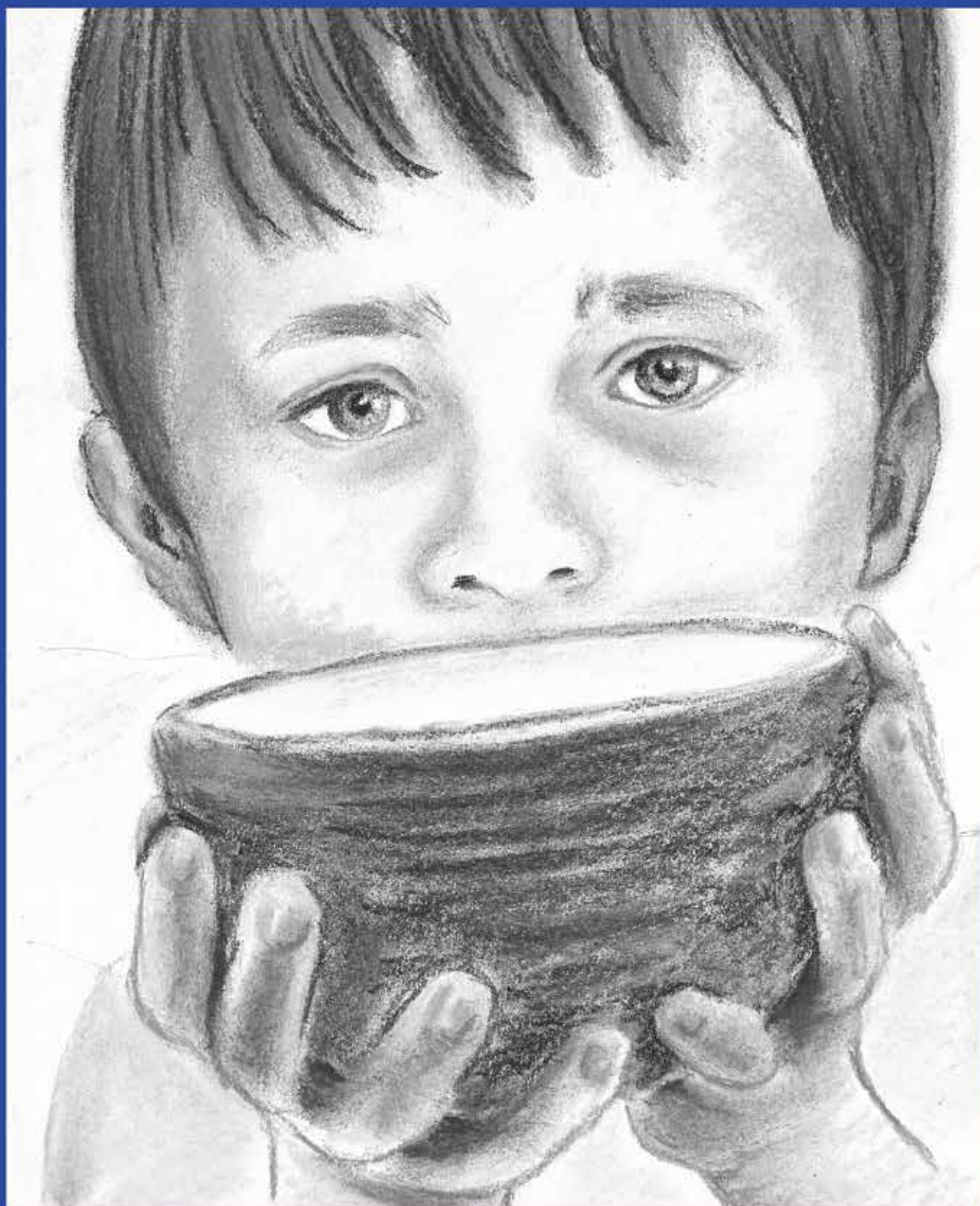


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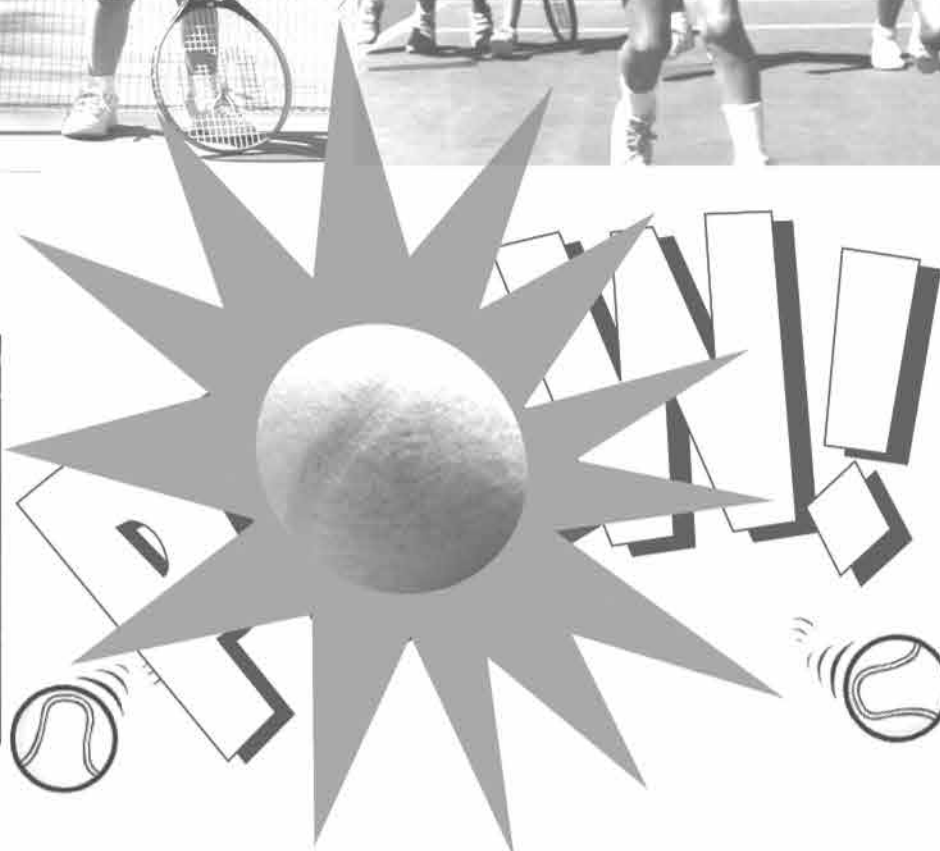
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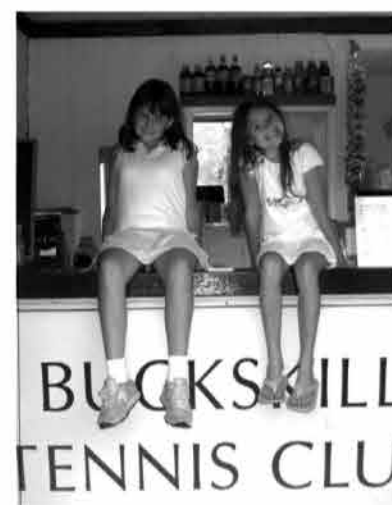
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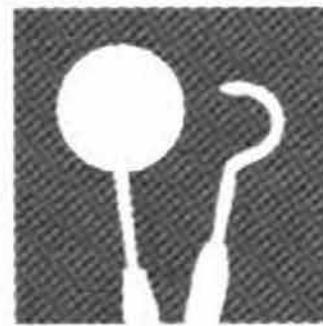
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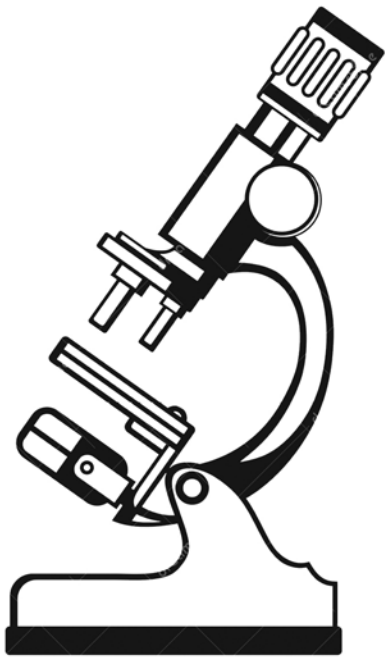
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Letter from the Editor

Dear Readers,

This issue is about hunger. Child hunger, adult hunger, hunger here on Long Island, hunger around the world. Many of us don't know what it's like to really go hungry. If we all supported our local charities, gave at food drives, volunteered at food pantries, it would make a difference. Just do the best you can do, and every little bit will help.

Sincerely,
Eric Wald

HEY KIDS: We are working on a collection issue. If you would like to send us a story on some of the things you collect, we might put it in the paper. Our address is: *The Waldo Tribune*, P.O. Box 2587, Sag Harbor, NY 11963.



illustration by Connie McGuinness

Correction: The first name of Eric Wald's grandfather was misspelled in the November/December 2018 issue. It should have appeared as Lew Wald. *The Waldo Tribune* apologizes for the mistake, and thanks Peggy Wald for pointing out the error.

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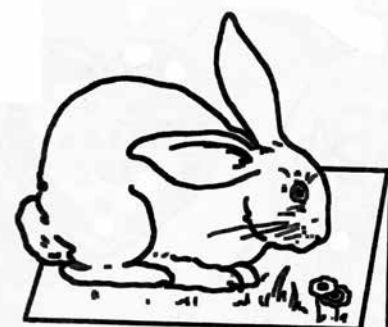
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The United Nations Looks at Worldwide Hunger

written by Jerry Cimizi
photo credit: United Nations

According to the United Nations (UN), 815 million people worldwide suffer from not getting enough food. That is one out of every nine people on earth. Poor food security is also causing millions of children to be stunted, being too short for their age, due to severe malnutrition.

Poor nutrition causes nearly half (45 per cent) of deaths in children under five worldwide – 3.1 million children each year. Sixty-six million school-age children attend classes hungry, with 23 million in Africa alone.

Asia has the hungriest people – two thirds of the world's total. Southern Asia faces the greatest hunger burden, with about 281 million undernourished people. In sub-Saharan Africa, the rate of undernourishment is almost 23 per cent.

Many people have the idea that in areas of the world where large numbers of people suffer from lack of food it is simply because food is hard to produce there. But this is usually not the case. Often civil wars and a lack of honest government policies make it difficult to create a steady food supply.

But an even more serious and extensive problem with our food supply all over the earth is how we produce our food.

Agriculture, which includes farming and raising animals for food, originally gave human beings what was seen as an easier way to feed themselves than hunting or trying to gather whatever grew wild in the area in which they lived.

Today, agriculture employs more people worldwide than anything else, employing 40 percent of the global workforce. Agriculture is the largest source of income and jobs for poor rural households.

There are 500 million small farms worldwide, that supply almost 80 percent of food consumed in the countries that do not have the same material standard of living as North America and Europe.

But the problem with agriculture, especially when practiced on a large scale by the companies that provide us with fruits, vegetables and meat, is that it is among the greatest sources of global

warming, emitting more greenhouse gases than all our cars, trucks, trains, and airplanes combined—from methane released by cattle and rice farms, nitrous oxide from fertilized fields, and carbon dioxide from the cutting of rain forests to grow crops or raise livestock. Farming is the biggest user of the world's precious water supplies and a major polluter, as runoff from fertilizers and manure disrupts lakes, rivers, and coastal ecosystems across the globe. And as agriculture has cleared areas of grassland and forest for farms, vital habitat for many animals have been lost, making agriculture a major cause of wildlife extinction.

Agriculture, particularly for meat and dairy products, accounts for 70% of global freshwater consumption, 38% of the total land use and 19% of the world's greenhouse gas emissions.

Most of the land cleared for agriculture in the tropics does not contribute much to the world's food security but is instead used for cattle, soybeans for livestock, timber, and palm oil. In fact, soybeans, a major crop worldwide, a common food item in Asia and increasingly in the U.S., is used mostly to feed livestock, not people.

Only 55 percent of the world's crop calories feed people directly; the rest are fed to livestock (about 36 percent) or turned into biofuels and industrial products (roughly 9 percent). For every 100 calories of grain we feed animals, we get only about 40 calories of milk, 22 calories of eggs, 12 of chicken, 10 of pork, or three of beef.

Looking to 2050, when it is estimated there will be 9.1 billion people on earth, a UN panel studying the issue of global food supply concludes that the only way to make sure everyone has enough to eat is for meat and dairy consumption to be cut drastically. In fact, the panel recommends that ideally everyone should become vegan, eliminating animal products altogether, with humans eating the food that is now given to livestock.

Whether everyone will be vegan in 2050 is doubtful, but it seems certain that meat consumption must be severely lessened so that all of us here on earth can eat.



Sharing the Harvest

by Farmer Jess

Great things can happen when friends get together to solve a problem in their community. Ten years ago, a group of friends learned that some local families did not have enough fresh fruits and vegetables to eat. Together, they started a farm at 55 Long Lane in East Hampton, using tools and seeds that were donated to them by friends and businesses. That year, the farmers grew lettuce, beans, peppers, and many other vegetables on a piece of land about the size of a football field. They gave everything they grew to food pantries in East Hampton.

Ten years later, the farm is still going strong. The farm is now called Share the Harvest and grows vegetables on five acres, about the size of about four football fields. The farmers at Share the Harvest grow over 170 different kinds of vegetables each year, including tomatoes, carrots, peppers, lettuce, zucchini, and peas. Last year, they grew and donated 30,000 pounds of vegetables; that's about how much a regular school bus weighs!

Share the Harvest still gives away most of what they grow to food pantries, senior citizen centers, apartment buildings, and schools on the South Fork of Long Island. They also work with families and kids to teach them how to grow and cook vegetables themselves. Eating fresh vegetables is important for everyone in a family, especially kids who need extra vitamins and minerals for their growing bodies.

Share the Harvest has a greenhouse so that they can grow vegetables during the winter and continue to feed families when it's too cold for most plants to grow outside. This year, the farmers are growing spinach, carrots, radishes, turnips, and herbs. They also donate crops like potatoes, sweet potatoes, onions, and garlic that they harvested in the fall.

Would you like to help? Share the Harvest is always looking for volunteers to help on the farm! Ask your parents to email the farm at info@sharetheharvestfarm.org, or visit us at our farm stand at 55 Long Lane in East Hampton. We can't wait to meet you!

Here is a recipe for spinach "burgers" you can make at home using greens that are available from local farms like Share the Harvest this time of year. (Be sure to let an adult help you with the stove and the oven. - Editor.)

Cheesy Spinach "Burgers"

Ingredients:

16 ounces cooked spinach
3/4 cup bread crumbs

2 eggs, lightly beaten
1/2 cup grated Cheddar cheese
1/3 cup grated Parmesan cheese
1 1/2 tablespoon olive oil
salt & pepper to taste

Instructions:

- Preheat oven to 400 degrees.
- Combine all the ingredients in a bowl.
- Form into patty shapes and place on a baking sheet.
- Bake for 15 minutes. Flip patties and bake for an additional 10 minutes.



Pictured above are some volunteers from the East Hampton Food Pantry.

East Hampton Food Pantry; Food For the Hungry

article and photograph by Eric Wald

Located at 159 Pantigo Road in East Hampton for over 30 years, the East Hampton Food Pantry hands out food absolutely free to those families who would perish from the earth without them. They are open year-round. Doors are open on every Tuesday from 1 to 6 p.m. There are 13 board members, all of whom are volunteers, and dozens of helpers who work like a family. The East Hampton Pantry feeds 250 families every week with fresh fruit, vegetables, eggs, meat, rolls, and bread from local bakeries, and milk for kids to grow big and strong from.

Now on Mondays, the pantry hands out bags of staples that consist of rice, peanut butter, jelly, cereal, pasta, pasta sauce, water bottles, juice and canned vegetables that feed the needy from Montauk to Wainscott. The pantry has a satellite location that feeds the needy in Amagansett at St. Michael's Church.

The East Hampton Food Pantry feeds some 500 children per week. They have just opened a food pantry at the East Hampton High School; it's a pilot program that, if it works, will expand to other schools in East Hampton.

Claude Beudert, a volunteer, says "Many families depend on the pantry to survive all year round." He adds, "We could not feed these people without the support of the Town Board of East Hampton and the local organizations. The senior citizens are the ones hurt the most."

The East Hampton Food Pantry is having a fundraiser March 29 at the Stephen Talkhouse. (Sorry, this is for grownups aged 21 years and older. - Editor) For more information, call 631-324-2300. The problem of hunger is a real one; it actually exists in the Hamptons. The Pantry is a living testimony to the poor souls; men, women and children who would go hungry if not for the goodness of the souls of the volunteers and supporters. It shows how America can be good, great, caring, loving, giving and compassionate beyond words, with the love of goodness like nowhere else in the world. The people who work at the Food Pantry are everyday living saints who do good and ask for nothing in return.

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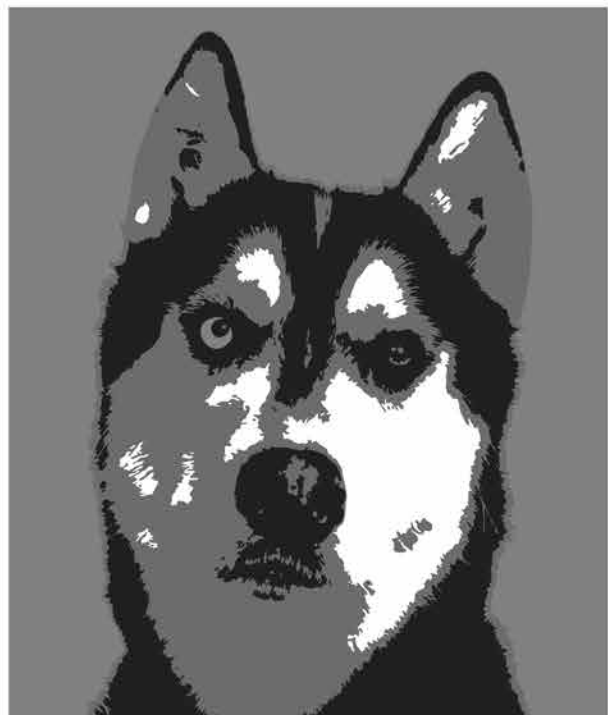


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Giving Back Helping Those in Need

by Candice Wald Clark

When I was a kid, I remember going to the grocery store and getting only one or two items. I remember imagining what it would be like to have a filled cart and buying anything I wanted, like other kids my age with their moms at King Kullen. At that time, my mom was not working and had not worked for many years, so we didn't have very much money, but we were grateful for the little we had.

Fast forward 40+ years, I am now an adult, a mother, a wife, a Special Education teacher and a servant in God's world. I try to serve either alone, with my family, students or with groups to give back to others in need, and I am blessed to be a blessing.

One of my service opportunities is working at the Community Food Pantry of McKinney, Texas. It is an all-volunteer organization that has one primary goal: to ensure that no one goes to bed hungry. This nonprofit outreach program provides food to families who have found themselves in crisis. Crisis means either people have lost their jobs, lost their income due to illness, medical bills or maybe a death in the family. These are people who have had an addition to their family, and cannot make ends meet. They are families with or without kids, who are hungry for whatever reason. Once the hunger needs are met, the Food Pantry Volunteers help guide and assist people to find more permanent solutions and become productive members of society (getting a job, if possible, and being able to provide for their family's needs independently).

When we take along our adult students with special needs during the school year, or my family and coworkers come on a warm summer mornings to the Community Food Pantry, we do many things to help. We sort cans by dates and by category, (veggies, beans, tomato sauce, fruit etc.). We also replenish and stock the shelves, move bread and rice into different freezers so it can be distributed to families, clean, sweep, vacuum and mop, take the garbage and recycle bins in.

For me, each time I serve others, I have a feeling of joy in my heart. I know that the work I am doing is helping other individuals or families like mine when I was a kid, to make sure they have food to eat and hope for the future. Personally, I feel it is better to give than to receive, and I am so grateful I have the opportunity to help others. Our compassion for others can change the world one person at a time, and not just at the holidays, but everyday!

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Local Charities Help the Needy

by Debbie Tuma

Even in a nice area like the Hamptons, there are still needy children and families who need help paying for things one needs to live. Sometimes people lose their jobs and can't support their families, or they get sick and need help with medical bills.

Fortunately, there are several local organizations that help people to lead better and happier lives. One of these, which has been around since 2002, is called Maureen's Haven, and is located at 28 Lincoln Street in Riverhead. This organization provides shelter, food, warm clothes, counseling services, and support for homeless people from East Hampton to Greenport, on both the North and South Forks.

From November 1 to April 1, they put up homeless men and women overnight in 18 different local churches on both forks. The people get beds to sleep in, warm clothes, showers, movies, support groups, and a nice dinner, followed by a nice breakfast the next morning. They stay one night at a time, and leave in the morning.

Maureen's Haven also has a "Day Center" in Riverhead where homeless people can go in the daytime, and where they can get help finding housing, job placement, and where they can help rebuilding their lives. There are many volunteers who help them. For information, call Maureen's Haven at 631-727-6831.

Another great organization that helps needy East End families is Heart of the Hamptons, located at 168 Hill Street in Southampton. They have a large food pantry, a clothing room for free clothes, and they have an assistance program to help with funding for rent, heat and other utilities, gas, school supplies, and medical needs for seniors, adults, children and veterans.

Each winter, they have a big, fun event called "The Polar Bear Plunge," to raise money for all these important causes. Their 15th Annual Polar Bear Plunge was held in December of 2018 at Cooper's Beach in Southampton, where about 500 men, women and kids ran into the ocean to raise money by having friends and businesses sponsor them. Lots of people wear costumes into the water, to make it a fun experience. They even bring their dogs in the water! Afterward, everyone gathers around a fire on the beach, and enjoys hot chocolate, soup, bagels, and hot dogs donated by local businesses. So far, Heart of the Hamptons has raised thousands of dollars to help over 1,500 people through their outreach programs. For information, call 631-283-6415.

Another great and important organization in the Hamptons is the Kiwanis International, serving the children of the world. They have chapters all over the Hamptons, and they raise money for Pediatric Trauma and Lyme Disease Care, for the Special Olympics, for catastrophe emergency assistance, local food pantries, local kids in need, local scholarships, ocean rescue and young lifeguard training, Toys For Tots, (at Christmas,) and many other things.

The Kiwanis Clubs also have a division for high school kids, called The Key Club. This offers high school students an opportunity

to serve their communities by volunteering to help needy people in all different ways. They have regular meetings, just like the Kiwanis Club. For information, go to www.kiwanisclubofeasthampton.org.



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LeBron's Legacy

written by Chris Clark, *Waldo Tribune* Junior Sports Columnist, age 13
photo credit: AP Images / Marcio Jose Sanchez

LeBron Raymone James was born on December 30, 1984 in Akron, Ohio. He was always a freakish athlete, but didn't get national attention until he was the number-one ranked high school basketball player. When he was drafted at number one overall in the 2003 National Basketball Association draft, he immediately jumped on board a flight to Cleveland to play for the town, and the Cleveland Cavaliers.

He immediately took to the NBA and dropped 20.9 points per game as a shooting guard. In his second season, he moved to small forward and dropped 27 per game. He continued to overwhelm scoring as much as 31 a game over the next five seasons. Then he created a dramatic ESPN special; *The Decision*. He was by far the biggest free agent, and multiple teams wanted him, so he took advantage of the attention. He ended up selecting The Heat in sunny Miami.

Over the next four seasons, Mr. James continued to improve. He continued to put up record stats, and his field goal percentage increased each and every year. The Heat also went to the finals all four of those years, winning twice. Mr. James was no doubt a major part of the success of that Heat team.

Mr. James eventually went back to Cleveland, where he won the first championship for that team in decades. Nobody can deny that he is the best, if not one of the best, basketball players of all time. Though that is still a huge debate, for Mr. James, he's not done. He left Cleveland after four straight appearances. One more time, Mr. James changed teams. He now plays for the Los Angeles Lakers and is still putting up high flying numbers.

LeBron James is still playing, and we have no idea how long he will continue, how many more records he will break and how many more championships he will win. Whether he is the best of all time or not, he still is pretty darn good. He is now the second highest paid NBA player in the League and he sure does play like it.

B'H

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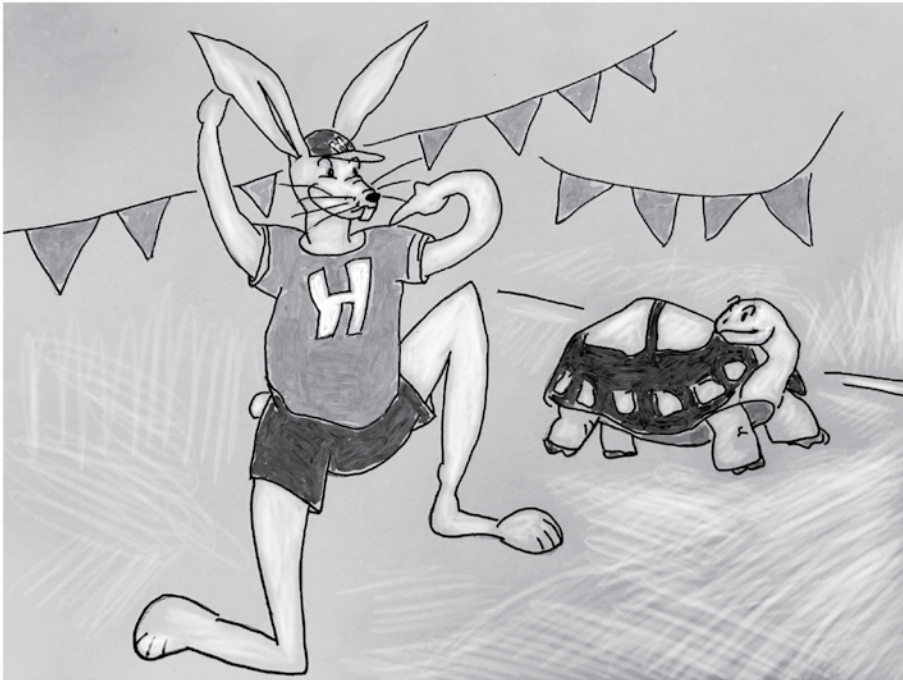
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The Great Race Between the Rabbit and the Turtle

written by Waldo the Clown , based on an Aesop's fable
illustration by Rosemary Szczygiel

Once upon a time, a long time ago, there was a white rabbit named Freddy, and a box turtle named Max, who challenged each other to see who was the fastest, the smartest and the best animal in the whole wide world.

The turtle, Max, loved to eat carrots, lettuce, tomatoes, and cucumbers, and stayed away from candy, donuts and ice cream. He did sit-ups every morning, and never drank sodas or ate cake, and was in the best of shape. He said, "I can win this race because I am in such good shape."

The rabbit, Freddy, loved cupcakes, chocolate bars, and ice cream banana splits with fudge and caramel. He was totally out of shape!

Now it was the day of the great race at last, and all the animals in the forest were there. The rabbit said to the turtle, "I am going to win this race!" But the turtle paced himself, and said, "I'm taking it nice and slow."

And they were off! And finally the rabbit said, "I am so tired, and so out of breath...I can't make it any more...I...can't...go...on..."

But the turtle said, "I'm going to win this race, because I am strong and fit, and I am going to take it nice and slow."

And so it was that the turtle, Max, won the great race, because he watched what he ate, exercised, and got to say, "I am the smartest, the greatest, and the fastest animal in the whole wide forest."

And so it was that the Great Race of the Forest was won by a healthy turtle, and lost by a pooped-out rabbit, all in the Land of Make-Believe.

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Dear Ms. Spiral Notebook

Dear Ms. Spiral Notebook,

My daughter is in fifth grade, and her teacher indicated on her most recent report card that she becomes reluctant to complete tasks associated with writing. Are there ways to reduce writing anxiety?

I would start very small. Start with getting her a journal. Let her pick out something she likes and some colored pencils. Set a timer for one minute and instruct her to write whatever comes to her mind for one minute. In addition to the timer, play some white noise background music. Rain is a favorite, because too much quiet can create anxiety. It is also beneficial to start at the same time of day. Complete this for two weeks, and then maybe move to more structured writing responses where you sprinkle in free-write and school-related concepts.



Dear Ms. Spiral Notebook,

I have read a lot about coloring to reduce stress. So many of my children's friends seemed so overtaxed with school and outside activities. Does this also "work" for kids?

This has shown to be quite effective for kids. When you are "coloring", your mind is focused on that task and not on the assignment or looming task. Coloring also engages the creative mind. This activity can also be linked to the idea of mindfulness. The child focuses on shape, lines, patterns and colors. Research shows that coloring lowers the activity of the amygdala, the part of the brain involved in controlling emotions.

Dear Ms. Spiral Notebook,

With the colder months not quite over, I want my children to stay active. I know that movement is important for young children. Ideas?

I would add these movement ideas to the homework routine. After 15 minutes of homework time, make time for a movement break. Here are some ideas; toss a bean bag into a bucket 10 times, 10 old-school jumping jacks, and doing five basic yoga moves, like downward dog and child pose. This site has free downloads for poster with poses: <https://www.kidsyogastories.com/kids-yoga-poses/>

PARENTS AND TEACHERS: Have a question about your child's or student's education or learning? You may contact Ms. Spiral Notebook at waldoandtulip@optonline.net, with "Ms. Spiral Notebook" in the subject line. You may also fax your question to us at 631-808-3248, or mail it to her c/o The Waldo Tribune, P.O. Box 2587, Sag Harbor, NY 11963.

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Emily's Post Soup Kitchen: My Experience

by Emily Post, age 17

I did not just visit a soup kitchen; I worked a full shift there. When we arrived at the Holy Apostles Soup Kitchen on Ninth Avenue in New York City, I was met by a wonderful woman with a memorable name of Revere. She was understanding of my inexperience at soup kitchens, but I was there to work, so she assigned me to social services, which today was to help find the "guests" clothing to wear.

In a soup kitchen, the attendees, who are mostly homeless, are shown respect and called guests. No photos are taken of them, no names given, and all volunteers adhere to these rules. Today, the Soup Kitchen served 781 hot meals to the homeless, hungry, and needy. The volunteers go about their work with exceptional attitudes. They realize that their interaction with the guests can help many get back on their feet, and even find a job or find housing. It was a rewarding experience for me, and I plan to return to Holy Apostles.



Cory Nichols Inspires Kids and Teens to Fight Hunger

It was never going to be a long-term activity. Yet, what Cory Nichols began in 2012, at the age of 12, continues today.

Mr. Nichols is the founder and president of C the difference: Cory Cares, a nonprofit dedicated to easing hunger issues on Long Island by engaging young people in shopping for and stocking the shelves of food pantries.

Nichols, now 18 and a freshman at Yale University, reflected on how inspiration struck after watching the documentary film *Hard Times: Lost on Long Island* seven years ago. He found that he couldn't shake the reality of hard-working people who lost their jobs and who could no longer support themselves.

The young Long Islander was motivated to check out a local food pantry. He learned that donations from large hunger organizations, such as Long Island Cares, sustained the pantries. He also learned that the pantries are dependent on food donations, and that means some months there may be a lot of peanut butter and no jelly, or pasta and no sauce.

"So that is when I decided that my goal would be to fill that missing piece," Mr. Nichols said. "To provide the sauce for the pasta or whatever the pantry needed to make the meal for the family who would be using their pantry."

Mr. Nichols raised \$1,200 in donations, so that every month for a year he would have \$100 to shop for food to deliver to his local food pantry.

Among teens, it sparked a desire to help. Parents approved – after all, the kids actually did the real work of grocery shopping to stock the food pantries. And it appealed groups like the Girl Scouts. Today there are hundreds of recurring volunteers.

"Everyone who volunteers is a kid. My main goal is that I want the kid to shop for food," said Mr. Nichols, referring to the "shop and stock" program.

As funds are raised, Mr. Nichols provides the money to volunteers to figure out what the food pantry needs, to go out and shop for it, and deliver to the pantry directly.

The overwhelming success of the project led to the establishment of the 501c3 nonprofit, which Mr. Nichols continues to manage. To date, the nonprofit has raised more than \$65,000 and delivered tens of thousands of pounds of food across Long Island, helping thousands of families fight food insecurity.

Last year, Mr. Nichols received a Harry Chapin Humanitarian Award from Long Island Cares. "I was beyond humbled," Mr. Nichols said. "I don't do this for the recognition. I do this to help people so they can make a difference."

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Poverty on Long Island: Its Numbers, Its Impacts

written by George Holzman III

illustration by Elizabeth Smyth McCarron

Roughly 182,000 people go hungry on Long Island every night, and 72,000 of those are children. Thirty nine percent of those impacted by hunger on Long Island are children. Children that suffer from hunger are more likely to have behavioral issues and are more likely to suffer from impaired cognitive learning, permanent brain damage and can suffer from a reduced ability to learn social skills. Seventy percent of those that suffer from hunger on Long Island are minorities. Forty-eight percent of households that receive emergency food assistance are the working poor. If you are a member of the working poor and suffer from hunger, you are more likely to have decreased stamina and are more prone to illnesses. Four percent of those that suffer from hunger are the elderly. Some of the things that impact the elderly due to hunger is anxiety, loneliness and depression.

In many cases, the elderly are too proud to ask for assistance. Six percent of those that receive assistance with food are homeless. A lot of those that suffer from hunger on Long Island suffer from physical disabilities. These disabilities in many cases make it harder for them to find and maintain jobs. Many soup kitchens and food pantries do not offer fresh produce and adequate healthy food.

Public schools on Long Island offer both free and reduced breakfast and lunch to those that meet the eligibility. If your household receives Supplemental



Nutrition Assistance Program (SNAP) benefits or Temporary Assistance for Needy Families (TANF) benefits, then you are eligible for free meals. If you are a household of one and make \$22,459 or less yearly, your child is eligible for free meals, \$30,451 yearly for a household of two and so on. Applications and information on free meal programs information can be reached at <http://spsk12.ss14.sharpschool.com/departments/food-services/free-reduced-lunch-program>.

Welfare/SSI

In order receive SSI, you can apply as well as see if you qualify at <https://www.mybenefits.ny.gov/mybenefits/begin>. Here you can see if you are eligible for SNAP, HEAP, can receive tax credits, health insurance and other things. On this site, you can track the progress of your application as well. If you are not approved a first time, you are able to file for an appeal to see if the decision can be changed. It is important to have all documentation necessary when going to these appointments.

There are many different factors as to why there is poverty and homelessness. Some of these include the fact many jobs nowadays do not pay livable wages nor provide benefits. Employers in a lot of cases will try to hire a person for the lowest wages possible, even if they can do more than what is necessary to complete the tasks of the job. The main focus is of the company to make a profit for the owner and its shareholders.

Another factor that impacts the housing situation for many is gentrification. Long-time locals in particular are seeing this on both Long Island as well as nationally. There are young adults from well-to-do families and those looking to fix up a place and sell them for a lot more. This can be seen in places like Hampton Bays, where houses in the recent past that would go for roughly \$300,000 are now selling for \$800,000.



How to Help Stop Hunger On Long Island

written by Paula Timpson
illustration by Connie McGuinness

Imagine having to think about where your next meal may come from. These are the thoughts of everyday homeless people on Long Island. So many go hungry on Long Island and we don't even know it. Many try to help. There are great nonprofit organizations that are helping to feed the homeless.

When Long Island kids go to school, they can eat there, and when they are off, they may not eat as well. Blessings In a Backpack creates nice backpacks full of good food to give kids on weekends so they won't go hungry.

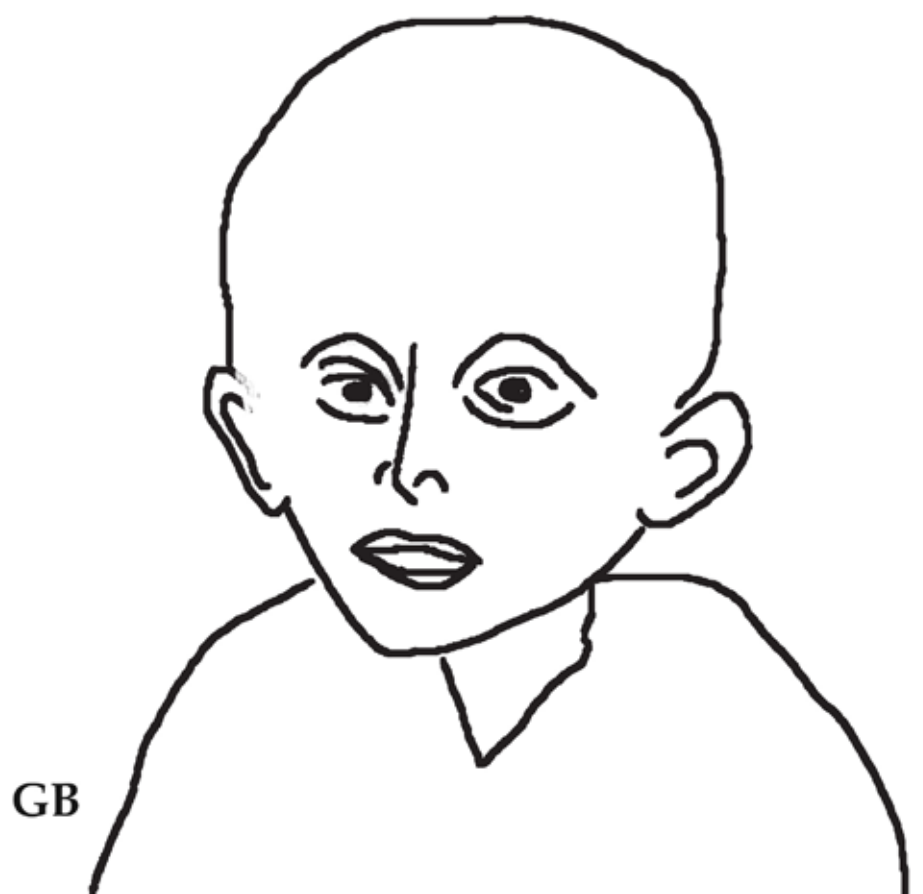
Bethpage Turkey Drive helps Island Harvest feed the many who are without food Thanksgiving. They donate 2,500 turkeys. Island Harvest is one of the two largest food banks on Long Island. Wild By Nature in Stony Brook, New York donates extra breads, bagels, pastries and cakes to a local church so they feed the people who come visit the pantries. Long Island Cares, Inc. in Hauppauge, New York, is Long Island's first food bank and one of the largest. This Harry Chapin Food Bank has volunteer opportunities for kids to help. (See page 19 - Editor.)

There are over 300,000 Long Islanders who go hungry. The Interfaith Nutrition Network has grown to 10 soup kitchens across Long Island. Children are among the largest population of hungry on Long Island. They rely on others to get them the food they need.

Food pantries make life livable. Without them, many would starve and not be able to live. Let us all be thankful for all the foods we have to enjoy. Let us be happy for food pantries who selflessly help feed the many hungry. Long Island farms are full of many fresh fruits and vegetables. Be kind, and help the homeless.

Hunger Facts

compiled and illustrated by Greg Bullock



- Eleven percent of the world's population goes to bed hungry each night.
- The main cause of hunger in the world is poverty. Poverty stricken people cannot afford to buy food. If they raise their own food, they cannot afford modern machinery and materials, such as seeds for planting.
- Ninety-eight percent of worldwide hunger occurs in underdeveloped countries.
- One in four people in sub-Sahara Africa suffer from undernourishment.
- One-third of food production worldwide is wasted.
- One cause of hunger worldwide is that poverty stricken nations don't have enough roads to transport food, warehouses to store it, and irrigation to grow crops in bad conditions.
- Climate change is causing crop failures and livestock losses around the world.
- The most progress in fighting hunger has occurred in Asia, Latin America and the Caribbean.

Sal, the Little Pig Who Had No Shoes

written by Waldo the Clown
illustrated by Rosemary Szczygiel

Once upon a long time ago lived a family of pigs that were very poor. Even though both the mommy and daddy worked, they had very little. One day, Sal was old enough to go to school. He would walk many miles every day. He studied and did well in math, English and history.

One day, some of the other pigs at school noticed that Sal had no shoes. They made fun of him, and poor Sal was very upset and sad.

One day later, Sal went to his teacher, Ms. Sally Bunny, and in a very sad voice told her his family was too poor to buy him shoes. She knew exactly what to do.

She and the family walked into the town of Riverhead, and there on Main Street was a nice second-hand store. They went in and found a beautiful pair of shoes with wonderful laces and beautiful soles. They told the manager that they had very little money, so the store gave the shoes to Sal for free, and that's how Sal got his first pair of shoes, right here on the East End of Long Island.





Dear Waldo,

I like to cook. My favorite thing to make is pancakes. In my spare time, I like to roller-skate at home.

On Sundays, my family likes to go to the Candy Kitchen in Bridgehampton for breakfast. My sister, Ruby, and I love to look at *The Waldo Tribune* while we wait for our stacks of pancakes.

One of my favorite memories is when my sister, Ruby, was born. I was in a big chair at the hospital, and I got to hold her. She was so heavy.

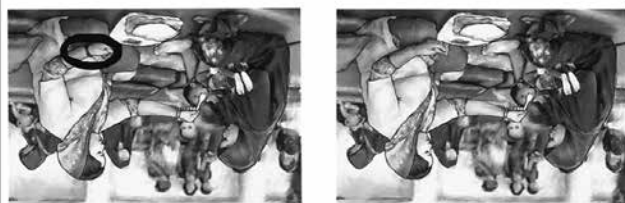
I like *The Waldo Tribune* because it has a lot of cool things in it to do.
I like the activities and games.

From,
Stella Fisher

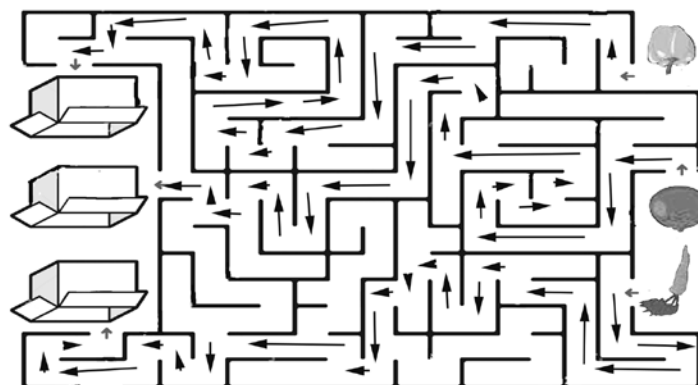
What is Different?



Stop Hunger Issue Puzzle Answers (Turn upside down if stumped.)



What is Different?

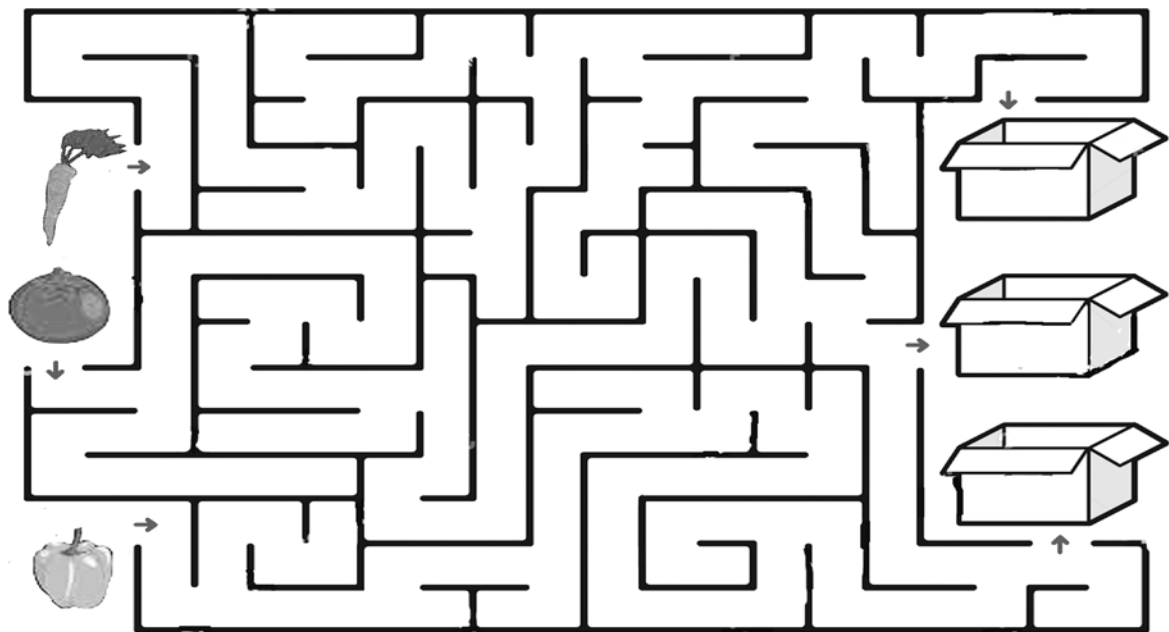
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More Anti-Hunger Puzzles

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the vegetables



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