



Tackling Hunger with the help of Las Vegas Raiders player, Alec Ingold

Alec Ingold, Fullback for the Las Vegas Raiders, may have only lived in Vegas for two years, but it already feels like home.

"It's definitely turning into a small town quick, so that's been fun," he says. And one of the things he loves best is the town's kindness and generosity. When he kept seeing news stories for Three Square Food Bank, he was eager to get on board and help tackle hunger.

"I grew up in Wisconsin, with a bunch of farmers. You're in a desert in Las Vegas and food insecurity is a real problem. It's been a blessing to be in a new

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together
HUNGER HITS HARD EDITION



Tackling Hunger

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community and see where to lend a hand."

Alec, who was recently nominated by the Raiders for the 2021 Walter Payton Man of the Year Award, has been helping his neighbors since the pandemic began. He hosted a friendly fundraising competition with three of his teammates that provided more than 31,000 meals through Three Square!

"We're all new to the area — and a global pandemic — and we were brainstorming how we could help. There's a lot of great people on our team. That's kind of how we are all wired ... our first response is to help."

"It definitely started with my family back home and the way they raised me," he continues. "Being adopted opened my eyes to the way that people can impact you, whether you're related or not. My family definitely taught me about lending a helping hand."

On and off the field, Alec is an incredible young man. His heart for others shines through in everything he does, and he hopes that he can use his platform to encourage others to do the same.

"You never know what someone's going through ... your next-door neighbor could not have enough to eat. To be able to help a family put healthy food on the table — that they can go home to and look forward to — Three Square does that for families everywhere."



Deryk Engelland, former Golden Knights hockey player, has one goal:

Beat Hunger!

Deryk Engelland, a former Las Vegas Golden Knight, was nominated in 2018 for the King Clancy Memorial Trophy for exemplifying leadership qualities and giving back to his community, *and* he later won the Mark Messier NHL Leadership Award.

All of us fell in love with Deryk after his incredible speech delivered at the Knights' first game after the devastating tragedy of October 1, 2017. But though he's no longer on the ice, he's still a valued part of the Golden Knights team. He serves as Special Assistant to the Owner, working with organizations like Three Square, saying:

"Vegas has been my home for a while ... and will be for a long time. So to see the statistics on how many people need food from Three Square is mindboggling. It's something that people shouldn't have to worry about nowadays, but they do."

"The pandemic definitely made more people more aware now of how many people need help. Vegas is such a great city for charitable donations, and I hope it's going to have a lasting effect with more people doing more things."

"When you're at the NHL level, you want to give back any way you can because that's the community that supports you. Being a professional athlete, we're very fortunate and want to give back as much as possible. To be able to give to people in need is always very humbling."

"Thank you for your time and your generosity ... it's going to a great cause. We can keep fighting hunger together!"



LPGA Golfer Danielle Kang is Chipping Away Hunger ... *One Stroke at a Time!*

Danielle Kang is an American professional golfer, Tokyo 2020 Olympian, and is currently playing on the LPGA Tour. In 2010 and 2011, she won the U.S. Women's Amateur. Then in 2017, she won the KPMG Women's PGA Championship, an LPGA major! At the same time, when she's not on the greens, she has one passion she loves to pursue ...

"A lot of people ask what my hobby is, and actually it's just doing volunteer work," she says. "Ever since I was a kid, my dad and mom always told me to be thankful for everything we have — that it's not a given. When I moved to Las Vegas in 2014 and looked up places that I could volunteer, Three Square was on the list. The rest is history!"

Danielle eagerly volunteered at our facility as her schedule would allow, but had to find new ways to help when the pandemic brought new social restrictions. She served at some of our drive-thru distributions, sharing, *"You don't realize how many people are actually in need until you see the cars lined up."*

She also created a wildly successful Twitter contest, #ChallengeEachOther, challenging friends and followers to film a tricky golf maneuver and pledging to donate to Three Square for each person who successfully completed it. Her campaign provided 8,400 meals!

"I encourage everybody to help. It doesn't have to be money ... it could be time. Think about how many people you can reach on social media. I'm very grateful and thankful for people doing their part no matter how small or how great. Everybody can make a difference."



Former UFC Fighter, Forrest Griffin, is *Knocking Out Hunger!*

Forrest Griffin, former UFC Light Heavyweight Champion and now Three Square Board Member, first came to Las Vegas in the early 2000s. Here he met his wife, had his daughter, and became a hardcore Three Square supporter.


"Growing up, it was just me and my mom. We got food assistance and I volunteered at a local food bank in Augusta, GA. So when my wife and I found Three Square, I thought they were such a cool organization."

Forrest has been a long-time friend of Three Square, serving as a volunteer and participating in special events; he is always ready to jump in! His favorite was, *"Years ago, the UFC did a truck pull with two gigantic semi-trailers. My team won ... that was my most fun Three Square charity event."*

The former UFC Light Heavyweight Champion is now the Vice President of Athlete Development at UFC, which means he is directly working with athletes on nutrition. He also serves on the Board of Directors here at Three Square. He is a big champion for awareness on hunger in our community!

"They decided they wanted me and I was definitely not going to tell them no," he says, laughing. "I get to observe and learn, and when the time is right, I can step up and help."

"If people get food, maybe they can afford their rent, or get their car fixed so they can get to work. It has the power to be lifechanging. It's the first fundamental step to someone getting out of poverty and changing their lives."

A photograph of Ricardo Laguna, a BMX rider, performing a handstand on his bike. He is wearing a grey long-sleeved shirt, dark pants, and a helmet. The background is a blurred outdoor setting with palm trees and a sunset sky.

Ricardo Laguna is *Flipping Out* to Help Fight Hunger

Ricardo Laguna, champion BMX rider, remembers the first time he volunteered at Three Square, years ago ...

"I didn't expect it to be so big," he says. "I was like 'WOW, they are helping so many people!' I committed to do whatever I could, because everybody has to eat and it's mind-blowing that people and kids don't have food."

Ricardo and his family came to Las Vegas from Mexico when he was a kid. And though his parents struggled early on, their family never went hungry.

"I might have had the junkiest bike as a kid," he says with a laugh, "but my belly was always full. My parents always say that we have to take care of ourselves, and one thing they did was make sure we had food."

As an athlete and role model to a lot of young kids, he hopes they will learn the importance of eating healthy to fuel their bodies. And he's thankful for Three Square and the support of generous friends who help feed local families.

"As long as I can make just one impression, whether it's a random kid riding bikes or a hero I look up to, that's good enough for me. I'm a diehard fan of Three Square. Let's team up and help make this world that much better ... one person at a time!"

Food for Thought

Brian Burton,
President and CEO

I hope you enjoyed reading this "Hunger Hits Hard" edition of our newsletter as much as we enjoyed creating it! It was an honor and a pleasure to talk with these incredible athletes, and to share their passion and stories about why they are helping to fight hunger.

Every single person featured on these pages is a talented athlete who is respected by their peers and admired by fans. But what's even greater than their talent is their enormous heart for others!

Each of them illustrates the impact we can make when we join together in a spirit of generosity and compassion to lend a helping hand. And though they may have more social media followers and famous friends than you and I do, they are still Las Vegans who care about this town and want to see that everyone gets nutritious food to survive and thrive.

As we move closer to the holiday season, I hope these pages inspire you to keep fighting hunger. It will soon be our busiest time of year — providing additional requests for help and special holiday meals.

Food ... the Perfect Gift is our motto during the holidays. So as you're considering which of your favorite nonprofit organizations to support, I hope you will keep us in mind. Since every \$1 you give will provide 3 meals, your gift will go far to help make the holidays merry and bright for your neighbors in Southern Nevada.



On behalf of the amazing athletes featured here, our hardworking staff and volunteers, and the people we serve, please accept my deepest thank you for your incredible generosity. Together, we can feed everyone!

Brian Burton