

THE ANTI-HUNGER

April 2004

ADVOCATE

Brought to you by the Anti-Hunger Action Committee of Crossroads Urban Center

347 South 400 East, Salt Lake City 1-888-747-8482 or 364-7765

The Anti-Hunger Action Committee (AHAC) organizes low-income individuals and their allies to take action on their own behalf to improve the social safety net and promote better jobs.

Have you been told you can't receive food stamps for more than 3 months because you do not have children?

That may not be true. According to Rule 304-3 of the Utah Food Stamp Manual many people are exempt from this rule. Exemptions include:

- 1) Limited work history,
- 2) Age 45 or older,
- 3) Obvious functional limitations,
- 4) Current substance abuse or domestic violence issues, and,
- 5) Limited language skills.

If you are eligible for one of these exemptions either call your worker at DWS or call Bill Tibbitts at 364-7765 for more information.



On March 2 members of AHAC helped to set up the town of Martyville, named after the Speaker of the Utah House of Representatives, Marty Stephens. Martyville is a town built for the over 61,000 people in Utah who rely on Medicaid to get a new pair of glasses or to go to the dentist. Says AHAC Co-chair, Darla Ball, "We had fun and we made our point."



Help AHAC make a 12 month plan to restore vision and dental benefits to Medicaid.

Come to our planning meeting on Monday, April 5 at 5 PM at Crossroads Urban Center.

For more information contact Bill Tibbitts at 364-7765

AHAC elects new Board of Directors and Officers

At the March AHAC Potluck Social members brought a variety of wonderful foods, socialized, and watched a video. We also elected our first Board of Directors and new officers for the coming year.

The Board of Directors will be responsible for making sure that AHAC follows its mission statement, determining which issues AHAC will work on, and many other things. 14 members were elected to serve on the Board.

We also elected the following people to serve as officers for AHAC's Board:

Darla Ball: Co-chair
Joeseph Coult: Co-chair
Elizabeth Vincent: Secretary
Don Reifsnider: Treasurer

3 Numbers to Remember:

1. Crossroads Urban Center: 364-7765
2. 211 / Information and Referral: at 211 or 978-3333
3. Department of Workforce Services Customer Relations: 526-4390



A Message from AHAC Co-chair Darla Ball:

My name is Darla Ball. I am one of the co-chairs of AHAC("Anti-Hunger Action Committee"). I have learned a lot working with AHAC. This year we went to the Capitol every Tuesday for 6 weeks to give Representative Marty Stephens a cake and to ask him to restore vision and dental benefits to Medicaid. He gave us \$1 million but how is that going to help people on Medicaid when it takes \$4.1 million to restore these benefits?

With your help I know we will win this fight. We need to show them that we care and mean business. The more of us there are the more they are going to listen to us. If you get involved you won't be sorry. If you don't want to talk face to face with legislators you can call or write to them. For more information about how you can get involved call Bill Tibbitts at 364-7765.

One thing you can do right away is come to our planning meeting for the next year on April 5. I hope to see you there.



The Salt Lake City Council should vote on a law promoting living wages this summer. AHAC members will be there.

MY LIFE STORY

by *Douglas Cotant*

My name is Douglas Lister Cotant. I was born in Poughkeepsie, Dutchess County, New York on December 3, 1947 and was raised in the town of Lloyd, in the hamlet of Highland. I was born with a birth defect called Cranial Meningocele, which is defined as a growth of excessive spinal fluid at the base of the skull, which required very serious spinal surgery that is known as neurosurgery. The operation took place in New York City and I was hospitalized from the time I was born until May or June of 1948.

My parents and grandparents worked with me to help me move my appendages (arms and legs) in a normal fashion but to this day I have a slight nervous condition, in that when I try to move the fingers of one hand the fingers of my other hand just don't want to stay still.

Well, so much for that. Now lets talk about my school life. I attended schools in Highland, Ulster County, New York. I started in Highland School District with three private tutors because my parents felt when I was six years old I was not physically strong enough to handle regular school so I went to the homes of these tutors until I turned eight years old and then my parents sent me to regular school. My first grade teacher was Miss Simone, and we got along very well because she was a personal friend of my mother. I went to school in Highland until I reached the seventh grade and we learned that, because my father was being transferred from his business, we had to move or relocate and we did this on



March 7, 1963 when we moved from Highland to Catskill, Greene County, New York. The very first day that I started school at Catskill Jr./Sr. High School a girl that I had just met called me a Zombie. She continued this all the way through high school life, and it did not make me feel very good.

The definition of a Zombie is, I believe, a half dead Russian corpse. After this lady started calling me this name I ran home crying to my mother and she told me to go and tell that girl that, "Sticks and stones may break my bones but words can never hurt me." Well, I told her that but she continued to call me that name all through my high school (Yes, she was in every one of my classes, including Home Room, and I could sense that she did not like me.)

My favorite teacher in high school was Mr. Capbianco, who taught world history, and my favorite subject was the Protestant Reformation. Another favorite teacher was Miss Norine Boudini, who was my teacher for Introduction to Business, and she married a Mr. Vancans and I was upset that she was going to leave the teaching profession.

I graduated from high school on June 24, 1968 and after I

graduated we moved back to Highland and lived there until I decided to be off on my own. I moved to an apartment house on my own in Poughkeepsie that I shared with other fellows and after a short while I moved here to Salt Lake City, Utah, much to the objections of my father and my mother. I moved to Utah on August 5, 1975 and, upon my arrival, worked at the Deseret Industries in Murray, Utah. After a few months I started a training program in Janitorial at the Columbus Community Center that was located at 2500 South and 500 East and has since moved to a different location.

I became employed at Sornenson Research on March 7, 1977, and worked there until I had to retire due to my disability on March of 1987, upon which I stayed home to take care of my wife, Mary Della Ruttan, who subsequently died on March 31, 1995.

And now, in closing, I will talk about my reason for joining AHAC. I guess I joined because I am concerned about the needs of the disabled population and my desire to help them "Get a fair shake in life."



Remember when

by Joe Coult

I remember when life was grand.
I remember when I had nowhere to sleep.
I remember my fading hopes of finding work.
I remember how many nights I had nothing to eat.
I remember the cycles of what I had and had not.
I remember one day I went to Crossroads
and there they greeted me with open arms.
I remember with dignity in my heart
I walked away with my head up high
and hopes risen.

It's your money!

If you receive food stamps and have an employment plan you may be eligible to receive \$25 each month from DWS to cover your bus fare or gasoline expenses.

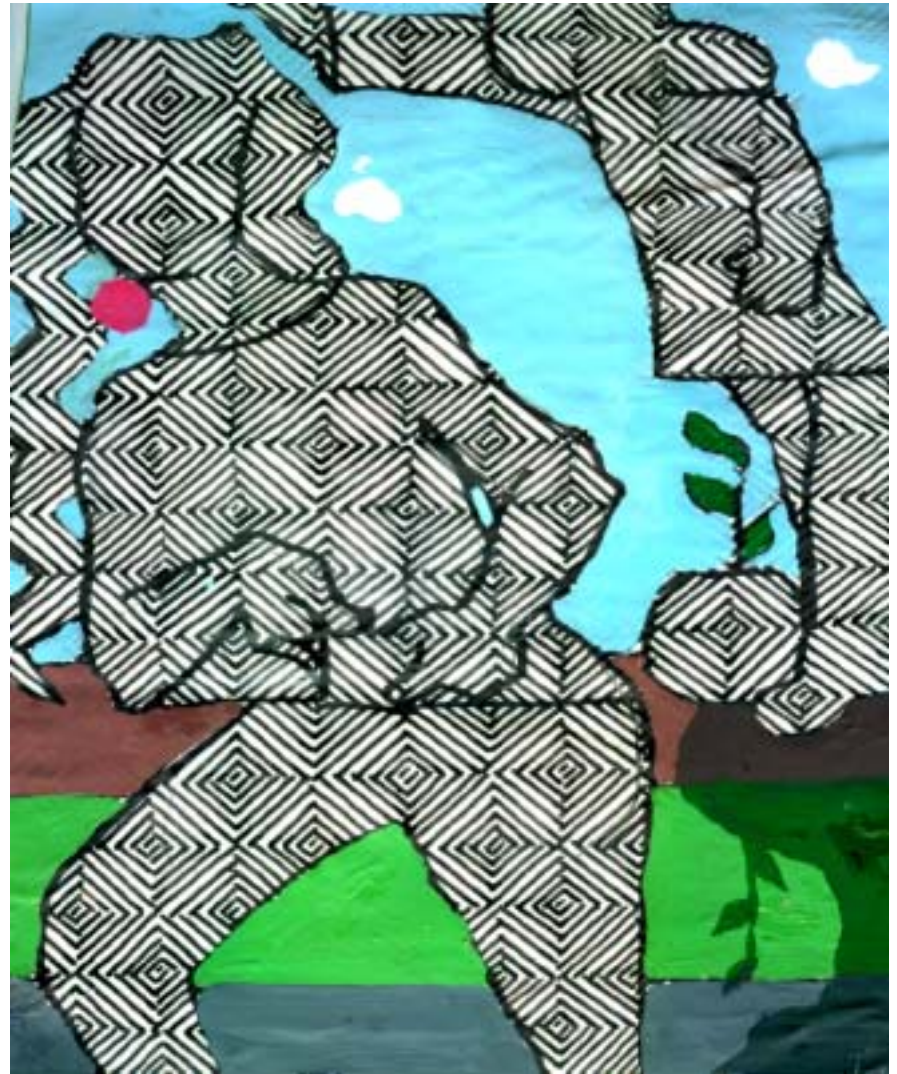
Ask your employment counselor about getting your money today.

Jim's Tater Tot Casserole

1. In an ungreased baking dish add one layer of your favorite brand of tater tots.
2. Next add your choice of ground meat seasoned to your taste.
3. Add your choice of frozen vegetables.
4. Then add one large can of your choice of creamed soup: mushroom, celery or chicken.
5. Last but not least, the top layer is cheese. Lots and lots of grated cheese.
6. Bake at 425 degrees for 45 minutes to an hour.

Cut into servings eat and enjoy.

Submitted by James Phillips



Painting by Mary Torgerson:

Mary enjoys the challenges of making art and also enjoys receiving comments on her artwork, "All my life I have wanted to be an artist," says Mary. "I usually start a painting with a profile and then when I start putting in the lines it gets easier."



Mary Torgerson