

the ANTI-HUNGER ADVOCATE

Brought to you by the Anti-Hunger Action Committee

May 2006

FINDING WAYS TO MAKE UTAH'S HEALTHCARE CRISIS VISIBLE: Come To AHAC's Community Night And Visit Our New Blog!

On April 11 AHAC hosted its first monthly Community Night. The people who came shared poems, sang songs and ate some pizza. The goal of AHAC's Community Nights is to help people find creative ways to make Utah's growing healthcare crisis more visible. Over 800,000 Utahns either do not have health insurance or would be unable to obtain healthcare without help from government programs like Medicaid. Unfortunately, when you look at someone on the street you cannot tell if they are able to afford basic healthcare. With some of our elected officials saying healthcare programs for low income people are too expensive, we need to find ways to make those 800,000 people more visible.

To do that we will be featuring poems, paintings, songs, photos and stories from some of the people who attend Community Nights in this newsletter each month. Even more of these stories, poems and artworks will appear on-line in AHAC's new blog: www.utahhealthstories.blogspot.com. If you have a story about what it is like to go without basic healthcare or how important Medicaid is to you please contact Bill Germundson at 364-7765 ex 130, or by email: billg@crossroads-u-c.org.

Our next Community Night is Tuesday, May 9, at 5 PM at Crossroads Urban Center. Come and get involved!

Time is running out, but it is not too late to get dental services restored to Medicaid

Don't give up. AHAC will be unveiling the dental time clock. The time clock will count down the days until dental services are eliminated from Medicaid. Join us for the dramatic unveiling. The clock will be unveiled on Friday May 5th, at 11:15 AM in front of the Little America Hotel (500 South Main Street). We will meet at 11:00 AM in front of the Hotel by the Little America sign and the small fountain.

If you have not called the Governor please contact him at 538-1000 and tell him to put the restoration of dental benefits on the agenda for a special agenda in June before 65,000 lose dental benefits.



Doug Cotant and Darla Ball with the yet-to-be-unveiled countdown clock to the end of dental benefits.

AHAC Haiku by Laine

Food tax hurts us all
Less food means being hungry
Our wallets are flat

Vision and dental
Medicaid cuts slice deeply
We say 'pleas'-restore

What feeds the great beast
Medicaid funding or pork?
Feast, hungry legislature

Minimum wage smokescreen
Can't pay rent buy food feed kids
Government entrapment

Healthcare Crisis Illustration by Karen Waudby



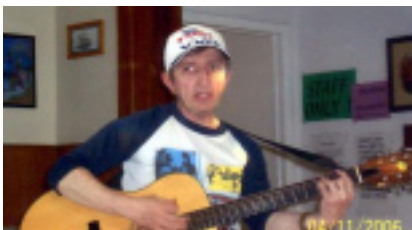
Hunger

Knows no plan
Only knows
Woman, child and
man.
Does not
Discriminate
Creed, color or
Race...
It knows no
Face.

J. Lee - 3-30-06

A joke from Tia

If April showers bring May flowers, what
do May flowers bring?
Answer: Pilgrims



People having a good time at AHAC's 1st
Community night.



Cubed, fried tofu, versatile and easy.

Here is a recipe.

You will need: Extra firm tofu
Canola oil, or better yet almond oil
Worcester sauce
Balsamic (malt) vinegar
Soy sauce
Extra virgin olive oil
Salad greens
Seeds, sesame, sunflower, pumpkin

Cube tofu into 1/2" to 3/4" cubes. Put into a colander in a large bowl of water about 10-15 minutes to soak and rinse. Rinse off and drain.

Heat enough canola oil to cover cubes and fry until browned. Drain fried cubes on paper or put in a paper sack.

Place soy sauce or other marinade in a bowl, slosh cubes around.

Use dark olive oil then malt vinegar for dressing

Add some seeds
Add cubes

Eat with corn chips or (?) - Yummy!!!

Cubed fried tofu can be used lots of ways - with spaghetti, on sticks with different marinades or sauces, in a stir fry, soups.

A factoid: A man named Diesel invented an internal combustion engine to run on soy oil. The diesel engine.

Dan Smith



Goodbye, Good Luck

After serving at Crossroads for two years Elizabeth Matthews will be moving on to attend Duke Divinity School.

Best Wishes, We All Will Miss You!!!



AHAC members get the word out about Medicaid at the Capitol



AHAC Member Profile

Darla Ball



Darla with Patches

Darla is one of the founding members of AHAC and has served as one of the Co-chairs of the group since the beginning. Darla is always willing to help out. Before joining AHAC she was a constant advocate on low income housing issues and led the fight for residents of the New Grand Hotel to keep their pets.

In addition to her responsibilities with AHAC she also serves on the board of the Disabled Rights Action Committee and helps sort food at the New Grand. Darla has won several awards for her work on the community including being named the advocate of the year by Crossroads Urban Center in 2005 and has been featured in several newspaper articles and T.V. news spots over the years.

Born and raised in Salt Lake City, she likes to do puzzles, crochet, and knit. Darla loves all animals and has two cats, Patches and Molly. Recently she got a hamster who she named Blackie and calls a "lovable little stinker".

Darla has been a leader on AHAC issues like Medicaid, low income transportation, food stamps, and raising the minimum wage. Helping others is at the heart of all she does. If you are worried about things like not having proper health care, rising transportation costs, low wages, or hunger Darla encourages you to join AHAC, help yourself and others and get involved!

Doug's Joke of the Month

by: Douglas Cotant



One time I was working at a local Pharmaceutical Company, and a lady told the Supervisor that she was going into the boxing area to make boxes; so I said, "Before you go into boxing; be sure to put on your boxing gloves."

The *Anti-Hunger Advocate* is a monthly newsletter of the Anti-Hunger Action Committee (AHAC).

Our Mission: The Anti-Hunger Action Committee is a membership organization composed of and led by food pantry clients and their friends.

- We unite many different kinds of people served by food pantries in order to increase community involvement of low income Utahns.
- We educate Salt Lake County residents about available resources and issues facing food pantry clients.
- We organize food pantry clients and their friends to take action on their own behalf.
- We promote solutions to problems that cause hunger and poverty in the lives of our members.

Our Supporters: AHAC receives funding from the Catholic Campaign for Human Development, the United Methodist Church's Domestic Hunger and Poverty Program, the Evangelical Lutheran Church in America Hunger Grant Program, the United Church of Christ Hunger Action Fund, MAZON: A Jewish Response to Hunger and the Crossroads Urban Center.

Submissions: To submit an item to the newsletter, please contact AHAC at Crossroads Urban Center, 364-7765.

Previous issues of the newsletter are available either at Crossroads, or on-line at: www.crossroads-u-c.org