

Tent Talks

Discovering and Understanding the Benefits of Hemp

1:00 – 1:45 p.m., North Tent
by **Becky Schnur**

CBD hemp oil and hemp farming are gaining in popularity across the U.S. Participants will learn the health and economic benefits of hemp products, the method of choosing the right CBD oil for one's personal needs, and the value in supporting hemp agricultural industries in Indiana.



A resident of Warrick County,

Becky has been a teacher at Boonville High School for 18 years and a CAP (College Achievement Program) instructor at the University of Southern Indiana for 12 years. She teaches environmental science, physical geology and earth/space science, and she engages her students in environmental projects such as a school recycling program, a schoolyard habitat area, an international pen pal program and an urban gardening program to promote locally-grown produce. Through international travel fellowships to sites of scientific significance, Becky continues her own education. Living on the family farm for over 30 years, she is currently working to transform the homestead into a wildlife habitat area specifically for pollinators. Becky is also actively supporting reintroduction of the hemp industry to Indiana through free public presentations.

Tai Chi: The Sevenfold Path to Healthier Living

1:00 – 1:45, Shaded yoga area above market
by **Vanessa Hurst**

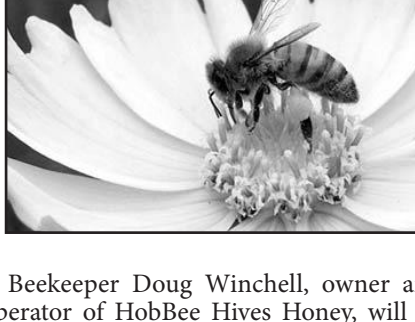
An all-natural, caffeine-free practice, the Sevenfold Path of Tai Chi reduces tension and increases flexibility in one's body, mind and spirit. It brings a person's body into natural balance by creating feelings of peace, calm, quiet and alertness. Tai Chi promotes good posture, muscle tone, flexibility and agility. Regular practice encourages integration of

the body and mind, the muscular and skeletal systems, and the right and left brain. Tai Chi is also a positive, non-violent way of releasing excess energy and aggression. It helps to enhance creativity, more easily grasp new concepts, and work more easily with already mastered concepts.

Sifu Vanessa F. Hurst, a Ferdinand native, has taught 5 Element Form Tai Chi for 12 years and is a Neural Synchrony™ facilitator, intuitive and author. Earning a master's degree in Natural Health, she shares her knowledge and vision and engages the inner wisdom of clients and students, with the end result increased mindfulness. She also has training in medical intuition, Quantum Healing and Reiki.

Benefits of Beekeeping and Honey

1:00 – 1:45, South Tent
by **Doug Winchell**



Beekeeper Doug Winchell, owner and operator of HobBee Hives Honey, will be speaking about the impact honeybees have on nature and our environment. He'll provide information on some of the plants and trees that support honeybees and other pollinators. He might also include some personal "swarm catching" stories. Questions will be welcomed.

No Coal-to-Diesel Refinery Facts and Updates

2:00 – 2:45, North Tent
by **Mary Hess**

President of Southwestern Indiana Citizens for Quality of Life, Mary Hess will share facts about the massive coal-to-diesel refinery proposed for within the city limits of Dale. With Spencer County already ranking 23rd (out of

over 3,000 US counties) in toxic emissions (Forbes magazine), and this region already suffering from disproportionate illness rates caused by pollution, the all-volunteer, grassroots organization believes the idea is ill-conceived and is committed to stopping the proposal. Especially with Ferdinand being just six miles directly downwind from the refinery's fallout and the smell of rotten eggs (sulfur), the community has a lot to lose in public health, economics and quality of life. Organization members are comprised of citizens from Spencer, Dubois, and other area counties and consist of young parents, medical doctors, a chemical engineer from the oil and gas industry, teachers, business owners, students and more. Mary and other informed group members will answer questions about the current state of the proposal and provide ways people can get involved.

NO C2D
no coal to diesel in Dale

Alpaca: From Wool to Yarn

2:00, South Tent
by
Kristin Ems

Kristin Ems and her husband, Willie, bought their first alpacas in 2001. Willie had farmed and raised cattle, and Kristin had an interest in fiber arts. Starting with five alpacas, they bred them to generate excellent fiber and conformation and at one time had a herd of 31 alpacas.

Kristin will share some insights on alpacas and explain how she has used the fiber to make yarn, both hand spinning and processing through a fiber mill. Examples of the various stages of fiber processing will be exhibited and explained. Kristin's career was in laboratory medicine and hospital administration.



Fun Facts about the Tesla Model 3

3:00 – 3:45, near Market Stage
by **Ryan Zaricki**

Near the Kyana Woodstock Market Stage, get an up close and personal look at Ryan Zaricki's brand new Tesla Model 3. An avid follower of the latest technologies and trends in both the solar and automobile industries, Ryan will share interesting info for auto enthusiasts and anyone interested in living a more sustainable lifestyle.

As lithium ion technology keeps improving (cell phones, computer tablets/laptops, power tools, etc.), it was only a matter of time that the technology would evolve into home and car-based battery systems. The Tesla Model 3 is on the cutting edge of that battery revolution. Made in the USA with a range of 310 miles per charge, this Tesla model is pushing the envelope of what is possible in electric transportation.

South Spencer and Rose Hulman honors graduate Ryan Zaricki is owner and manager of Whole Sun Designs, a leading installer of residential solar in the state, including many systems in and around Ferdinand.

Bicycling across the United States

4:00 – 4:45, North Tent
by **Danny Schnell**

Cross country bicyclist Danny Schnell from Schnellville began his journeys in 1982. He has ridden from Indiana to all 48 states in the contiguous U.S. He has also taken a European trip and has traveled in part of Canada. In 1999 he put his back wheel in the Pacific Ocean near Los Angeles, CA, and when the year 2000 rolled in, he rode into the Atlantic Ocean at Daytona Beach, FL. A recent trip to New Orleans raised awareness and funds for the Indiana Donor Network Foundation. From his unique perspective on highways and back roads, Danny will share highlights of the people and places he has experienced, and lessons learned along the way.

