

WORLD VEGETARIAN DAY 2003 - October 4, 2003

SCHEDULE OF ACTIVITIES (MAY BE SUBJECT TO CHANGES)

<i>VENUE: AUDITORIUM Speakers & Activities</i>

- 10:00 to 10:45 a.m. Michele Simon, Lecture Topic: "Junk Food, the Next Tobacco?"
Founder Center for Informed Food Choices
- 11:00 to 12 noon Michael Klein, Lecture Topic: "Sustainability in Diet, Business, &
Consumerism"
Co-Founder Roxanne's Restaurant & Director Rainforest Action
Network
- 12:15 to 1:15 p.m. Dr. Alan Goldhamer, DC, Lecture Topic: "Food Pleasure Traps"
Author: The Pleasure Trap
- 1:30 to 2:30 p.m. Dr. John McDougall, MD, Lecture Topic: "Surviving in a High
Protein World"
Author: McDougall's Medicine
- 3:00 to 4:00 p.m. John Robbins, Lecture Topic: "Diet for a New World"
Author: The Food Revolution
- 5:00 to 5:30 p.m. Kyle Vincent, National Recording Singer & Song Writer
- 5:30 to 6:00 p.m. Gen Taiko (Japanese Drums)
- 6:00 p.m. Catered Dinner by Bay Area's own Flacos
- 6:30 to 7:00 p.m. Exhibition Dancing
- 7:00 to 10 :00 p.m. Dancing to DJ "Sound Innovations"

<i>VENUE: RECREATION ROOM Speakers & Demos</i>

- 10:15 to 11:00 a.m. Kim Sturla, Lecture Topic: "Farm Animal Sanctuaries"
Co-Founder, Animal Place Sanctuary

- 11:15 to 12:15 p.m. Miyoko Schinner, Vegan Breakfast Demo
Author: The New Now & Zen Epicure
- 12:45 to 1:45 p.m. Genet Kefetew, Ethiopian Cuisine Demo
Chef & Caterer
- 2:15 to 3:15 p.m. Emily & Robert Angell, Lively Live Food Demo
Live Food & Healthy Living Instructors
- 3:45 to 4:45 p.m. Cherie Soria & Dan Ladermann, Healthy Desserts Demo
Author: Angel Foods & Co-Directors of Living Light Culinary
Arts Institute
- 5:15 to 6 p.m. Jed Gillen, Lecture Topic: "Vegan Cats & Dogs"
Author: Obligate Carnivore - Cats, Dogs and What It Means to be
Vegan

VENUE: GARDEN CLUB ROOM

- 3:00 to 4:00 p.m. Shanta Sacharoff, Indian Cuisine Demo
Author: Flavors of India

VENUE: ARBORETUM

Guided Public Tours - 10:30 a.m., 12 noon, & 1:30 p.m.

VENUE: GALLERY
Entertainers, Food Samples, Food Booths,
Information

- 10:00 to 11:00 a.m. Rob Schaaf on Sax
11:30 to 12:00 noon Wayne Huey, Chinese Acrobat
12:30 to 1:30 p.m. The Nightingales
2:00 to 2:30 p.m. Marla Woods, Afro-Dancer
2:30 to 3:30 p.m. Steve Smullian, Singer & Guitar