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# Anti-Hunger Advocate

brought to you by the Anti-Hunger Action Committee

May 2009

## Help bring healthcare to poor

The Anti-Hunger Action Committee is undertaking a new campaign for healthcare. Currently, the Medicaid program provides health insurance for certain populations of low-income people: children, pregnant women, some parents with dependent children, people with disabilities, and seniors.

While this is very helpful for those populations, it leaves out too many people. What about people who are below the poverty level, but their children have all reached adulthood? What if

there are people too old for C.H.I.P. (Children's Health Insurance Program) and too young for Medicare? What if they don't have a disability, but they

AHAC wants to change that.

We plan to connect with faith groups, leaders, neighbors, friends, and anyone interested in helping low-

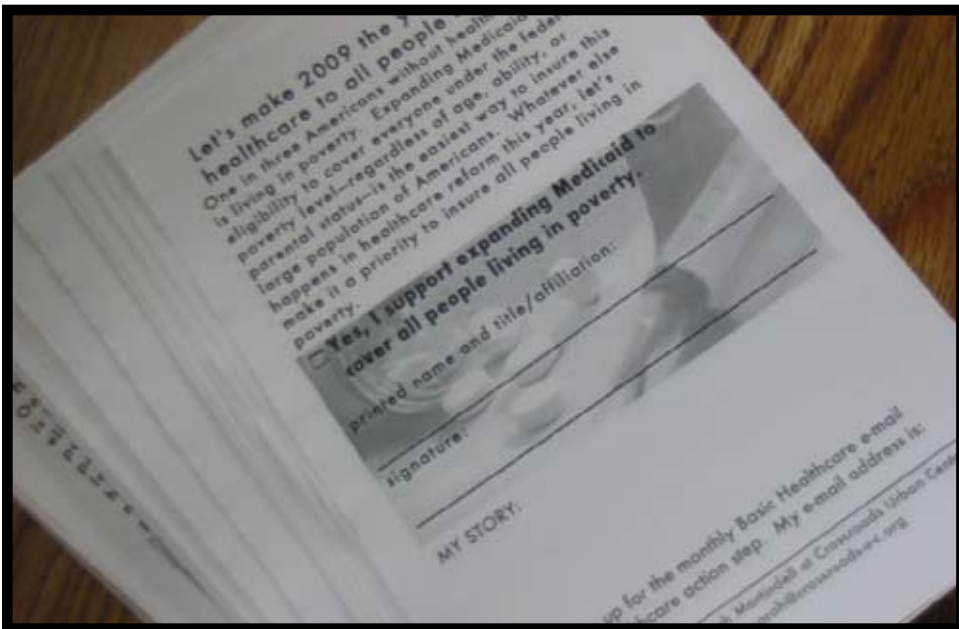
income people receive healthcare. We have drafted a statement of support for people to sign (see insert).

Would you like to see Medicaid cover all Americans under the federal poverty level?

Contact us to help collect signed statements of support. Call Sarah at 801-364-7765, ext. 130, or e-mail [sarah@crossroads-u-c.org](mailto:sarah@crossroads-u-c.org)

**One in three Americans without health insurance is living in poverty. Expanding Medicaid eligibility to cover everyone under the federal poverty level—regardless of age, ability, or parental status—is the easiest way to insure this large population of Americans. Whatever else happens in healthcare reform this year, let's make it a priority to insure all Americans living in poverty.**

are completely penniless? Or what if they simply make \$10,900 a year? Medicaid, in Utah, doesn't cover them.



**You can help!**  
**To sign a statement of support yourself, or to help collect statements of support from others, call Sarah at:**  
**(801) 364-7765, ext. 130**  
**or e-mail:**  
**[sarah@crossroads-u-c.org](mailto:sarah@crossroads-u-c.org)**



# Congratulations!

Lydia Herrera (LEFT) won our contest to see who could collect the most signed postcards to Senator Orrin Hatch. The postcards asked for Senator Hatch's support on healthcare reform legislation. Lydia took the cards to the Hildegard food pantry, where she serves tirelessly. She encouraged the volunteers and clients to sign the postcards, and as a result, she won our contest. Her prize is a free "Basic healthcare is not a luxury" T-shirt. Congratulations, Lydia, and thanks for all your hard work with AHAC advocacy!

## Interview with Nathan Cram

*What made you decide to become a VISTA volunteer (Volunteers In Service To America)?*

My first information was the posting for the co-op position. [The co-op is Crossroads Urban Center's food project where people can buy food at low prices. It encourages community involvement and volunteering. The more people who participate, the less expensive the food is. For more info. on the co-op call 801-746-7878.] It sounded really exciting, 'cause it's such a big variety of jobs. You get to do some physical labor, you get to do office work...but you also hopefully get to do creative things, thinking of ways to promote the program, and go out and meet people, and go to the farmer's markets.

*If you had an entire day of free time, what would you do?*

I would like to come to [the fppd pantry at] Crossroads Urban Center and volunteer--do direct service, hands-on stuff.

I might take my bike and go down

the Jordan River, and go find a nice place to hang out. I would use an inflatable kayak on the river.

When I was little we had an irrigation ditch right in front of our house in Kanab, and it had all these cottonwoods and willow trees. We would always play there—we called it

the east. You can go to the Serengeti and see all the animals. Tanzania. Zanzibar, the spice island, off the coast. Or go back to Peru and get to Machu Picchu.

*What are your hobbies?*

Playing the guitar. I play bass, play drums. I was trying to learn the mandolin. Biking, hiking, camping, anything that's outdoors and doesn't involve a motor. Rappelling, canyoning.

*What are you looking forward to about working with AHAC and being on the board?*

I want to get as involved as I can in these activities you guys do. My favorite thing is protests and rallies. I want to be able to help out on these causes.

*What is your vision for the world?*

Elimination of poverty, that would probably be number one. Getting into a more sustainable economy, [one that] doesn't depend on putting out carbon dioxide, which will cause major problems if we don't do anything about it. More sustainable forms of energy and transportation.



“the jungle.”

*Where would you like to travel someday?*

I would always go back to India. I want to go to East Africa. I spent a lot of time in West Africa when I was like 22, but I never made it to



Jason Weeks (FAR LEFT) and Alice Griffin (NEAR LEFT) tied for second place in the postcard collection contest (see top of p. 2). Along with first-place winner Lydia Herrera, they will receive a free “Basic healthcare is not a luxury” T-shirt as a gesture of gratitude for their advocacy efforts. Thank you, Jason and Alice!

# Interview with Patty Critchley

*What do you like about your job?*

You come to the Crossroads/co-op environment, and these people respect you—there’s nothing wrong with being poor. They truly want to help. They’re not in it for the money/prestige. Our volunteers are doing it for nothing. They do it because they care about their fellow humans. Just to be around that is...wow. I couldn’t say enough about my coworkers and bosses.

*If you had an entire day of free time, where you could do anything you want, what would you do?*

I’d just probably relax. I’d take a hotel room with a spa. I’d spend the night there by myself--no phone--getting the mask and mud bath.

*Where would you like to travel someday?*

Europe. Greece. Paris. I’d want to be a full-fledged tourist, see the history, visit all the ruins. See the Louvre, the Notre Dame, the Eiffel tower...taste wine, a real éclair....

*What are you looking forward to about working with AHAC and being on the board?*

For the first time in my life I’ve been transitioned into being part of the advocacy. I love politics and government. There are so many things that are so logical, that people try to make so illogical. The thing I like best is giving people all the information. They’ll make the right

*What is your vision for the world?*

Basically, I think [humankind] is good. We’re good. The only time that negativity happens is with knee-jerk fear. If people would realize the truth...then the fear dissipates. Fear is “False Evidence Appearing Real,” F-E-A-R. Once you realize the truth,

there’s no more fear. I would like the government—America—to stop trying to control or get through to people using fear. They want you to be afraid of cancer, afraid of fat, afraid of taxes...but do you have to use the fear card?

*Any final thoughts on hunger, seeing as we are the anti-hunger action committee?*

It’s food. Humans need to eat. There’s plenty of food to feed [all people]—if we organized, there’s plenty. But people try to

gain power by controlling food, and that’s wrong. Leave food out of it. Let the kids eat. You can play powerball with your gold or your money or your property. Leave the food alone. It’s food.



decision. People will say, “They just want hand-outs.” No they don’t. If they knew better, they’d do better. There’s such a division right now between the rich and the poor, and how they spin things.

# AHAC arts & writing highlights



**Lou Anne Stevenson is a co-chair of the AHAC board and enjoys writing poems (like the two at right) in her spare time.**

Interested in submitting your own...

- artwork
- poetry
- short story
- memory/reflection
- puzzle/wordsearch/jumble
- cartoon
- joke

to the AHAC newsletter?  
Contact Sarah at (801) 364-7765, ext. 130, or sarah@crossroads-u-c.org

## “Light Rail”

Wheels of steel, track grates against  
wheel,  
As steel meets steel while we turn.  
Speed slowly rising, we’re moving  
right along,  
Gliding and swaying, so hang on.

The motors softly whine  
As smooth as a poet’s line.  
While tracks zing from the train  
powered through the catenary line.

Steady is the roar of train wheels  
Underneath my feet  
As we move on down the North  
side,  
Towards downtown Salt Lake’s Main  
Street.

Stop announcements come over the  
air  
We stop at our stations,  
Doors open and beep.  
While people hurriedly get on and  
off,  
In one big bustling sweep.

I like the train for its sights and

sounds

and because you can read or sleep.  
But most of all I am glad it’s on time  
because we’ve appointments and  
schedules to keep.

\* \* \*

## “Don’t Pass Gas on TRAX”

Someone on TRAX had passed some  
gas,  
and the HVAC pulled it through the  
air quite fast.

“P-U!” I thought as I looked around,  
could the guilty party be easily  
found?

Would a sheepish grin or look cross  
their face,

for such a foul smell  
in such a small space.

I don’t want any more gas coming  
down my way,  
so I hope that they won’t be long to  
stay,

because everyone there  
has to breathe the same air,  
so we need to be considerate  
and expel our gas elsewhere.

\* \* \*



## FROM LEFT:

**Margo Westley, Laine Gardinier, and Patty Critchley listen with rapt attention to a healthcare discussion during the annual AHAC retreat, April 21. Everyone is welcome to attend AHAC meetings, every third Tuesday of the month, from 5-7 p.m. in the lobby of**

**Crossroads Urban Center  
347 South 400 East  
Salt Lake City, UT 84111**

**Join us for a free dinner on May 19 at our next meeting!**