

**Richmond Veg Fest (Byrd Park near the Carillon)
Saturday, October 5, 2024 (12 - 6 pm)**

Entertainment Schedule

Main Stage

12:00 – 1:00	The BeSides (contemporary jazz quartet)
1:00 – 1:15	Official Welcome (Mike Goldberg & Amanda Trenchard)
1:30 – 2:30	Zack Salsberry Trio (multi-genre, blues & rock)
2:45 – 3:15	Veggie Dog Eating Contest
3:30 – 4:30	Nested for Rest (alt electronic pop rock)
4:40 – 4:55	Laterna Dance (belly dance fusion)
5:00 – 6:00	Rachel Ana Dobken (multi-instrumental front woman) band

VEGucation Tent

12:45 – 1:45	The Doc & Chef (cooking demo) Dr. Jim Loomis & Caryn Dugan <i>“Eat the Rainbow - the Science Behind the Colors in our Food”</i>
2:15 – 3:00	Dr. Cliff Morris <i>“Lifestyle Medicine: Unlock the Secrets of Longevity”</i>
3:15 – 4:00	The Vegan Meathead Daniel Austin <i>“Eating for Strength”</i>
4:30 – 5:15	Sam Pierce <i>“Compassionate Companionship: A Vegan Approach to Life with Other Animals”</i>

Music Spot

11:45 – 12:45	Donald Coles (jazz, R&B, bluegrass, country)
1:15 – 2:15	Rachel Ana Dobken (heavy, indie-rock & soul)
2:45 – 3:45	Julian Goddard (lush guitar & beatbox grooves)
4:15 – 5:15	Lilah Moons (folk, country, alt pop)

Roaming Performer

1:30 – 3:30	Jonathan Austin (juggler & magician)
-------------	---------------------------------------