

the ANTI-HUNGER ADVOCATE

Brought to you by the Anti-Hunger Action Committee

September 2008

POVERTY, ELECTIONS AND DENTISTS

by Lou Anne Stevenson,
AHAC Board Co-Chair



We've been busy this summer getting ready for the upcoming elections this fall. July was our annual Utah Poverty Partnership barbecue where everyone who came had the opportunity to talk to candidates running in this year's elections. Since then, we've been signing people up to vote (just another friendly reminder to register to vote if you haven't already-- and to get out and vote this November).

Our annual poverty summit is coming up this month. It will be held at the Horizonte School on September 6. Registration begins at 8:30 AM. Interested people can contact Bill Tibbitts at 364-7765 ex 131.

A new area of concern for AHAC is addressing is the issue of losing dentists who will accept Medicaid patients or who will continue accepting the Medicaid plan. There was an article about this in the Salt Lake Tribune on August 5th. Bill posted the article on the AHAC blog, for those of you who want to know more about this issue. If we lose our dentists then we will lose our benefits so we need to fight to keep them both. We'll keep everyone posted on how you can get involved with this issue.



We are accepting orders for the final batch of "Basic healthcare is not a luxury" t-shirts this month. To order a shirt you need to fill out an order form and pay \$8. For more information contact Sarah Martindell at 364-7765.

You are invited to the Fifth Annual

PEOPLE'S SUMMIT ON POVERTY

SEPTEMBER 6, 2008
9:00 A.M. TO 1:00 PM
HORIZONTE SCHOOL
1234 SOUTH MAIN

Help make issues of hunger
and poverty matter in this
year's elections!

Free. Everyone is welcome.

Lunch provided.

For more information call 364-7765.

The Anti-Hunger Advocate is a monthly
newsletter of the Anti-Hunger Action
Committee.

Our Mission: *The Anti-Hunger Action Committee is a membership organization for food pantry clients and their friends that organizes low income people to take action on poverty issues, educates low income people about available resources and provides opportunities to become more involved in the community.*

Submissions: To submit something to the newsletter, contact us at:
bill@crossroads-u-c.org or 364-7765.

**Help AHAC save postage money
and paper! Subscribe to receive
the Advocate via email!**

In Quest for the Fountain of Youth

by Rudy Roca

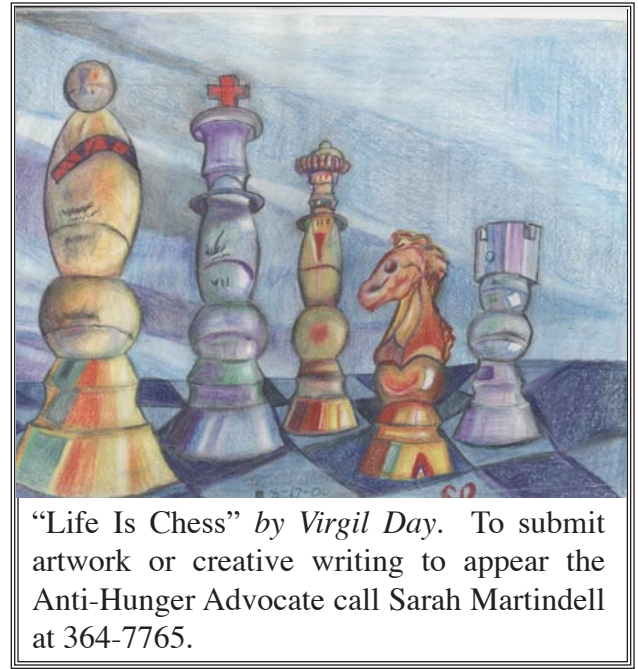
When I was in grade school in the Philippines we had a lesson about the story of the fountain of youth-- where Ponce de Leon was searching for that marvelous fountain. I was barely ten years old and was asking myself why in the world Ponce de Leon wanted to take a bath in that fountain or to be young again.

Now as I grow old I start to realize that the fountain of youth is right in our midst. One of the factors in getting young is your attitude toward life-- your concern and love of people. My previous job in community development was the best experience that was given me in dealing with people. It taught me to be service-oriented and people-oriented.

Another factor is the plant therapy-- plants are the best therapy. Every day I spend some time looking at my plants and they give me the best feeling and satisfaction.

The third factor that prevents aging is the intake of the right foods. Filipinos are fish eating people and fish is healthy food, especially the brain in the head-- which gives nourishment to the brain. This helps prevent dementia, which later on develops into deadly Alzheimers disease. And no smoking and hard drinks.

Walking everyday for 15 minutes is a good exercise, and playing with the young, like Oliver. Living a clean life is the secret of staying young and the good source of the fountain of youth. These to me are the fountain of youth in the modern age.



“Life Is Chess” by Virgil Day. To submit artwork or creative writing to appear the Anti-Hunger Advocate call Sarah Martindell at 364-7765.

WE CAN USE YOUR HELP! *Volunteer opportunities for September*

1. Help with registration or clean up at the poverty summit on September 6th.
2. Bring some food or help set up for the monthly meeting on September 16th.
3. Write an article or submit artwork to the newsletter for next month.
4. Help register people to vote at community events or a food pantry.
5. Help set up for our candidate forum on September 23rd .

To volunteer, or to get more information, call Bill Tibbitts at 364-7765 ex 131.

COME TO AHAC’S HOUSE DISTRICT 24 CANDIDATE FORUM AND MEET THE CANDIDATES TO REPRESENT DOWNTOWN SALT LAKE CITY IN THE UTAH HOUSE OF REPRESENTATIVES!

TUESDAY, SEPTEMBER 23, AT 5:30 PM AT CROSSROADS URBAN CENTER.

AHAC Member Profile: Margo Westley

Margo Westley is a fighter. As secretary of the A.H.A.C. board, she works for basic human rights, lobbying passionately about dental care, adequate housing, disabled rights, and more. “The thing that got me involved,” she says, “was [the fact that] one in six [people] will end up in a wheelchair in their life.”

That scary statistic hits home with her. She recalls, “I rolled a truck off a cliff and had two young boys.... I just found myself in trouble with no real back-up.—crying in a welfare office just thinking, ‘God, I shouldn’t be here.’ [So] I got involved in housing issues and social change—helping people in disadvantaged situations ‘cause you never know what will happen to you... one wrong left turn and someone runs into you, and your whole life changes.”

Margo has participated in some quirky work with various advocacy organizations. When she was in Justice, Economic Dignity, and Independence for Women (J.E.D.I.), she says, “We did a lot of guerilla theatre with J.E.D.I.—that was fun.” (Guerilla theatre is a form of protesting that involves performing a drama sketch.) They also set up a bunch of tents on the Capitol lawn for a housing demonstration. But Margo laments, “We can’t do as much as we used to do. They don’t tolerate much anymore.”

Margo admits, “In some ways you get frustrated and you have to start all over again.” When that happens, she uses the popular toy Legos as her model. “I always gave my kids Legos for Christmas,” she remembers. She told her kids that “Legos are like life. You always have to keep rebuilding. And hopefully you got the strength to do it.”

What does Margo have the strength for next? “I’d like to see our technology improve so we’re not dependent on foreign oil,” she says. “I don’t care if gas goes up to \$10 a gallon; I wish it



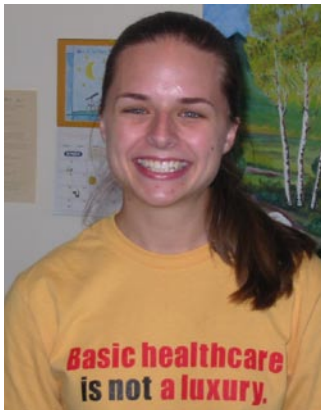
would so maybe we’d do alternative methods, and research other ways to be productive. We could do it—[we’ve just] gotten too whiny.”

She has other suggestions for helping the environment. “I think we should dig up our front lawns and plant gardens and use the water wisely,” she says. “Our water is so precious and I see all these green lawns [wasting it].”

Whose job is it to implement these changes in society? According to Margo, “It’s not the leaders; it’s the people. It’s the mass of humanity that has to step up, not just our government. It’s the people who have to recycle, reduce, reuse. I say everybody [should] get out and vote but be an informed voter.”

For her own part, Margo says, “I compost. I have a really nice garden.” She even digs through people’s garbage to remove items that can be recycled!

Aside from that pastime, Margo enjoys reading and hiking, and is employed as a hospice nurse. When her time on earth is up, Margo hopes she will be remembered for her work with social justice. She hopes people will say about her: “She worked for the community and tried to help others... to lighten the load a little bit.”



In mid-August Sarah Martindell came to Utah through the US-2 mission program of the United Methodist Church to serve at Crossroads Urban Center. Crossroads has decided to devote part of her time to working with AHAC members.

Welcome to Utah, Sarah!

Douglas Cotant's *Joke of the Month!*

When a piano falls down a Mine shaft; what do you call it?

A-FLAT-MINOR!



The Anti-Hunger Action Committee's
September Meeting

Tuesday, September 16, 5 PM
Crossroads Urban Center
347 South 400 East

Meet AHAC members

Learn about volunteer opportunities

Take the Healthcare Action Step of the Month

For more information contact Bill Tibbitts
at 364-7765 ex 131 or:

bill@crossroads-u-c.org

HEALTHCARE ACTION STEP FOR SEPTEMBER 2008

**ASK THE PRESIDENT OF THE UTAH SENATE TO MAKE
HEALTHCARE AND HUMAN NEEDS A PRIORITY THIS YEAR**

The economy is slowing down this year and so the state of Utah is receiving less money from the sales tax and the income tax. This means that our state legislators are going to be forced to decide whether to cut spending on roads and big construction projects or on providing basic healthcare and other necessities for low income Utahns. Take two minutes to write to the President of the Utah Senate, John Valentine, and tell him that investing in healthcare for those who cannot afford it needs to be a top priority in this tight budget year.

Write Senate President Valentine:

Senator John Valentine
857 East 970 North
Orem, Utah 84097

Email Senate President Valentine: jvalentine@utahsenate.org