

Defend the lowly and the fatherless, render justice to the afflicted and needy. Rescue the lowly and poor, deliver them from the hand of the wicked. Psalm 82, 3-4

# T H E O K L A H O M A C I T Y +CATHOLIC WORKER+

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## CASINO SHOPPING!

***You Don't Have to Go to an Indian casino to Gamble! Just Walk into a Supermarket!***

It's always easy to spend money in a casino. The same is true for grocery stores. Suppose you need milk and eggs. Are these items located conveniently at the front of the store? No way. You have to walk all the way to the back of the store. Chances are, you'll end up at the cash register with more than milk and eggs. . . especially if the kids are along for the ride. If you walk out of a supermarket with money in your pocket, you've beaten a clever scheme whose purpose is to separate you from every dollar in your wallet. Here are some common store merchandising tricks and how to avoid them.

### ***LET THE BUYER BEWARE!***

**Wall of Values.** Many stores have large displays of "special" items in the front. The only way to know if these products are really good values is to compare prices. Sometimes items up front are higher priced than other items elsewhere. Take a calculator, or pencil and paper with you when you shop. Do the arithmetic and figure out the best price.

**Pricing Tricks.** Higher priced items may be mixed with lower priced items. Lower price tags may be located a few inches away from the item they refer to. The item directly above the low price tag may be more expensive. This is a big problem in deli sections. The high price item -- or -- the low price item may *not* have a price tag. Shopping can be price roulette. Put those items in a special part of your basket and check their prices as you go through the checkout line. If they are more than you want to pay, tell the clerk you don't want them.

**Large Sizes Aren't Necessarily the Best Buy.** Carry a calculator with you (or do the math with pencil and paper) to compare prices. Figure the price per ounce or pound or whatever the measurement. Large sizes can be more expensive per unit than the smaller sizes. Large sizes may be the best choice, *BUT* the only way to know is to compare prices. The same is true of big displays of items at the end of aisles. They may offer big deals or no deals. The only way to know is to compare prices. A big display only means the store bought a lot of it.

**Brand Name and Coupon Games.** Big corporations spend big bucks to convince you that Brand X is better than Brand Y. In reality, the brand name and the generic or store brand come from the same food factory, they just get different labels. Even with a coupon, the item may be more expensive than the store brand. If you just have to have the name brand, coupons are better than nothing, but don't fool yourself that you're getting the best deal.

**Look high and low on the shelf.** The high priced items are usually placed at eye level on the shelf. Low priced items will be either high or low on the shelf.

**Meat Goes Down, Canned Goods Go Up.** There's no such thing as a free bag of groceries. If meat prices are low, the prices of canned goods have probably gone up. If canned goods are cheap, meat is expensive. This changes every week. Buy extra supplies when items are on sale. By keeping a month's worth of basic groceries on hand, you are insulated from these regular "price mood swings" at the grocery store. If canned goods are high, don't buy canned goods that week, wait until they are cheaper.

**The Snack Food Game.** The absolute worst deals in the grocery store are the snack foods. You pay a big price for a few cents worth of popcorn and sugar or potatoes, grease, and salt. It is always cheaper, and it is always more tasty, to make your own snack foods. *RMW*

#### **SKILLET PIZZA**

2 ounces mozzarella cheese, shredded (this is about a 2 inch square of cheese)

Garlic powder, Italian seasonings

10 slices pepperoni

Other toppings of your choice such as sausage, mushrooms, peppers, etc. (Cook these first.)

In a 10-inch nonstick skillet over medium-high heat, spread the cheese to cover the entire bottom of the pan. Sprinkle with your seasonings. When the cheese starts bubbling all over, add the toppings. Don't overload! Once the edges of the cheese start to brown, start gradually prying them up with a spatula. Once the edges are completely browned, and you can get your spatula under the whole thing, slide the pizza out of the pan and onto a plate. Let it stand a bit to allow the cheese to cool slightly and firm up. Cut into quarters. You should be able to pick this up with your hands to eat it.

#### **KOREAN MEATBALLS**

2 pounds ground beef

1/3 cup onion, minced | 2 eggs | 1 teaspoon salt

1/4 teaspoon pepper | 1 tbsp garlic

Mix all of the ingredients well with your hands. Shape in small balls (about 1-inch diameter) and place on an ungreased rimmed baking sheet. Bake at 425° for about 10-15 minutes, until the meat is cooked through, but still tender. Rinse in a colander to remove any egg that has leaked out. Combine with the marinade (recipe below) and simmer in a slow cooker about 3-4 hours, stirring occasionally, or simmer, covered, on lowest setting on stove about an hour or so. Makes about 60 small meatballs. Meatballs can be frozen without the marinade

#### **MARINADE**

1/2 cup plus 2 tablespoons soy sauce

1/2 cup plus 2 tablespoons water

1/2 cup granulated Splenda or equivalent liquid Splenda

1/2 teaspoon pepper

1 tablespoon garlic, minced

2 tablespoons sesame oil

1/4 teaspoon orange extract, optional

1/4 cup green onions, chopped

Mix all ingredients in a small bowl.

## Wisdom of Romero

*Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights.*

Everyone can contribute much that is good, and in that way trust is achieved. The common good will not be attained by excluding people. We can't enrich the common good of our country by driving out those we don't care for. We have to try to bring out all that is good in each person and try to develop an atmosphere of trust, not with physical force, as though dealing with irrational beings, but with a moral force that draws out the good that is in everyone, especially in concerned young people.

Thus, with all contributing their own interior life, their own responsibility, their own way of being, all can build the beautiful structure of the common good, the good that we construct together and that creates conditions of kindness, of trust, of freedom, of peace.

Let us not be disheartened, even when the horizon of history grows dim and closes in, as though human realities made impossible the accomplishment of God's plans. God makes use even of human errors, even of human sins, so as to make rise over the darkness what Isaiah spoke of. One day prophets will sing not only the return from Babylon but our full liberation. "The people that walked in darkness have seen a great light. They walk in lands of shadows, but a light has shone forth."

To believe, to hope: this is the Christian's grace in our time. When many give up hope, when it seems to them the nation has nowhere to go, as though it were all over, the Christian says: No, we have not yet begun. We are still awaiting God's grace. With certainty, it is just beginning to be built on this earth, and we will be a blessed nation and will escape from so much evil.

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## Works of Justice and Peace

*A statement of the mission and purpose of the Oscar Romero Catholic Worker House*

**+LIVE** simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.

**+HEAR** the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.

**+MAKE** injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.

**+PROTECT** the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.

**+WORK** for reconciliation with truth, evangelism, catechesis, orthopraxis.

**+CELEBRATE** life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.

**+ ENSURE** fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

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For more great low-carbohydrate recipes like these, visit <http://www.genaw.com/lowcarb/index.html> .

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[www.justpeace.org](http://www.justpeace.org) | [www.bettertimesinfo.org](http://www.bettertimesinfo.org)

[www.energyconservationinfo.org](http://www.energyconservationinfo.org)

[bobaganda.blogspot.com](http://bobaganda.blogspot.com) | [www.bobwaldrop.net](http://www.bobwaldrop.net)

## Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children.

**The next food delivery is Sept 25th.**

**The next delivery to Wesley Village,**

**Towers, Bell Air, Charles Atkins &**

**Temple Gardens apartments is Sept 18.**

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### MASHED CAULIFLOWER WITH CARAMELIZED ONIONS

*This is a great low-carbohydrate alternative to mashed potatoes which pile on the extra pounds and spike your blood sugar.*

Ingredients: 1 extra-large onion, slivered or chopped, about 8 ounces after peeling | 2 tablespoons butter | 1 medium fresh cauliflower, chopped, about 1 pound | Salt, to taste | 1 tablespoon heavy cream

In a medium skillet, sauté the onions in the butter over medium-low heat until caramelized. Season with salt, to taste. Meanwhile, put the cauliflower in a covered casserole dish along with 1 tablespoon water. Cover and microwave on HIGH power 5 minutes. Stir, then microwave another 5 minutes or until very tender. Let stand covered 5 minutes then drain any excess water. Put the cauliflower in a food processor with the chopping blade inserted. Add the cream and a little salt and process until very smooth. Transfer to a serving bowl and stir in the caramelized onions. Adjust the seasoning with salt, if needed. Makes about 4-5 servings. Do not freeze.

### CAULAFONI & CHEESE

*A low carbohydrate alternative to pasta (pasta piles on the extra pounds and spikes your blood sugar.)*

16 ounce bag frozen cauliflower  
4 ounces cream cheese  
2 tablespoons heavy cream or low carb milk  
4 ounces cheddar cheese, shredded  
2 green onions, finely chopped  
1 teaspoon minced chives, optional  
1/2 teaspoon salt, or to taste  
1/2 teaspoon pepper, or to taste  
2 ounces cheddar cheese, shredded

Cook the cauliflower until tender; drain well. In a 1 1/2 quart casserole; soften the cream cheese in the microwave about 30-40 seconds on HIGH. Whisk in the cream until smooth, then stir in 4 ounces cheddar cheese. (1 ounce = 1 square inch of cheese.) Microwave on MEDIUM about 2-3 minutes or until the cheese is melted. Stir well until creamy and smooth, microwaving a little longer if necessary. Stir in the green onions, chives, salt and pepper. Add the cauliflower and gently fold into the cheese sauce to coat well. Adjust the seasonings if needed. Top with the remaining 2 ounces cheese and bake at 350° for 35 minutes, until bubbly and brown on top. Makes 4-6 servings. Can be frozen.

For information on how carbohydrates can cause your blood sugar to rise, visit Blood Sugar 101 at

<http://www.phlaunt.com/diabetes/> . For info on

how cutting carbohydrates can help you lose weight, visit [http://www.netrition.com/lowcarb\\_newbies\\_intro.html](http://www.netrition.com/lowcarb_newbies_intro.html).