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### **CURRENT APPOINTMENT**

Assistant Professor of History, Marywood University, Scranton, PA

### **EDUCATION**

2011: Loyola University Chicago, PhD with distinction.

**Major Field:** American History      **Minor Field:** Public History

**Exam Fields:** Urban History, Labor History, Environmental History  
(Passed with distinction).

2005: Hunter College, City University of New York, MA, History

1999: Manhattanville College, BA, History, *cum laude* (1999)

### **BOOKS**

*The Vegetarian Crusade: The Rise of an American Reform Movement, 1817-1921*  
(University of North Carolina Press, 2013), 268 pages.

- CHOICE Outstanding Academic Title of 2015
- Second printing in paperback (August 2015)

Editor, *The Vegetarians' Dilemma: Re-Thinking Food Choice Throughout Time*  
University of Arkansas Press (August 2020).

### **ARTICLES**

"Fake Meat, Real Change: Protose and the Making of Modern American Vegetarianism," in *Acquired Tastes*, eds. Benjamin Cohen, Anna Zeide, and Mookie Kideckel (forthcoming, 2020, currently under press review).

"Food in Twentieth Century American Cities," *The Oxford Research Encyclopedia of American History*. New York: Oxford University Press, forthcoming, 2018.

"Are Vegetarians Good Fighters?: World War I and the Rise of Patriotic Vegetarianism," in *Critical Perspectives on Veganism*, eds. Jodey Castricano, Rasmus Simonsen. London: Palgrave, 2016

“Food in the Nineteenth Century,” in *The Routledge History of American Foodways*, eds. Lindsay Swindall, Jennifer Jensen Wallach, Michael Wise. New York: Routledge, 2015.

“Digital Encyclopedias and Opportunities: The View from Mount Vernon” *Common-Place* 14, no. 1 (October 2013).

“Looks Like Meat, Smells Like Meat, Tastes Like Meat: Battle Creek, Protose and The Development of Modern Vegetarianism,” *Food, Culture and Society* 15, no. 1 (Oxford: Berg Publishers), 113-28.

“Would You Like to be a Successful Vegetarian? Chicago, The World’s Vegetarian Congress and the Columbian Exposition,” *Festivals and Faires: American Culture, Sub-Culture, and Counter-Culture* ed. Kimberly Tony Korol-Evans (Lewiston, NY: Mellen Press, forthcoming)

### **BOOK REVIEWS**

“Book Review: *American Organic: A Cultural History of Farming, Gardening, Shopping and Eating*, by Robin O’Sullivan,” *The American Historical Review* 122 (1): 195-196.

“Book Review: *Food Co-ops in America*, by Anne Meis-Knupfer,” *The American Historical Review* 119 (5): 1692-1693.

“Book Review: *Eating Right in America: The Cultural Politics of Food and Health*, by Charlotte Biltekoff.” *Journal of American History* 101 (2): 666-667.

“Book Note, Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages.” *Journal of Southern History* (November 2013)

### **DISSERTATION**

“Abstention to Consumption: The Development of American Vegetarian Identity, 1817-1917.” (Defended with distinction, December 2010)

### **WEBSITE ARTICLES**

“Visiting Washington’s Tomb,” *MountVernon.org*. FTP Address: <http://www.mountvernon.org/visiting-washingtons-tomb>. (Mount Vernon, VA, 2013).

“Ten Facts About Washington and Slavery,” *MountVernon.org*. FTP Address:

<http://www.mountvernon.org/slavery/10facts>. (Mount Vernon, VA, 2013).

“Ten Facts About Washington and the Presidency,” *MountVernon.org*. FTP Address: <http://www.mountvernon.org/president/10facts>. (Mount Vernon, VA, 2013).

Blogger, *Vegetarianhistory.com*, 2010-present. FTP Address: <http://www.vegetarianhistory.com>.

### **ENCYCLOPEDIA ENTRIES**

“James Craik,” and “New York Provincial Congress,” *Digital Encyclopedia of George Washington*, edited by Adam Shprintzen (Mount Vernon Estate, 2012–).

“American Vegetarian Society,” “Sylvester Graham” and “Henry S. Clubb,” *Cultural Encyclopedia of Vegetarianism* (Westport, CT: Facts on File, 2010)

“Federal Highway Act of 1921” and “Snyder Act,” *Encyclopedia of the Jazz Age* (Armonk, NY: M.E. Sharpe, 2010)

### **TEACHING EXPERIENCE**

#### **Marywood University**

US History to 1865 (two times)

US History from 1865 (four times)

Ethnicity and Diversity in America (four times)

American Sports History (Revised course)

Nature and the New American Nation (Developed course)

Slavery and Abolition in the Atlantic World (Developed course)

Labor and Industrialization in America (Developed course)

American Revolution (Developed course)

The American Presidency (Developed course)

Food in American History (Developed course)

#### **Loyola University of Chicago**

History 111: The United States to 1865 (three times)

History 364: Emergence of Industrial America, 1870-1900

#### **Kendall College, Chicago**

Sociology 255: Multicultural Dimensions of Society

#### **Hunter College, City University of New York**

Freshman Seminar: Wealth and Power in New York City

Freshman Seminar: Imagery and Perception in New York City

### **Student Digital History Projects**

Manager, The Presidency in Pennsylvania, FTP Address:

<https://presidencyinpennsylvania.wordpress.com>

Manager, Labor History of Scranton, FTP Address:

[https://www.google.com/maps/d/u/0/viewer?mid=1zB\\_ScO\\_SWEnh3pUbymVdUaBvts](https://www.google.com/maps/d/u/0/viewer?mid=1zB_ScO_SWEnh3pUbymVdUaBvts)

Manager, Founders and Slavery Blog, FTP Address:

<https://foundersandslavery.wordpress.com>.

### **DEPARTMENTAL SERVICE**

#### **Marywood University**

Faculty Advisor, History Society.

Organizer, Constitution Day Event (Fall 2015, Fall 2016)

Co-sponsor, Social Science Department Labor Film Series, Fall 2015.

Account Manager, departmental Facebook and Twitter pages.

Search Committee Member, Tenure Track Assistant Professorship, Criminal Justice, Spring 2015.

Search Committee Member, Departmental Secretary, Social Sciences, Fall 2014.

Departmental representative, Spring Open House, 2015, 2016, 2017.

Departmental representative, Fall Open House, 2014.

### **SERVICE TO THE UNIVERSITY**

Assistant Director, Marywood Honors Program, 2017-present.

Member, Pacers for Peace and Justice.

Facilitator, "Executive Orders," Talk of the University, February 16, 2017.

Co-Facilitator, "Interfaith Prayer Vigil for Immigrants and Refugees," February 3, 2017.

Organizer, "Election Day Information Table," Marywood University, November 8, 2016.

Facilitator, “Presidential Debate Watch Party,” October 19, 2016.

Facilitator, “Why Black History Month,” Talk of the University, February 23, 2016.

Taskstream Reporting System Coordinator, Social Sciences.

Faculty Reviewer for PhD Qualifying Paper, Fall 2015.

Committee Member, Marywood Memories Oral History Project.

Departmental Coordinator, NetVUE Vocational Initiative.

### **SERVICE TO THE PROFESSION**

Faculty Advisor, Delta Epsilon Sigma, 2016-.

Chapter Advisor, Pi Gamma Mu, Social Science honor society, Marywood University, 2015-.

Board Member/Regional Editor, *Encyclopedia for Cultural and Social Studies on Vegetarianism and Veganism*, International Network for Cultural and Social Studies on Vegetarianism and Vegan, University of Vienna.

### **SERVICE TO THE COMMUNITY**

Contributor, Scranton Sesquicentennial Scanning Project. (Ongoing)

“Vegetarianism in the Nineteenth Century,” Danville Veteran’s Affairs Hospital, November 17, 2014.

### **CONFERENCE PRESENTATIONS**

“Outside Support: Creating and Maintaining Community Outreach and Engagement,” Roundtable Participant, *Organization of American Historians*, April 4, 2019.

“Fake Meat, Real Change: Ella Eaton Kellogg and the Invention of Modern American Vegetarian Cuisine,” *Association for the Study of Food and Society*, June 14, 2018.

Commentator, “Famous Pennsylvanians of the Eighteenth and Nineteenth Centuries.” *Pennsylvania Historical Association*, October 13, 2017.

“‘Quality, Quantity, and Duration’: The Struggle With Sleep in Antebellum Health Reform,” *Society for the History of the Early American Republic*, July 21, 2017.

“The Big Question: Food and Environmental History Roundtable,” *Association for the Study of Environmental History*, April 1, 2016.

“‘Modern Food for Up To Date People’: Graham Crackers, Memory and the Marketing of Reform,” *Mid-Atlantic Popular Culture Association*, November 3, 2015.

“Are Vegetarians Good Fighters?: Meatless Tuesdays and the Rise of Patriotic Vegetarianism,” *Association for the Study of Food and Society*, June 25, 2015, Pittsburgh, PA.

“Looks Like Meat, Tastes Like Meat, Smells Like Meat: J.H. Kellogg, Meat Substitutes and the Commercialization of Vegetarianism,” *Social Science History Association*, November 20, 2011, Chicago, Illinois.

“The Food of the Future: Chicago, the Columbian Exposition and the World’s Vegetarian Congress,” *Urban History Association*, October 22, 2010, Las Vegas, Nevada.

“Thrifty, Industrious Settlers Wanted: The Vegetarian Settlement Company and the Question of Kansas,” *Association for the Study of Food and Society*, June 21, 2010, Bloomington, Indiana.

“A Wandering Minstrel, I: The Swing Mikado, Race and New Deal Chicago,” *Illinois Historic Preservation Agency Conference on Illinois History*, October 2, 2009, Springfield, Illinois.

### **INVITED TALKS**

“Creating America’s Vegetarian Crusade.” University of North Texas, October 27, 2016.

‘Plenty to Eat Without any Meat’: Social Reform and the Rise of the Vegetarian Movement in Nineteenth Century America.” Manhattanville College, October 12, 2015.

“Did George Washington Really Say That? The Founders and Constitutional Myths in the Age of the Meme.” Marywood University, September 17, 2015.

“The Making of Modern American Vegetarianism,” *Culinary Historians of New York*, January 13, 2014, New York, NY.

“Digital History at Mount Vernon,” *George Washington and His World* course taught by Professor Denver Brunsman at George Washington University, August 25, 2013.

Moderator and Commenter, “Presidential Diplomacy in the Eighteenth and Twentieth Centuries,” *2013 Mount Vernon Teachers’ Institute*, July 18, 2013, Mount Vernon, Virginia.

“Digital History in the Classroom,” *2013 Mount Vernon Teachers’ Institute*, June 24, 2013, Mount Vernon, Virginia.

“Teaching With Primary Sources: Spying in the American Revolution,” *2012 Mount Vernon Teachers’ Institute*, July 15, 2012, Mount Vernon, Virginia.

“Teaching With Digital Resources,” *2012 Mount Vernon Teachers’ Institute*, June 18, 2012, Mount Vernon, Virginia.

“Digital Encyclopedia of George Washington,” *George Washington and His World* course taught by Professor Denver Brunsman at George Washington University, January 10, 2013.

“Food of the Future: Chicago and the World’s Vegetarian Congress,” *Vegetarians in Motion*, October 3, 2010, Rockford, Illinois.

“Chicago, Vegetarianism and the Gilded Age,” *ChicagoVeg First Anniversary Meeting*, May 25, 2010.

## **MEDIA APPEARANCES**

Three interviews with *Vegetarianism: The Story So Far* radio program, Resonance FM (London, UK), March 2017.

“PA ranks fifth for hate groups according to study,” *Fox 56 News*, February 21, 2017. FTP Address: <http://fox56.com/news/local/pa-ranks-fifth-for-hate-groups>

“Professors Predict Protests at Inauguration,” *Times Tribune*, January 20, 2017. FTP Address: <http://thetimes-tribune.com/news/professors-predict-protests-at-inauguration-1.2144411>

“Students React to Final Presidential Debate,” WNEP, October 19, 2016. FTP Address: <http://wnep.com/2016/10/19/students-react-to-final-presidential-debate/>

“The Graham cracker was invented to stop you from masturbating,” *New York Post*, September 13, 2016. FTP Address: <http://nyp.st/2cV7AI9>

“Did an Uncredited Woman Invent Breakfast Cereal,” *Atlas Obscura*, June 28, 2016. FTP Address: <http://www.atlasobscura.com/articles/did-an-uncredited-woman-invent-breakfast-cereal>

Interview with Ben Franklin’s World podcast, May 2015. FTP Address: <http://www.benfranklinworld.com/episode-044-adam-d-shprintzen-the-vegetarian-crusade-the-rise-of-an-american-reform-movement/>

“Health Nuts: A History of Nutritional Advice,” *Backstory with the American History Guys*, National Public Radio. FTP Address: <http://backstoryradio.org/shows/health-nuts-2/>

“Washington Never Slept Here, but He’d Recognize the Place,” *International New York Times*, December 5, 2013. FTP Address: <http://www.nytimes.com/2013/12/06/greathomesanddestinations/washington-never-slept-here-but-hed-recognize-the-place.html>

“The Exquisite Wistfulness of 19th-Century Vegetarian Personal Ads,” *Slate.com*, FTP Address: [http://www.slate.com/blogs/the\\_vault/2014/03/10/vegetarian\\_personal\\_ads\\_19th\\_c\\_matrimonial\\_advertisements.html](http://www.slate.com/blogs/the_vault/2014/03/10/vegetarian_personal_ads_19th_c_matrimonial_advertisements.html)

Heritage Radio, *A Taste of the Past*, Episode 153, *The Vegetarian Crusade*. Original broadcast date, November 14, 2013. FTP Address: <http://www.heritageradionetwork.com/episodes/5076-A-Taste-of-the-Past-Episode-153-The-Vegetarian-Crusade>

## **DIGITAL PROJECTS**

Digital and Archival Historian, Fred W. Smith National Library for the Study of George Washington at Mount Vernon. <http://www.mountvernon.org/encyclopedia>

Webmaster, *The Virtual Center for the Study of Velo-Cardio-Facial Syndrome*. FTP Address: <http://www.vcfscenter.com>. Manage website and social media channels for open-access, charitable organization.



Webmaster, *Our New York History: Immigrant History in New York City* (New York, NY: Hunter College, CUNY, 2005-2006).

### **ORAL HISTORY INTERVIEWS**

Judge Stephen A. Schiller, Chicago, IL, (October 2009). Deposited at Center for Urban Learning, Chicago, IL.

### **ARCHIVAL MANAGEMENT**

“Mount Vernon Ladies’ Association, Modern Records,” *Mount Vernon Ladies Association*, 2013.

“Judge John C. Fitzgerald Papers: Loyola University Chicago,” *Loyola University Chicago, Archives and Special Collections*, 2008.

“Images of Bedford, NY,” *Bedford Historical Society*, 1998-1999.

### **MUSEUM WORK**

Board of Directors, National Museum of Vegetarian History  
Bedford Historical Society, Bedford, NY, 1998-1999  
Archives management, museum and historic courthouse tour guide.

### **GRANTS, HONORS AND AWARDS**

PA Department of Education Library Services Technology Act (LSTA) Grant, regional archives mapping project, Summer 2015.

Loyola University Chicago, Humanities Dissertation of the Year, 2011.

Nominee, Nevins Prize, Society of American Historians, 2011.

Schmitt Fellowship, Loyola University of Chicago, 2011.

Graduate Student Travel Award, Social Science History Association, 2010.

Advanced Doctoral Fellowship, Loyola University of Chicago, 2009-2010.

McCluggage Award, Loyola University of Chicago, “Poets of Bran and Pumpkins: Grahamism, the American Vegetarian Society and the Rise of Personal Political Consciousness in the Antebellum North,” 2008.

### **PROFESSIONAL SERVICE**

Judge, *Virginia Regional History Day*, Mount Vernon High School, 2013.

Judge, *Virginia Regional History Day*, Mount Vernon High School, 2012.

Judge, *Chicago Metro History Fair*, 2010.

Organizer, Dissertation Writing Group, Loyola University Chicago, 2010-2011.

**PROFESSIONAL MEMBERSHIPS**

American Historical Association

Society for Historians of the Early American Republic

Organization of American Historians

Association for the Study of Food and Society