* and *Island of Light*; author, *World Peace Diet: Eating for Spiritual Health & Social Harmony*; co-founder of the Worldwide Prayer Circle for Animals (www.circleofcompassion.org); *VegNews* columnist; Zen Buddhist monk

ROBERT VICTOR (MI) Astronomer, Abrams Planetarium, Michigan State University

CHRISTINE WALTERMYER (NJ) Founder & director of The Natural Kitchen Cooking School; chef and teacher specializing in macrobiotic and vegan cuisines; regularly featured chef on Ebru TV's "Daily Connection;" personal chef to well-known celebrities including Madonna; teaches "Food for Life" cooking classes for The Cancer Project

DEBRA WASSERMAN (MD) Co-director Vegetarian Resource Group; founding and managing editor of *Vegetarian Journal*; author *Simply Vegan*, *Low Fat Jewish Vegetarian Cookbook*, *Meatless Meals for Working People*, *No Cholesterol Passover Recipes*, *Conveniently Vegan* and *Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada*

DAVE WHEITNER, MSPPM, MA (Counseling) (PA) Founder of Idealist Coach, a strategic life coaching & consulting practice; author, *Naked Idealism: Expose Your Authentic Side* and *Create a Sustainable Life and World*; host of vegan waffle site waffleparty.com

Entertainment

D9Beats (NY) dee-jays

JOHN BOLUS (FL) professional keyboard player

SARINA FARB (KS) pianist, (14) piano student 6 years, lifetime vegan

VANCE LEHNKUHL (PA) cartoonist, songwriter and pianist

SARAH SCHLUETER-EISMAN (NY) (13) vocalist; lifetime vegan

Wednesday, June 18, 2008

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 Jennie Kerwood and Maribeth Abrams

2:00 – 5:00 PM – FILMFEST

Campus Room – Living Learning Center

A Veggie Meal Documentary (French with English Subtitles – 36 min)

Forest Gardening: Cultivating an Edible Landscape (48 min)

Earthlings: Nature – Animals – Humankind: Make the Connections

Narrated by Joaquin Phoenix (95 min)

2:45 – 3:45 PM

Heritage Hall A

Meat Eating and the Biology of Disgust

– Milton Mills, MD

Heritage Hall B

Using Food & Lifestyle Choices to Control & Reduce Cardiovascular & Other Disease Risks – Bob LeRoy, RD, MS, EDM

University Room

The Power of Positive Activism: Creating Social Change for Veganism (*How the omnivorous crowd might get on board if we become better students of human nature*) – Harold Brown

Scholars Room

Animal Rights: It's Influence on American Diet: Is Veganism an Outgrowth of Animal Rights or Vice Versa? – 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

Sun Power and Vitamin D: The Role of Vitamin D and the Sun in Health and Disease – Paulette Chandler, MD

Heritage Hall B

From Pharmaceutical Rep to Vegan Activist – Joann Farb

University Room

Political Vegetarianism: Our Tax Dollars Support the Production of Flesh, Milk, Eggs & Feed-Crops – Finding Political Solutions – David Cantor

Scholars Room

How to Start Teaching Cooking Classes in Your Community

– Maribeth Abrams

EXERCISE

Meet in front of Living Learning Center

Strenuous Hike for Adults & Teens

(*please bring water*) – John Pierre

SINGLES VOLLEYBALL GAME

Volleyball Net

(*South side of Engineering & Science Building*)

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

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

Joyfully Veganizing Your Community: Take the Compassion Message to Even the Most Unexpected Groups and Get Positive Results! – Rae Sikora (15 min)

Crisis and Opportunity: What Will it Take to Change the Way America Eats

– Howard Lyman (20 min)

Farm Animal Teachers: Using What We've Learned to Advance Veganism

– Gene Baur (20 min)

Vegetarianism: The Big Picture

– Will Tuttle, PhD (30 min)

9:15 – 9:30 PM – SINGLES MEET UP

Chaser's Lounge – Student Union

Meet for basic introductions & to attend “Get Acquainted Party” together – Led by Karen Schiltz

9:30 PM – GET ACQUAINTED PARTY

Cambria Room

Come meet and socialize with like-minded people from across North America. Refreshments available.

9:45 – 10:05 PM – EVENING SKY WATCHING

Meet at the Front Entrance to Living Learning Center

Telescopic View of Saturn's Rings

10:15 – 11:15 PM

Moonlight Stroll & Stargaze (*bring binoculars if you can*) – 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. Followed by optional stroll around campus – Led by Karen Schiltz

Thursday, June 19, 2008

6:00 – 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 – 7:30 AM – YOGA

Heritage Hall A

(*You may want to bring a blanket or towel*)

– Carole Baral

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

Historical Development of Two Seriously Flawed Assumptions that Divert Attention Away From a Positive Message on Plant-Based Diets – T. Colin Campbell, PhD

Heritage Hall B

Being Well Nourished with Food Sensitivities

– Dina Aronson, MS, RD

University Room

Now That I'm Vegetarian: What Do I Eat? A Review of Vegetarian Menu Planning Basics

– Jill Nussinow, MS, RD

Campus Room

Global Home Wrecker! Global Warming

(*Where we stand and how you can be a powerful force in creating a positive change*) – Jim Corcoran

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*) – Jo Stepaniak

Thursday, June 19, 2008 (con't)

10:00 – 11:00 AM

Heritage Hall A

Put Your Colon to Work for You (*Focuses on this major organ of digestion, with discussions about the products of bacterial fermentation and their importance to our health and normal physiology*) – Milton Mills, MD & Roberta Schiff

Heritage Hall B

Heading Raw in the Real World (*Transitioning to a high-raw diet for those who thought they never would, and doing it without a lot of weird equipment and recipes*) – Victoria Moran

University Room

Cloning, In Vitro Meat, and Humane Animal Products...Oh My! (*Slick marketing, PR campaigns, and images have confounded the average consumer and may be leading us into a Brave New World*) – Harold Brown

Campus Room

Vegan and Vegetarian Athletes from Antiquity to the Present – Rynn Berry

Scholars Room

Gardening without Suffering: Vegan Organic (*Learn easy – and less time-consuming – ways to grow food without chemicals or animal by-products. Includes slide-show of vegan gardens*) – Stephane Groleau

President's Room

A Vegetarian Diet Saved My Life – Come Hear My Story – AND Tell Us How Vegetarianism has Changed Your Life Too – Barbara Ellicott, PhD

10:00 AM – 12:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Old Fashioned Favorites Made Organically, Healthy and Vegan. Transformed Classics Including Twinkies (*Gluten Free Versions will be Discussed*) – Chef Fran Costigan

11:10 – 12:10 PM

Heritage Hall A

Longevity: Learn Lifestyle Strategies to Live Longer and Better – Paulette Chandler, MD

University Room

Gluten – What You Don't Know Could Hurt You! (*Find out why even if you consume a whole-foods vegan diet, you might still be at increased risk for some cancers, autoimmune diseases and allergies, and what you can do to lower your risk and possibly feel even better*) – JoAnn Farb

Campus Room

Express Yourself as an Earth-Friendly, Animal-Compassionate Vegetarian in a Contrary World (*Playshop – workshop, unleash your creativity and discover the actor within while engaging your funnybone*) – Larry Moss

Scholars 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 you can go home and put to use right away!*) – Rae Sikora & Jim Corcoran

11:10 AM – 12:30 PM – FILM SCREENING

Heritage Hall B

A Sacred Duty: Applying Jewish values to help heal the world – Introduced by Roberta Schiff – Q & A to follow. (*Universal message for people of all faiths*)

1:45 – 2:50 PM – PLENARY

Cambria Room – Student Union

Animal Sentiency and Our Call to Action – Cayce Mell (20 min)

How to Take Action for School Food: A Case Study – Amie Hamlin (10 min)

Interpreting the Scientific Evidence Supporting the Health Value of Plant Based Diets – T. Colin Campbell, PhD (30 min)

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Vegetarian Small Plates: From Sweet to Savory, Faux to Straight Vegetable Based, Raw to Sautéed, and Traditional Fare to Gluten Free – Chef Ian Brandt

3:00 – 4:00 PM

Heritage Hall A

Shortcuts, Tips and Tricks for Whole-Foods Diets on a Time Budget – Dina Aronson, MS, RD

Heritage Hall B

Handling Your Body so as to Reduce Risk of Injury (*In athletics, dance, working out & normal life...& taking nutritional measures to help lessen pain*) – Bob LeRoy, RD, MS, EDM & John Pierre

University Room

Chemistry for Understanding Nutrition – Part 1 (*Focuses on the various kinds of dietary fat and their effects on our health*) – Milton Mills, MD

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

COMMUNITY OUTREACH:

MAKING A DIFFERENCE How to Present the Health Benefits of Vegan Diets in a Fun and Interactive Way to Any Lay Group, Any Age – Maribeth Abrams

4:10 – 5:10 PM

Heritage Hall A

Why Has it Been So Difficult to Sell the Plant Based Diet Idea? – T. Colin Campbell, PhD

Heritage Hall B

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

University Room

The Lives (& Deaths) of Milk Cows – Reason Enough to Give Up Dairy Products – Gene Baur

Campus Room

Is Chocolate ‘Better Than Sex’? How Some Foods Act as Drugs, Cerebral Allergens & Mood-Swingers – Bob LeRoy, RD, MS, EDM

Scholars Room

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

President's Room

Words, Words, Words. (*Whoever controls words controls people. Common words blind people to the truth about healthful, humane & ecologically sound food production. Learn how to free yourself and others from mental slavery*) – David Cantor

GOLDEN TAI CHI

Basketball Court across from the Student Union (*Emphasis on balance, while developing strength & confidence*) Easy to learn – All ages – Phil Allamong, ND

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 Karen Schiltz

YOUTH ACTIVITY

Meet at the south side of Engineering & Science Building

Soccer Camp for All Kids (*Skills and conditioning drills – any age – parents welcome*) – Rich Ostler

5:15 PM – SINGLES VOLLEYBALL GAME

Volleyball Net

(*South side of Engineering & Science Building*)

7:15 PM – PLENARY

Pasquerilla Performing Arts Center Musical Prelude – Vance Lehmkuhl

OPEN YOUR EYES

Draw-a-long: Looking at What Americans Try Not to See in Food Production – Vance Lehmkuhl (20 min)

Flowers and the Human Intellect: The Roles Flowers and Plants Play in Our Cultures and Lives – Milton Mills, MD (20 min)

Sing Your Song

Sung by Sarah Schlueter-Eisman

Thursday, June 19, 2008 (con't)

Vegetarian Hall of Fame Induction (20 min)

Some Monks – Original Song performed by Vance Lehmkuhl

Arrest & Reversal: The Preferred Treatment for Coronary Artery Disease

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

INTERMISSION (5 min)

9:25 – 10:25 PM – CONCERT PERFORMANCE

Pasquerilla Performing Arts Center

Relax as Dr. Will Tuttle performs from his collection of original evocative piano solos which are widely acclaimed for their uniquely inspiring & healing qualities

9:45 – 10:05 PM – EVENING SKY WATCHING

Meet at the Front Entrance to Living Learning Center

Telescopic View of Saturn's Rings

10:15 – 11:15 PM

Moonlight Stroll & Stargaze
(bring binoculars if you can)
– Led by Robert Victor

10:25 PM – EVENING SOCIAL

Heritage Hall – Living Learning Center

Easy listening music provided by John Bolus.
Light refreshments available.

10:30 PM

SINGLES STROLL AROUND CAMPUS

Meet in front of the Student Union

– Led by Karen Schiltz

Scholars Room

Feeding Infants and Toddlers

– Dina Aronson, MS, RD

President's Room

Working with the Print Media (Increase your effectiveness in communicating with reporters and editors to get your news and views in print.)

– Michael Hobbs

10:00 AM – 12:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Fabulous Food for Anyone Who Wants to Prevent and Reverse Heart Disease

– Ann Crile Esselstyn

11:15 AM – 12:15 PM

Heritage Hall A

The Latest in Human Nutrition: Review of the Most Important Research Published in Peer-Reviewed Scientific Nutrition Journals from Summer 2006 to Summer 2007

– Michael Greger, MD

Heritage Hall B

Health Food - vs - Healthy Food: How Can You Tell The Difference (Find out the truth behind the marketing of "health" foods. Learn some very simple and easy guidelines to help you quickly know the difference.)

– Jeff Novick, MS, RD, LD

University Room

Global Warming, Cattle Raising and the Suing of Oprah – Howard Lyman

Campus Room

Love the One You're With (Advertising counts on us seeing ourselves as less than perfect and assumes that we are self critical and comparing ourselves to others. This workshop is an opportunity to see what real beauty is and to find it in ourselves and others) – Rae Sikora

Scholars Room

In Whose Interest? Understanding the Role of Interest Groups in Food and Nutrition Policy

(Learn how to be effective in advocating for progressive food, nutrition and health policies)
– Suzanne Havala Hobbs, DRPH, MS, RD

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, and Sir Paul McCartney)

– Playwright Rynn Berry

EXERCISE

Meet at the south side of Engineering & Science Building

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

11:15 – 12:30 PM

Board Room

COMMUNITY OUTREACH:

MAKING A DIFFERENCE

Local Vegetarian Groups: Starting One & Keeping it Alive (Discussion) – Ted Barnett (moderator) Carol Barnett, Amie Hamlin, & Roberta Schiff

1:45 – 2:45 PM

Heritage Hall A

Chemistry for Understanding Nutrition – Part 2 (Discusses amino acids, carbohydrates and fiber) – Milton Mills, MD

Heritage Hall B

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

University Room

Vegetarianism and Buddhism – Will Tuttle, PhD

Campus Room

Food Allergies & Auto-Immune Diseases
– Bob LeRoy, RD, MS, EDM

Scholars Room

Journey into Veganics (Learn about the international network of farmers and gardeners who are using veganic/organic methods and the recent formation of the Veganic Agriculture Network in North America. Discover the Who, Why, What and Where of this international peaceful ecological movement. Accompanied by a slide show of farms in Europe & Canada)
– Stephane Groleau

Friday, June 20, 2008

6:00 – 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

6:00 – 7:30 AM – YOGA

Heritage Hall A

(You may want to bring a blanket or towel)

– Carole Baral

6:30 – 7:30 AM – GOLDEN TAI CHI

Basketball Court across from the Student Union

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

8:40 – 9:45 AM – PLENARY

Cambria Room – Student Union

The Latest in Human Nutrition: The Latest in Cutting-Edge Research Published from Summer 2007 to Summer 2008 – Part 1

– Michael Greger, MD (45 min)

Keep the Window Open

– Vance Lehmkuhl (10 min)

10:00 – 11:00 AM

Heritage Hall A

Stop Cancer Before It Starts: Explore the Power of Diet to Prevent and Fight Cancer
– Paulette Chandler, MD

Heritage Hall B

Deconstructing the Humane Myth (What goes wrong when animal protection organizations collaborate with agribusiness to promote the myth of "humane" animal products, and why some sanctuary founders, former farmers, investigators, educators and artists are speaking out) – James LaVeck

University Room

Making Healthy Meals Fast From Pantry Staples – Fran Costigan

Campus Room

The Veggie Network: Using blogs, podcasts, message forums and social networking to spread the word and make veggie connections
– Vance Lehmkuhl & Maynard Clark

Friday, June 20, 2008 (con't)

President's Room

The Yoga of Eating: A Workshop on Conscious Eating – Paul Turner

PLAY SHOP

Meet in front of Owen Library

Learn to juggle, spin a diabolo, balance on a rola-bola, play hackey-sack, and play with cool toys, like tracball, miyachi (*hand sack*) throw tops and netball (*Teens & Adults*)
– Led by Chip Ballew

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C

A Taste of The Raw Revolution: Add More Whole Raw Foods to Your Diet, Without Giving Up the Flavor of the Cooked Foods You Love (*Gluten Free*) – Chef Cherie Soria

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

Heritage Hall B

Natural Strategies to Lower Blood Pressure: Review diet and other lifestyle strategies
– Paulette Chandler, MD

University Room

Aligning Our Lives With Our Values: How Talents & Careers Can Be Used to Advance Vegetarianism – Maribeth Abrams (*moderator*) Fran Costigan, Arthur Eggertsen, James LaVeck and Vance Lehmkuhl

Campus Room

Water, Water, Nowhere...Now-Here (*We have heard a lot about peak oil, global warming, and other looming crises. What about fresh water?*)
– Harold Brown

Scholars Room

Subsidies To The Meat Industry – With YOUR Tax Dollars – Pamela Rice

President's Room

Phytonutrients: Fighting for YOU
– Jim Corcoran

4:10 – 5:10 PM

Heritage Hall A

Making Yourself Heart Attack Proof
– Caldwell Esselstyn, Jr, MD & Ann Crile Esselstyn

University Room

Beginning Pressure Cooking (*Includes a short demo on using the pressure cooker for beans*)
– Jill Nussinow, MS, RD

Campus Room

Living with Our BIG Vegetarian Hearts in Today's World: Guidelines for Creating a Fulfilling Life – Syndee Earheart

Scholars Room

Chemicals in Your Home: Safeguarding Your Health and the Environment (*Many common chemical products found in the home contain hazardous ingredients that can be harmful to people, animals, and the environment. Learn how to responsibly and safely purchase, use, store, and dispose of these products and make nontoxic versions at home*) – Michael Stepaniak

President's 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

Meet in front of Laurel Hall

COOPERATIVE GAMES: Everybody is a Winner (*Outdoor fun for all ages*) – Rae Sikora

4:10 – 5:30 PM

Heritage Hall B

Making Peace with Food & Weight: A Body-Mind-Spirit Approach to Overcoming Overeating and Food Obsession
– Victoria Moran, John Pierre & Kerrie Saunders, MS, LLP, PhD

5:00 – 11:00 PM – WEEKEND REGISTRATION

Cambria Room – Student Center

7:15 PM – PLENARY

Pasquerilla Performing Arts Center
Piano Prelude – Vance Lehmkuhl

Welcome to Weekend Attendees

– Jennie Kerwood

The Latest in Human Nutrition: The Latest in Cutting-Edge Research Published from Summer 2007 to Summer 2008, Part 2
– Michael Greger, MD (45 min)

Meat Doesn't Grow on Trees

– Original Song performed by Vance Lehmkuhl

Promoting Vegetarianism as a Global Warming Solution – George Eisman, RD (10 min)

One Tin Solder

Sung by Sarah Schlueter-Eisman

The 10 Power Points for a More Spiritual Life

– Victoria Moran (50 min)

Please visit our exhibitors & the NAVS bookstore

9:45 PM – GET TOGETHER

Heritage Hall

Relax and socialize after a busy day of educational sessions.
Light refreshments available.

9:45 – 10:05 PM – EVENING SKY WATCHING

Meet at the Front Entrance to Living Learning Center

Telescopic View of Saturn's Rings

10:15 – 11:15 PM

Moonlight Stroll & Stargaze (*bring binoculars if you can*)
– Led by Robert Victor

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. Followed by optional stroll around campus
– Led by Karen Schiltz

Saturday, June 21, 2008

4:20 – 6:00 AM

PREDAWN SKY WATCHING & BIRD CHORUS, SOLSTICE SUNRISE
Meet at the Front Entrance to Living Learning Center
– Led by Robert Victor

6:30 – 7:30 AM – YOGA

Heritage Hall A

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

6:00 – 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 – GOLDEN TAI CHI

Basketball Court across from the Student Union
(*Emphasis on balance, while developing strength & confidence*) Easy to learn – All ages
– Phil Allamong, ND

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

The Link Between Dairy /Animal Foods & Cancer Risk – George Eisman, RD (10 min)

Beastly Bliss: Animal Pleasure and its Moral Significance

– Jonathan Balcombe, PhD (25 min)

Climate Disruption: The Vegetarian Advocate's Leadership Role

– Lee Hall, JD (25 min)

9:55 – 10:55 AM

Heritage Hall A

From Oil To Nuts: The Essential Facts of Fats, Oils, Nuts and Mediterranean Diets –Part I
– Jeff Novick, MS, RD, LD

Saturday, June 21, 2008 (con't)

Heritage Hall B

Raw Foods Diets: Myths and Realities

(How much do we know about health and nutritional benefits and risks? Discussion includes dietary recommendations for those considering a move toward a diet that contains a higher proportion of raw foods)

– Suzanne Havala Hobbs, DRPH, MS, RD

University Room

Don't Buy the Myth! *(A new set of powerful outreach tools for challenging the Humane Myth online, in your community and within our movement)* – James LaVeck

Campus Room

Global Warming Bites – the consequences of meat on global warming – Dawn Moncrief

Scholars 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

President's Room

Gardening without Suffering: Vegan Organic *(Learn easy – and less time-consuming – ways to grow food without chemicals or animal by-products. Includes slide-show of vegan gardens)* – Stephane Groleau

Board Room

Media Outreach for Quiet People

(Techniques for group activists who are not looking for personal attention)
– Charles Stahler & Debra Wasserman

10:00 AM – 12:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Fast & Easy One Pot Meals

– Chef Christine Waltermeyer

11:15 AM – 12:15 PM

Heritage Hall A

Mushrooms: Edible Medicine *(Review of fungi and why it plays an important role in maintaining health)* – Jill Nussinow, MS, RD

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

Vegan in the Public Eye – Carrying the Message to Clients, Colleagues, and other Professional Contacts with Diplomacy and Compassion
– Victoria Moran & John Pierre

Campus Room

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

Scholars Room

Naked Idealism: Authentic Being. How Can We Expose Our "Authentic Side" to be More Fulfilled and Impactful Vegetarians/Vegans?
– Dave Wheitner

Board Room

Digital Photography for Beginners

(Basic techniques for composing high-quality photos) – Michael Hobbs

11:15 AM – 12:30 PM

President's Room

Issues in Raising Vegan Children

(Panel)
Maribeth Abrams (moderator)
JoAnn Farb, Vance Lehmkuhl & Myriam Parham, RD. CDE, CLC

1:45 – 2:50 PM – PLENARY

Pasquerilla Performing Arts Center

Announcements (5 min.)

Feeding the Hungry: One Pure Meal at a Time

– Paul Turner (20 min)

North America's First Veggie Pride Parade

a Great Success – Pamela Rice (15 min)

Walking the Path of Holistic Non-Violence

– James LaVeck (20 min)

2:00 – 3:00 PM

Meet at the south side of Engineering & Science Building

YOUTH ACTIVITY

Soccer Camp for All Kids *(Skills and conditioning drills – any age – parents welcome)*
– Rich Ostler

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Spicy Vegan Cooking – Chef Robin Robertson

3:00 – 4:00 PM

Heritage Hall A

USDA Meat Inspection and the School Lunch Programs – Howard Lyman

Heritage Hall B

Diet Fads, Fantasies and Facts: What Really Works and Why – Jeff Novick, MS, RD, LD

University Room

Why Raw Foods? *(How we are biologically adapted to the raw foods diet, the effects of heat and cooking on proteins, fats, micronutrients, and enzymes, the raw vegetarian food groups)* – Dan Ladermann

Campus Room

Baking with Honest Natural Ingredients

– Fran Costigan

Scholars Room

Secrets for Success Every Vegetarian

Advocate Should Know *(Covers fundraising, time management, and public outreach)*
– Lee Hall, JD & Priscilla Feral

President's Room

Healthy and Cruelty Free Built Homes 101:

Learn how buildings contribute to the harm of animals, workers, inhabitants, and the planet. We will discuss cruelty free and socially responsible building products, installation best practices, and green building certification programs. If you are thinking of building or remodeling your home or office, then please attend this session
– Lee Ball

Board Room

Nutrition for Infants and Young Children

– Myriam Parham, RD, CDE, CLC

3:30 – 4:00 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

4:00 – 5:00 PM – SINGLES VOLLEYBALL GAME

Volleyball Net

(South side of Engineering & Science Building)

Terrace Room – Living Learning Center

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

4:15 – 5:15 PM

Heritage Hall A

Are Humans Designed to Eat Meat? – Part 1

(Comparative anatomy discussion of differences between mammalian carnivores and herbivores) – Milton Mills, MD

Heritage Hall B

Lessons Learned from Food & Fitness

Consultation *(A fun and fast-paced discussion on 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

University Room

Brilliant Chickens and Einstein Squids

(Lack of intelligence has been used as a justification for treating non-human species as unfeeling, unthinking objects to be used at the whim of humans. Through amazing true stories from around the world learn about intelligence of our non-human relatives) – Rae Sikora

Campus Room

Environmental Impact of Meat:

How the Production of Meat, Dairy, Poultry and Fish Leaves a Large Environmental Footprint
– Pamela Rice

Scholars Room

EFT for Vegetarians

(EFT – Emotional Freedom Techniques is a simple and extraordinary tool for empowerment, healing, and creating a more fulfilling life. It will help you stay committed to your goals, gain courage and confidence and deal with sadness and frustrations)
– Syndee Earheart

Saturday, June 21, 2008 (con't)

President's Room

COMMUNITY OUTREACH:

MAKING A DIFFERENCE

Changing School Food: How to Get Involved, and What You Need to Know to Make it Happen – Amie Hamlin

Board Room

Considering a Career in Nutrition?

(Education and training requirements, credentialing, job opportunities, pay scales, different work settings, opportunities for advancement, and other topics will be covered)

– Suzanne Havalala Hobbs, DRPH, MS, RD

5:30 – 7:30 PM – FAREWELL DINNER

Serving until 7:00 PM – Music by John Bolus

8:00 – 9:00 PM – FAREWELL DINNER DESSERT

Cambria Room

The Farewell Dinner wouldn't be complete without Dessert. Tonight's yummy offerings include: Strawberry Shortcake and Ice Cream with Toppings.

8:00 – 12 MIDNIGHT – VIDEO DANCE PARTY

Let's spend our last evening together celebrating the joy of what we've learned and the camaraderie we've shared over the past few days. Here's a chance to relax, socialize and DANCE. The DJ's from D9Beats want to get you

moving with your favorite music – and – videos, broadcast in high-def on 10' video screens with a state of the art light system that gives that nightclub atmosphere. All ages welcome.

10:00 PM – SUMMERFEST DRAWING

Cambria Room

Would you like to attend Vegetarian

Summerfest '09 for free? Here's your chance.

At tonight's drawing we'll give away one free package (valued at several hundred dollars) that includes room, meals and registration for next year's conference. This drawing is totally free – but – you must be present to win.

9:45 – 10:05 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

Telescopic View of Saturn's Rings

10:15 – 11:15 PM

Moonlight Stroll & Stargaze
(bring binoculars if you can)

– 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. Followed by optional stroll around campus – Led by Karen Schiltz

Scholars Room

How to Put Together a Veggie Pride Parade in Your City – Pamela Rice

President's Room

Naked Idealism: Authentic Doing. How can we take a more results-focused and optimistic approach to creating the life and world we envision? – Dave Wheitner

Board Room

Raising Vegetarian Kids in a Non-Vegetarian World

(What happens when we go back to our non-vegetarian family, schools, and clubs? Parents and kids of all ages welcome to share) – Charles Stahler & Debra Wasserman

9:45 – 10:45 AM

Heritage Hall A

Strong Bones for Life: Strategies to Build Strong Bones Throughout the Lifespan

– Paulette Chandler, MD

Heritage Hall B

The Younger-by-the-Day Life:

Practices for Aging Exquisitely – Victoria Moran

University Room

Values-based Advocacy and Holistic Non-

Violence *(How to change your own life, and the world, by transcending the politics of cynicism, manipulation and despair)* – James LaVeck

Campus Room

10 Easy Steps To Get Off Gluten – JoAnn Farb

Scholars Room

Vegetarian Solutions to Global Hunger:

How Meat Hurts the Hungry – Dawn Moncrief

President's Room

A History of Veganism in the US *(From Donald Watson's invention of the term in 1944 to its becoming one of today's trendiest lifestyles)* – Rynn Berry

Board Room

Raising Vegetarian Cats & Dogs: Philosophical Issues, Practical Advice – Brian Spizzo

11:00 – 12:10 PM – PLENARY

Cambria Room – Student Union

Musical Prelude – Sarina Farb

Veg and Beyond – George Eisman, RD (10 min)

Has the V Train Left the Station and is it on Track? – Howard Lyman (20 min)

Inner Joy, Sustainable Living, and World Peace – Will Tuttle, PhD (10 min)

Despair Repair: Turn the Anger, Sadness and Despair You Feel about the State of the World into Healthy Positive Action – Rae Sikora (20 min)

CLOSING REMARKS

NAVS President Jennie Kerwood

2:00 – 3:00 PM

Heritage Hall A

Are Humans Designed to Eat Meat? – Part 2 *(Shows that humans are classic herbivores – we have neither the anatomy nor physiology of a true omnivore)* – Milton Mills, MD

Heritage Hall B

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

University Room

Much More Than a Stretch, Yoga is Ancient Wellness for Today: *(Learn about energy and breath awareness, find ways to eat to support a yoga lifestyle and practice meditation to quiet the thinking part of the mind. Includes a few minutes of sun salutation poses in a chair.)* – Eileen Wieder Crone, MS, RD, RYT

Scholars Room

Wrong Thoughts: The Power Behind Meat-Eating *(Suffering results from wrong thoughts. Teaching plants-only eating challenges minds filled with false messages, and sometimes results in defensive reactions. Learn to detect and target wrong thoughts without attacking people)* – David Cantor

FILMFEST

Campus Room – Living Learning Center

A Sacred Duty: Applying Jewish values to help heal the world *(59 min – Universal message for people of all faiths)*

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.

Sunday, June 22, 2008

6:30 – 7:30 AM – YOGA

Heritage Hall A

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

6:00 – 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

6:50 – 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

From Oil To Nuts: Are all Fats Created Equal? – Part 2 – Jeff Novick, MS, RD, LD

Heritage Hall B

The Raw Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger – Cherie Soria

University Room

Healthy Veg Relationships *(Ideas for making our relationships as healthy and as empowering as possible)* – Madeline Tuttle & Will Tuttle, PhD

Campus Room

Plant Milks: See How Easy it is to Make Your Own Plant-Based Milks – George Eisman, RD

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

