

V Alaska Vegetarian Society Newsletter

August 2011

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[How We Became Vegan](#) June Linnea Cordasci's Story

If someone had told me a little over three years ago that my husband, Paul, and I would become vegans, I wouldn't have believed them. First of all, we didn't even know what a vegan was. We'd heard of vegetarians and I had even tried it for about a year--but a vegan? Yet as we all know, life can throw us a curve that can send us down an entirely different path. Our new journey started by my being diagnosed with breast cancer on March 28 of 2008.



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[Escaping The Mythological Monster](#)

**A
Deeper
Look**
by Delisa Renideo

When I was 25, I had a friend in her early 30's. She warned me, "When you hit 30, you start falling apart."

I'm not sure how I made it past 30 without falling apart, but, as I've gotten older, I've heard this same dire message repeated, with greater emphasis, as each decade is reached. Somehow, I've managed to escape the mythological monster...

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[Nutrition Nuggets: Important: Take Your B-12!](#) by Delisa Renideo



According to research, well over half of vegans are deficient in Vitamin B-12! If you are not supplementing, you are probably deficient.

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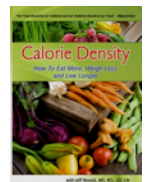
[News & Events](#)



Miracle-Making in Sacramento Something truly amazing happened in Sacramento, California this spring.



AVS Film Night: **CALORIE DENSITY: How to Eat More, Weigh Less, and Live Longer** Presented by Jeff Novick



New Benefits of AVS Membership

[Click here to read more](#)

[New Food for Life Nutrition & Cooking Classes and Bread Baking Class](#)

New classes starting in August & September

[Click here for more information](#)

Recipe of the Month: [Fresh Spring Rolls](#)



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