

2010

January



The Hero Within

by Delisa Renideo

I watched a most inspiring show today about some of our world's heroes. CNN has a yearly tradition of gathering stories about people doing remarkable things to help our world in some way. You can read about each of the ten heroes of the year for 2009 at www.cnn.com/heroes.

Each of the ten people chosen for this honor had an amazing, heartwarming, touching, and inspiring story to share. Of these ten, the one voted the most inspiring hero is Efren Peñaflores, from the Philippines. Having grown up in poverty himself, he recognized that gang membership is an incredibly strong influence, especially among the poor. To offset

When we express our most noble qualities, such as compassion, we are expressing the hero within.

that influence, he knew that empowering kids through education was extremely important, as it had been for him. Since many of these kids don't go to school, he brings school to them. He and

his volunteers have constructed a school cart which they wheel around every Saturday to places where the kids eagerly gather and learn language skills, math, and hygiene. As Efren

Gradually, the hero within grows as we start to make lifestyle choices to benefit others.

gratefully and humbly accepted his award, he said something that spoke powerfully to me. He said, "We all have a hero within."

Anytime we make a choice that requires courage and is for a good cause, or when we express our most noble qualities, such as compassion, we are expressing the hero within. These can be small acts, such as speaking up for someone whom others are making fun of, or enormous acts, such as risking our lives to save someone else's.

Many of us come to vegetarianism for health reasons, but then discover we begin to feel more compassion for animals and more concern for the impact our diet has on *see The Hero Within, cont'd on page 5*



My Story: The Plant-based Solution to My Cholesterol Problem

by Jeannie Schwaab

I've been concerned about my cholesterol level. At 269, it was making me and my doctor nervous. He told me if I didn't bring it down, I was going to have to start

I found out eating a plant-based diet would help me be healthier over-all.

taking medications. I was telling a friend about this problem last fall and fortunately, she knew something that would really help me. She strongly encouraged me to take the [Cancer Project's Food for Life Nutrition and Cooking Classes](#). I didn't know what to expect, but on her recommendation, I signed up for the classes. I'm glad I did!

Two weeks later I found myself sitting in the first class of the seven week series. I was pleasantly surprised by the taste of the food Delisa prepared and at how easy it was to prepare a plant-based meal. Even though much of the nutrition information focused on cancer, I found out eating a plant-based diet would help me be healthier over-all. But I wouldn't know until I had another cholesterol test whether it was helping me with my particular problem.

Half way through the series, I hosted a Saladmaster dinner/demonstration. Delisa came to my house and prepared a delicious dinner for me and some friends, showing us how Saladmaster cookware allows us to preserve more of the nutrition and flavor in

our food. Since I was learning in the Cancer Project class how important it was to choose the right foods, it just made sense to try to get the most nutrition from these healthy foods. So I decided to use part of the small inheritance I had received from my dad, who died of cancer last April, to purchase a set of Saladmaster cookware. I've had a ball cooking ever since!

The Cancer Project classes ended in early November and I had an appointment to get my cholesterol checked shortly after. You can imagine how happy I was to discover that my cholesterol had dropped to 218!

see [My Story](#), continued on page 11



Nutrition Nuggets: *Olive Oil is NOT Health Food*

by Delisa Renideo

When I teach nutrition and cooking classes, one of the main principles is to eat a low-fat diet of whole plant foods. This includes using no added oils. Invariably, there is a shocked reaction. What? ? ? Not even olive oil? ? ? But that is a GOOD fat!

Indeed, we have been bombarded on all sides with the message that olive oil is good for us. We have heard how the Mediterranean Diet is supposed to be so healthy for our hearts. Is it true?

Jeff Novick, a registered dietitian and extremely funny speaker, sets us straight. (Visit his website at www.jeffnovick.com.)

Olive oil is high in monounsaturated fats, and it is true that foods high in monounsaturated fats are “healthier” than foods high in saturated or trans fats. However, that doesn’t make them good for us! As Jeff says, a “healthier” cigarette, one that contains less nicotine, still leads to lung cancer!

If you replace saturated fat with olive oil, you’ll see your health improve somewhat. But it’s not because of the addition of the olive oil; it’s because of the reduction in saturated fat! You would see the most improvement by reducing ALL the fat,

including the olive oil.

We have made the assumption that it was the olive oil in the Mediterranean Diet that was healthy. Actually, it was the high level of antioxidants in the vegetables and fruits in the Mediterranean Diet that provided protection for their hearts, in spite of the olive oil! If we eat the vegetables and fruits and leave out the olive oil, we’ll have a much healthier diet.

Olive oil, like all oil, is pure fat. One hundred percent of the calories come from fat, and it is a whopping 120 calories per tablespoon! Adding just one tablespoon of olive oil to your food each day adds up to 3600 calories per month, or a little over a pound of fat on

your thighs or tummy each month. That’s 12 pounds a year! All for a measly tablespoon of this highly overrated oil. With two-thirds of Americans overweight or obese, we certainly don’t need these extra calories.

The more we research nutrition, the more we learn about the importance of keeping the fat in our diets low, to about 10% of our total calorie intake, which is 20 - 25 grams of fat per day in a 2000 calorie/day

see *Olive Oil...*, continued on page 11



Adding just one tablespoon of olive oil to your food each day adds up to 3600 calories per month--that's 12 pounds a year!

NEW CLASS OFFERED**Food for Life Diabetes***by Delisa Renideo*

I'm thrilled to be able to offer a new class geared specifically for diabetes prevention and reversal. With diabetes increasing steadily, especially as our population becomes more and more overweight, we really need to spread the word that there is an alternative approach to the usual way of "managing" diabetes with medications.

Research done by Dr. Neal Barnard has demonstrated that a low-fat, high-fiber, plant-based diet actually helps our bodies to handle carbohydrates properly, getting at the actual cause of diabetes. Most approaches to diabetes treat the symptoms by telling people to avoid carbohydrates. Although some people do fairly well with the American Diabetes Association diet, research has demonstrated that the vegan approach is more effective in reducing blood sugar by helping our bodies utilize insulin more effectively, while at the same time, helping to prevent the complications of diabetes: heart disease, eye problems, kidney damage, and nerve damage in the legs and feet.

People with Type 2 diabetes are often able to reduce their medications or get off them completely. People with Type 1 diabetes will still need to take insulin, but may be able to reduce the dose as well as prevent the complications listed above.

Those on medications will need to work with their health care provider so their medications can be reduced safely as their blood sugars drop as a result of the low-fat, vegan diet.

This seven week series of Food for Life Diabetes classes will offer a weekly video lesson, followed by a cooking demonstration and an

opportunity to taste the food. Those of you who have taken the Cancer Project classes before will find the format the same, but the nutrition lessons and the recipes demonstrated will be different. However, it is still basically the same healthy diet you learned in the Cancer Project classes.

The first Food for Life Diabetes series will be offered only in Wasilla. It will be offered in Anchorage starting in March.

Food for Life***Nutrition & Cooking Classes for
Diabetes Prevention & Reversal******•Wasilla•*****Dayspring Enrichment Center****Jan. 7 – Feb. 25, 2010**

(with no class on January 28)

Thursdays, 6:30 – 8:30 p.m.

•Anchorage•**Providence Cancer Center****Mar. 1 – Apr. 12, 2010**

Mondays, 6:30 – 8:30 p.m.

\$90 for entire 7 week series**Pre-registration required!****To register, contact Delisa
or Charlie at 907-373-1526,****delisa@yestolife.info**

Book Review by Delisa Renideo
Dr. Neal Barnard's Program for Reversing Diabetes
The Scientifically Proven System for Reversing Diabetes Without Drugs
 By Neal Barnard, M.D.

(©2007, 272 pages; With menus and recipes by Bryanna Clark Grogan)

About the author: *Dr. Neal Barnard has been researching and writing about plant-based diets and health for over twenty years, with at least ten books for the lay public as well as dozens of publications in scientific and medical journals. He founded the Physicians Committee for Responsible Medicine (PCRM) in 1985 and is an Adjunct Associate Professor of Medicine at the George Washington University (GWU) School of Medicine and Health Sciences. He is a Life Member of the American Medical Association and a member of the American Diabetes Association. In this book, he reports what he learned from his research into dietary interventions in diabetes, funded by the National Institutes of Health and conducted under the auspices of the GWU School of Medicine, in association with the University of Toronto.*

Most of us realize that diabetes is about having too much sugar in our blood, so it makes sense that we should just reduce the sugar in our diet, as well as the carbohydrates which turn to sugar in our bodies. This is exactly the approach taken by most people in the management of diabetes. And it makes sense. Only it doesn't explain why we begin to have too much sugar in our blood.

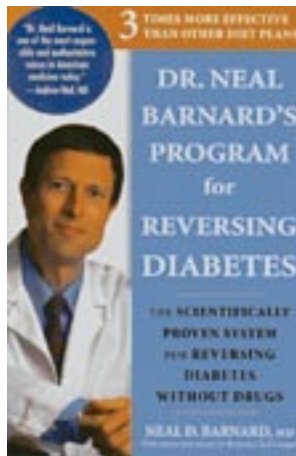
The problem is actually fat! Here's how it works: Our pancreas produces insulin, which is necessary for helping glucose (sugar) move from our blood stream into our muscle cells, where it provides needed energy. Dr. Barnard explains that insulin acts like a key to open the lock which allows the glucose to get inside the muscle cell. When we have too much fat in our diets, the fat builds up inside our muscle cells and acts like gum in the locks, preventing the insulin from opening the lock to let the glucose into

the muscle cell. This is called "insulin resistance." When the glucose can't get into the muscle cell, it builds up in the blood stream, leading to the condition we call diabetes.

This is why people with diabetes have low energy levels and high blood glucose levels -- the glucose isn't getting into the muscle cell to provide the energy the cell needs.

Once we understand this, it makes a lot more sense to reduce the fat in the diet rather than focusing mostly on carbohydrates.

The diet recommended by Dr. Barnard is a vegan diet, meaning there are no animal products (and therefore no animal fat) in the diet. Secondly, he recommends keeping plant oils low, as well. Therefore, cooking oil and oily salad dressing should be avoided and high-fat
 see ***Book Review***, continued on page 10





With a Click of Your Mouse

by *Delisa Renideo*

Technology makes information about almost everything much easier to obtain than it used to be. Just “google” it, and voila! We’ll probably find out more than we ever imagined. However, sometimes the information is less than reliable, so it can help if we know some websites we can count on for good information. I keep discovering more and more of them, and I want to share some of them with you.

The more we learn, the better choices we can make. In addition, new information comes out regularly, so even if we knew everything about a topic ten years ago, we may be woefully behind the curve of new information.

This list is nowhere near exhaustive, but will provide sources you are likely to find very helpful in terms of all things having to do with a vegan or vegetarian diet and/or lifestyle.

- DrMcdougall.com: Dr. John McDougall and his wife, Mary, are pioneers in the field of plant-based nutrition. This site includes MANY free low-fat, healthy recipes, articles about nutrition research, and information about their 10 day live-in program in Santa Rosa, CA. They also host vegan adventures to Costa Rico.
- DrFurhman.com: Dr. Joel Fuhrman provides information and recipes featuring foods that are very high in nutrient density, meaning high in nutrients and low in calories. For a small monthly fee, you can become a member and have access to his entire library of research articles and discussion board.
- DrGregor.org: Dr. Michael Gregor reads thousands of research studies about nutrition

each year and produces a DVD hitting the high points of that research. He has written a book called *Bird Flu: A Virus of Our Own Hatching* and another called *Carbophobia*, both of which are available to read for free on his website.

- VegSource.com: “Your source for all things vegetarian” This really is an incredible site! It includes nutrition information from a variety of very reliable medical doctors and nutritionists, many, many recipes, issues relating to food and the environment, animal issues, and many short videos on any of these topics. Sign up to get their email newsletter.
- CancerProject.org: This site includes research about cancer and diet, many healthy plant-based recipes to prevent or fight cancer, and information about where and when all the Food for Life classes are offered in the U.S. Sign up on this site for a free recipe of the week.
- PCRM.org/diabetes: This is PCRM’s (Physician’s Committee for Responsible Medicine) home page for its many diabetes services and products. It includes an overview of a new dietary approach, an interactive message board, an online video support group, and success stories from some of the people who have turned their diabetes around with changes in their diets.
- FoodForLifeTV.org: There is a new show every Thursday which airs again Saturday, plus all the past shows in the archives. They include a nutrition lesson followed by a cooking demonstration. Be sure to watch the four core shows on diabetes -- a great introduction to a low-fat, vegan approach.

• **NutritionMD.org**: This amazing site not only contains an online handbook of nutrition guidelines for hundreds of diseases, but also a very useful meal planning tool. Select from a menu of ideas for breakfast, lunch and dinner and print out your free, personalized, low-fat, vegan meal plan, complete with recipes, nutritional information, and even a grocery list!



• **TColinCampbell.org**: T. Colin Campbell, Ph.D. is the author of the *The China Study*, a book which reports the results of Dr. Campbell's nutritional research showing that a plant-based diet helps to prevent cancer and the other chronic diseases so common in the U.S. This website has numerous articles on the benefits of a plant-based diet as well as many very interesting video-taped interviews.

• **EarthSave.org**: Earthsave was founded by John Robbins over 20 years ago to help promote a healthy environment by eating a plant-based diet. You will find Earthsave radio and Earthsave TV from this site. This is a great way to broaden your understanding of the far-reaching effects of the diet we choose.

• **CompassionateCooks.com**: This is the website of Colleen Patrick-Goudreau, author of *The Joy of Vegan Baking*. One of the best parts of this site is her Food for Thought podcasts. Colleen presents her views on a wide variety of topics related to veganism and vegetarianism, from food and nutrition to animals and the environment. You will find yourself informed and inspired by her podcasts.

• **FatFreeVegan.com**: This website consists of LOTS of wonderful, healthy, low-fat vegan rec-

ipes created by Susan V. This is usually the first place I look when I want to find a healthy vegan recipe. Lots of other websites have vegan recipes, but they are likely to be high in fat and refined flour and sugars. She even has pictures of many recipes. Be sure to bookmark this website!

• **FarmSanctuary.org**: This website is an amazing source of information on factory farming and environmental effects of animal agriculture. We all need to understand how our food choices lead to agricultural practices which affect other beings and the earth itself. In addition to articles, there are many photos and video on this site. Please check it out!

There are many more wonderful websites, and you'll find links to many of them on the sites I've listed here. I hope you'll take the time to explore and peruse some of the helpful and mind-expanding information in these sites. Each bit of information will help refuel your commitment and enthusiasm for a plant-based diet.

Animal Quotes

“True benevolence, or compassion, extends itself through the whole of existence and sympathizes with the distress of every creature capable of sensation.”

~ *Joseph Addison*

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.”

~ *Thomas Edison*

The Hero Within, continued from the front page:

the environment. Gradually, the hero within grows as we start to make lifestyle choices to benefit others as much as or more than to benefit ourselves, or at least, not to harm others.

Anyone who has made choices that are very different from those around us discovers that it takes courage. When we choose not to eat turkey at Thanksgiving while our friends and family are all partaking, it takes courage. Sometimes others try to tempt us, or make fun of us, or lay guilt trips on us to break down our resolve and get us to join the majority. As difficult as this may feel, staying true to our values builds our inner hero and feels good.

Most people would agree that taking a stand and being a voice for the voiceless is heroic, whether for children orphaned by war, people with disabilities, or victims of sexual violence. But there is also a much larger group of largely forgotten individuals

Anyone who has made choices that are very different from those around us discovers that it takes courage.

who need us to speak for them: the animals that are raised for food. The mind-boggling number, ten billion, is how many land animals are raised and killed to be eaten each year in the United States alone. Of that number, nine billion



are birds. Most of us know this isn't a pretty sight, but most don't know just how ugly it really is. (www.meat.org) And unless those of us with a voice speak for the voiceless,

this picture will not change.

You probably don't feel like a hero for simply choosing a plant-based diet, but consider this: Choosing a vegan diet is a win-win-win-win choice. We win because it promotes our health, energy, and longevity. The animals win because

we don't contribute to the egregious cruelty hidden within the windowless warehouses and slaughterhouses where they are raised and killed. The environment wins because animal agriculture is the primary contributor to deforestation, topsoil erosion, loss of biodiversity, water and

Choosing a vegan diet is a win-win-win-win choice.

air pollution, and greenhouse gas emissions. (www.worldwatch.org/node/6294) The one billion hungry people of the world win because as we eat lower on the food chain, we leave more food for others to eat. And our children really win because we teach them how to eat and enjoy foods that promote health rather than heart disease, cancer, diabetes and obesity and we help create a healthy planet that will support them and their children for generations to come. What hero has ever accomplished more?

Bob Barker Donates \$1 Million for Animal Rights Professorship

Anchorage Daily News, November 2009

Springfield, Mo.—Former television game show host Bob Barker, who ended episodes of “The Price is Right” by asking viewers to spay and neuter their pets, donated \$1 million to Drury University to establish a professorship on animal rights that he hopes will lead to a full undergraduate degree program.

Barker, who graduated from the small liberal arts school in 1947 with a degree in economics, said Tuesday that he hopes the school will eventually be able to offer a program of studies that would train them to be animal rights activists and to respect animals.

“I think some students would become full-fledged animal rights activists,” Barker said. “Some will become lawyers and doctors who will always be interested in animal rights. And some will have more respect for animals.”

The new professorship went to Patricia McEachern, a professor of French who will work full time to develop what Barker and McEachern said would be the nation’s first undergraduate program in animal rights.

Barker named the new professorship for his late wife, Dorothy Jo Barker.



Last year, Barker gave the school \$1 million to establish the Drury University Forum on Animal Rights, which led to an undergraduate course on animal ethics.

The course was offered for the first time this semester, and 18 students enrolled, McEachern said. The class fulfills a core requirement in the university’s core studies program.

Barker also has established endowment funds on animal rights law at eight law schools, including Harvard Law School.

If Drury establishes the new animal rights program, Barker said he expects other schools to duplicate it.

McEachern said it is too early to know how soon the animal rights program could be started, but she hopes to add two more courses to the program in the next two years. Drury would first offer animal rights as a minor before students can major in it. Drury has 1,555 full-time undergraduate students.



Who to Call

- Elaine Albertson: AVS Newsletter Editor.....746-4668
- Peggy Robinson: Treasurer and Membership...373-1901
- Toni Truesdell: Advertising Coordinator.....745-4404
- Delisa Renideo: AVS President.....373-1526
- Charlie Renideo: Bookstore and Website.....373-1526

Book Review, continued from page 5:

plant foods such as nuts and seeds should be eaten only in small quantities. Third, he recommends using the glycemic index as a guide in choosing which foods to eat without worry and which to avoid.

Many people with diabetes have learned to be afraid of carbs. But we learn that Asian countries where dietary staples are rice and noodles have

Once we reduce the fat in our diets, our bodies will heal and begin to handle carbohydrates appropriately.

extremely low rates of diabetes -- that is, until they adopt our western, high-fat diet. Therefore, once we reduce

the fat in our diets, our bodies will heal and begin to handle carbohydrates appropriately. It is a great joy to many people to again begin enjoying pasta!

Dr. Barnard explains the difference between Type 1 diabetes, where the pancreas no longer makes adequate insulin and Type 2 diabetes, where the pancreas makes insulin but it can't do its job effectively because of the fat in the muscle cells. Both types of diabetes show improvement with a low-fat vegan diet, but people with Type 1 diabetes will always have to take insulin whereas people with Type 2 diabetes can usually reduce their medications and sometimes eliminate them completely.

Dr. Barnard writes in a very readable and easy-to-understand fashion, making this important information very accessible to the average person. In addition, the second half of the book contains menu suggestions and delicious recipes. Reading this book empowers us all to take charge of our own health rather than succumbing helplessly to the epidemic of diabetes and the other diseases which devastate our nation.



***Food for Life
Nutrition & Cooking
Classes for Cancer
Prevention and Survival***

• **Anchorage** •

Providence Cancer Center

Jan. 5 – Feb. 23, 2010
(with no class on January 26)
Tuesdays, 6:30 – 8:30 p.m.

Mar. 2– Apr. 13, 2010
Tuesdays, 6:30 – 8:30 p.m.

• **Wasilla** •

Dayspring Enrichment Center

Jan. 6 – Feb. 24, 2010
(with no class on January 27)
Wednesdays, 6:30 – 8:30 p.m.

**Each class meets weekly
for 7 weeks. Cost: \$90**

**Pre-registration
is required!**

**To register, contact Charlie
or Delisa at 907-373-1526 or
delisa@yestolife.info**

My Story, continued from page 2:

It was still higher than it should be, but a drop of 51 points was a great start! I'm still working on becoming 100% vegan, and I expect my cholesterol will continue to drop. My doctor was really surprised by how much my cholesterol had dropped and he asked what I had done. I told him about the Cancer Project and the vegan diet, and I'm hoping he will pass this information on

One of my doctors said I was her success story of the day.

to others. Later on, I told another of my doctors about it and she said I was her success story of the day. She wrote down the website: www.cancerproject.org and said she wants to take the class herself!

In addition to my cholesterol dropping, I've also lost weight and feel much better than I did before. I had the blahs initially while my system got rid of toxins, but after that my energy level has been good.

I'm not the only one benefitting from my diet change. My husband loves the new food, and my 93 year old mother, who lives with me and can be quite fussy about her food, is doing quite well with it. Even my 18 month old granddaughter is enjoying her fruits and veggies in smoothies when she comes to visit.

I read in the Bible that originally we were given plants for our food. Now that I've taken the [Cancer Project classes](#), that original way of eating makes a lot of sense. It really is our choice how we want to live.

Olive Oil is NOT Health Food continued from page 3:



diet. All food contains some fat, including fruits and vegetables which generally have from 5% - 10% of their calories coming from fat. With one tablespoon of olive oil weighing in at 14 grams of fat, it doesn't leave much room for food.

A single high fat meal causes damage to the endothelial layer of our arteries, greatly increasing our risk of heart attack. High fat diets also lead to intramuscular fat (which you can have even if you look thin) which causes insulin resistance leading to diabetes. High fat diets also contribute to cancer by causing our bodies to produce more hormones, such as estrogen and testosterone. And at nine calories per gram, fat has more than double the calories of proteins or carbohydrates, which have only four calories per gram. The more fat we eat, the more fat we are likely to wear! Obesity itself is a risk factor in most of our major diseases.

By eating vegetables, fruits, whole grains, and legumes, with small amounts of nuts and seeds, we consume the right amount of fat.

By eating a diet based on vegetables, fruits, whole grains, and legumes, with small amounts of nuts and seeds, we consume the right amount of fat. But when we add animal products, junk food, fried food, or even olive oil, we end up consuming more fat than we should to support optimal health.

Upcoming Events



Tuesdays & Wednesdays, Starting January 5 & 6

Food For Life Cancer Project 7-week class series begin. See page 10 for schedule details.

Thursday, January 7

New Food For Life Diabetes 7-week class series begins. See article and schedule on page 4.

Friday, January 22

Deadline for articles and information to be included in the February AVS newsletter. Call Elaine at 746-4668, or email elaine@alaskaveg.org

Saturday, January 30

AVS potluck dinner, 6:00 - 8:30pm at the United Protetant (Presbyterian) Church in Palmer. There will be information, an educational program and opportunities to meet new people. Call 373-1526 for information.



Mission Statement:

To create a compassionate and sustainable world by inspiring and supporting reverence for all life and the adoption of a plant-based diet.

5010 Lakeside Drive
Wasilla, AK 99654

907-373-1526
www.AlaskaVeg.org

Recipe of the Month Blueberry Pie

(from the kitchen of Elaine Albertson)

9-inch Oat-Nut Pie Crust:

- | | |
|---------------------------|---------------------|
| 1/2 cup almonds | 1 cup oats, ground |
| 1/2 cup walnuts or pecans | Pinch of sea salt |
| 1/2 cup ww pastry flour | 3 Tbsp. maple syrup |
| 2 Tbsp. vegetable oil | 1 Tbsp. vanilla |

Preheat oven to 350°F. Bake nuts on separate baking sheets until they are toasted, about 8 min. for pecans or walnuts, 10 min. for almonds. Do not over cook, as they will taste burnt. Remove from oven and cool. Raise oven temperature to 375°F.

Grind baked nuts into a course meal. Mix together nuts and dry ingredients. In small bowl, whisk liquid ingredients. Add to dry ingredients and mix well. Chill in refrigerator for 10 min.

With cool, wet hands, press crust mixture into oiled 9-inch pie pan. Also mound and press onto lip of pan. (It will hold more filling that way!) Bake for 10 to 15 min., until golden brown. Cool before adding filling.

Blueberry Filling:

Spread 4 to 5 cups blueberries in baked 9-inch pie crust, distributing them evenly.

In blender, blend until smooth:

- | | |
|----------------------------------------------------|--------------------|
| 1 Tbsp. lemon juice | 2 small bananas |
| 1/4 to 1/3 cup blueberries | 8 lg. strawberries |
| 1/3 to 1/2 cup date pieces (the more, the sweeter) | |

Pour fruit mixture evenly over blueberries in pie crust. Chill in refrigerator for at least 2 hours. Delicious served plain or with whipped topping.

The Alaska Vegetarian Society is non-profit and under the umbrella of Rays of Hope, a 501(c)(3) organization. To join AVS, contact Peggy Robinson at 373-1901, or send an email to peggy@alaskaveg.org.