

# Sacramento HARD TIMES

SACRAMENTO'S HOMELESS NEWSPAPER •

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• 50¢

## Does 'Just say no' really mean 'Just say yes?' Boycott tobacco

By Leonard Nichols  
(Special to Hard Times)

The good Senator Jesse Helms of North Carolina believes in good old fashioned American Values — people should fend for themselves and make their own living, EXCEPT for the tobacco companies, who deserve government (people's) money. If this gets you passed, and it should, and you smoke, you should consider **BOYCOTTING** the tobacco industry.

Most of the people who tell tobacco smokers and drug users to "Just say no," seem to be sending their message the wrong way — they turn off many of the people they are trying to reach. It almost seems that at some level people in power want it to fail so that more jails can be built, more money be used to spy on people and harass people, more money wasted on programs that do not work and will not work no matter how much money is poured into them.

While the government uses the drug problem as a way of taking away people's freedom, it has come out that people in high positions of power might themselves be profiting from the cocaine and heroin trade. Leaders of governments friendly to "us," have been definitely linked to the cocaine trade, both making money off it themselves, and setting up other dealers to use their territory for the drug trade.

People should think about not buying cigarettes, etc. as being a boycott, instead of submission to smarmy propaganda telling people to "be good." Why should we give money to those who want to make us live on the street, want to run us into the ground by having police demand "identification" on threat of being beaten up, want us to drop dead so they can feed on money and power? If enough people did this, I think at least some of those behind the "Just say no" bullsh\*t would feel the loss of money, and start trying to get people to start smoking more and start using coke again.

The views expressed in the Hard Times are not necessarily the views of the staff. We just print as much of the material submitted as room allows. The Hard Times is always accepting written material and artwork. Express yourself today!



Left to right Ken, J.R. Half Pint, Red, Speedy, Teri, and Wild Man

Carol Wysong/Staff photo

## Homeless campers forced out

By Deric Rothe  
Editor

On September 21, I went to a homeless camp at the urging of Dave Moss, director of Sacramento's Loaves and Fishes Day Shelter for homeless. Moss called Hard Times because he was concerned about a group of 10 people, who have been getting threatened by authorities for living in some lean-to shelters within the city limits. Their camp is just a short distance from the Mercy Free-Clinic, where Moss works in the afternoons.

What makes this group of 10 homeless especially unique, is that 5 of them are epileptics, and one legally blind. They choose to live where they do because of course they can not afford more suitable housing, and they like living together. They also like being close to the facilities which they frequently need. They are close to Salvation Army and Loaves and Fishes daily meal and shower programs as well as the Mercy Free Clinic and the Fire Department.

When I came by they were upset because they had been told to either, "Leave or go to jail" by Southern

Pacific Railroad Police. This is why Moss, a long term homeless advocate and Methodist Minister, had insisted we check it out: To let the people know what's really going on with Sacramento's homeless.....

When I entered the camp along with Carol, our photographer, they were suspicious of us and looked us up and down. They have a couple of dogs, a pitbull and a small gray mix. Their "open-air" camp was clean and outfitted with mattresses and makeshift furniture. They had a 50 pound oil drum cut in half with a grill on it for cooking. A small fire was glowing in the drum and coffee was brewing.

A guy who introduced himself as "Red" — he has fiery red hair, pulled out his knife to show me where their heads were at. The knife has a six inch blade which folds and locks with a pearl colored handle. Wild Man, another large brown haired clean-shaven white man said, "We don't allow alcohol or drugs back here. This is a safe area for us. We don't go out alone, we stay in groups of at least two." He was warning me I guess, very protective of the others. He

hadn't heard of Hard Times but some of the others had. One guy there even told us his old lady had a comic strip published (August edition). So they became at ease and started to tell us of their plight. "It is unfair that we are being forced to move to an area which is unsafe for us. When we move out of here, the drugs and alcohol will be back in!" Wild Man stated.

Looking around I counted 10 people including one child less than a year old. She was a visitor I was told. One young woman, who they call Half Pint, came and sat next to me on the car seat set in the dirt where I was sitting. She proceeded to tell me her story. She was an epileptic and had been out on the street for some time. She said that these were "her guys," and they look out for her and protect her. From the watchful look and body language of the guys, I know she was telling the truth.

Half Pint had recently suffered a "grand-mal seizure" (very serious) and the group was still upset about it. She said to me, "We have no shame, it's either leave or go to jail, and I

See CAMP on Page 9



From the editor's desk

## The domino theory

Hard Times issue number five is here. According to the September edition of Sacramento Magazine, "Critics say Sacramento lacks the urbanization to support a homeless paper." For your information, sales of Hard Times are up 500 percent in the last month.

If you have purchased this paper from a homeless person on the street, I want to thank you especially. The people selling Hard Times are not asking for charity, they are earning a quarter by selling you a paper which I believe will entertain you, as well as inform you.

I respect the integrity of Sacramento Magazine and the excellent writing ability of the young lady that wrote the story about Hard Times. I do appreciate the publicity, however I feel it was unfortunate that the focus of the article was on my wife and I instead of the plight of the homeless in Sacramento.

In fairness to my family who have always been there when I needed them, I want to set the record straight. Though it made an interesting story, the facts as they presented them simply were not true. Enough said.

In writing the story on the homeless group featured on the cover, I was extremely impressed by their loyalty to one another and their willingness to help each other out. These qualities are invaluable. It is much easier to survive with friends or family you can count on.

As the woman from Sacramento states in her letter to the editor on the bottom right hand corner of this page, the power of a kind word can make a world of difference to one's self-esteem. I hope people really think about that and take it to heart. We can help each other out with just our attitude.

I am saddened by all the reports of violence towards the homeless. Some of the violence seems to come within the homeless themselves. Life can be agonizing at times and the frustration mounts. The need for money is also ever prevalent.

If I can say one thing to the general public and the homeless community that will be taken to heart, it is to remember the power of kindness and the power of a sincere word of encouragement or a friendly gesture. Our perception of ourselves is extremely important. We can help each other to keep our spirits up as much as possible to get through these tough times.

We have an editorial about Anne Rudin in this month's issue congratulating her on her efforts for the homeless. Mayor Rudin sure seems to have her heart in the right place and we do wish to thank her for her efforts. The editorial was written by Jefferson Yohn. Mr. Yohn is a very distinguished columnist and political cartoonist who has written for many, many newspapers including locally the Sacramento Union, Elk Grove Citizen, and Galt Herald. Mr. Yohn was Editor of the California Highway Patrol's newspaper, APB (ALL Points Bulletin), for many years and we cer-



Deric Rothe

(Deric is the one wearing glasses)

tainly appreciate his efforts in helping our cause.

We are getting some assistance from some very influential people in the community. It may seem like a slow process but some positive steps are being taken on behalf of Sacramento's homeless. Father Dan Madigan and developer Phil Angelides and his family are also to be congratulated for their recent progress with Sacramento Homeless Haven, a program which will provide families with not only shelter, but also with "mentors" to help them move into the mainstream of society.

Loaves and Fishes is closer to opening the new dining hall. The Loaves and Fishes staff must also be applauded for starting Our Daily Bread, the new day labor program which will give some homeless a chance to earn some money and also help to better the relationship between the homeless and the community. I sure hope the people of Sacramento embrace the program and hire the homeless when they need temporary labor. Congratulations to Augie Willis for his employment there.

The Consumers Self-Help Center has been expanding and helping a lot of people. They offer a drop-in center at Stockton Blvd. and Parker. They have been taking some trips and offering group counseling and social activities all free of charge. I would encourage any homeless to go over there and check out Ron Waters and the other staff members. Ron puts our resource guide together and knows the ins and outs of a lot of resources which are available to the homeless. He is a good friend and always willing to lend a hand or offer information to those serious about improving themselves and their lives. (The schedule of events for Consumers is on the back page.)

The TLCS program has some great success stories. I hope they continue to encourage their clients who are succeeding to write about what they have gone through for Hard Times.

The work that Salvation Army does

See DOMINO on Page 9

Hard Times:

"WE SHELL NOT EXONERATE  
SADDAM HUSSEIN FOR HIS  
ACTIONS. WE WILL MOBILIZE  
TO MEET THIS THREAT TO OUR  
VITAL INTERESTS IN THE PERSIAN  
GULF UNTIL AN AMENABLE  
SOLUTION IS REACHED."

We will be having elections here in Minnesota in November. On the Democratic party ticket the candidate for governor is Rudy Perpitt seeking another term. He is against abortion. The Republican candidate is John Gruenev. He is more rigidly against abortion. He has gotten big sums of money from Potlatch Corporation and Georgia-Pacific Corporation. Both are big polluters. Georgia-Pacific has been using scabs of the B.E. & K. Construction Corporation that is a Union Busting Corporation from the south. On a construction job in International Falls, Minnesota, there's been a strike going on most of the year, a bitter strike. After God had created everything he had some slime left over. So then He created a scab!

We have an Ojibway Indian woman who is running for governor on the Earth Rights Party. Her name is Warrior Heart Chosa (Judith). She is college educated, but she is a welfare mother who is

very intelligent, and a very honest, good person. She is pro-choice! Pro family farmers. Pro-environment. On the side of the unemployed and homeless. The plight of the Native Americans is atrocious. She is going to get my vote! I'd rather vote for what I believe in and not get it, than to vote for what I don't believe in and get it!

And I'd like to see all our troops come home now from Saudi Arabia.

You will hear from me in October again. We are having a homeless rally October 5 in St. Paul (State Capital).

Best wishes,  
Comrade Donald Ritter, Duluth, Minn.

(Editors note: Mr. Ritter was an infantry soldier in the Korean War, who is interested in distributing Hard Times in Minnesota. He says he knows from experience what hard times are like from his years spent on the road.)

Hard Times:

As the mother of two living on AFDC I have always felt a sense of compassion towards the homeless. What little extra I have had at times I have given to families I have seen on the streets, usually in the form of food stamps.

The homeless situation has finally hit home. My father has always had severe mental problems. He has been diagnosed as a manic-depressive among other things. His behavior finally landed him in prison a number of years ago for an outburst of his temper. Fortunately he didn't hurt anyone but nonetheless spent over 3 1/2 years in prison for his actions. My father appeared to be doing well for about two years after his release. At least he had a roof over his head. Currently he has fallen into a deep depression and is living on the streets of

Los Angeles.

Now that you have heard a little bit of my family story, I want you to know that most people would never believe this could happen to people like us. I, like my father, and most of my family members, have graduated from a prestigious university. My father at one time owned over ten pieces of residential properties from houses to apartment complexes.

So you see it isn't economic status that prevents our becoming homeless but rather the love and kindness of others. Usually this love and kindness comes from within the family unit. Unfortunately my family never has been very loving. I personally have adopted the Golden Rule and hope to end this cycle within my own family. I hope that those who read this take to heart the value of a kind word.

The leader of a new generation.

### HOW TO APPLY FOR HOUSING ASSISTANCE

Applications will be accepted by telephone only! (Only one application will be accepted per telephone call.) To apply, call 441-6717 weekdays (except Wednesdays and holidays) between 8 a.m. and 5 p.m. We also have a special number for TDD machines only, 440-1397. Note: Please have an interpreter call for you if you do not speak and/or understand fluent English.

The Housing Authorities of the City and County of Sacramento are accepting

4 and 5 bedroom Section 8 (Certificates/ouchers) and Conventional Housing Units.

Conventional Housing is housing owned, operated and maintained by our agency. To benefit from this program, you must move into one of our units. When an eligible applicant's turn comes to be referred for housing, the applicant is given the opportunity to refusing three (3) offers before the applicant's name drops to the bottom of the Wait List.



# Arguments against the stereotype of the lazy homeless who deserve to be on the street

The homeless are not out on the street believing that somebody should take care of them. They would for the most part like to be able to take care of themselves! There is a big difference.

This is not only a stereotype but an out and out lie which is often unknowingly perpetrated to legitimize the unjust situation we now have. This lie tries to make us all feel that having so many homeless is okay, because they are basically lazy, and just want a handout.

Here are some well documented facts that defy the stereotype of the, "Lazy homeless who deserve to be there." To answer the question, "Why are there so many homeless now?" Consider these facts as testified to the Select Committee on Homelessness 9790 by Wade Hudson:

\* During the 1980s, the richest one percent of the U.S. population almost doubled their annual income. During the same time, the average income of working families dropped by \$2,000. (One reason this happened is because federal income taxes for the richest 1 percent of the population were DECREASED by a whopping 25 percent, while the federal income tax on median income families, the regular working people, INCREASED.

\* The richest ONE percent own 45 percent of the nation's total income. In 1980, the average corporate executives received 40 times the average income of factory workers. They now receive 93 times as much while the factory workers' paychecks now buy less.

\* The ultra rich now receive \$175 billion more, after taxes, than they would have if the tax reform laws of the 1980's had not taken place. The common working man receives less after taxes now.

\* During the 1980s, federal spending on low-income housing was DECREASED by 15 billion dollars while the number of citizens needing low-income housing radically INCREASED.

The working man is getting the shaft. More and more people are unable to make that next month's rent payment.

We are going to create more and more homeless until our system changes. The government's answer or non-answer seems to translate to: Pretty soon the poor will either get hooked on alcohol or drugs or both and do something stupid and we can lock them up or, they will sell drugs to get ahead and we can lock them up or, they can sleep on the street and eat out of garbage cans and we can say they are lazy and deserve it.

How about if we get our poverty stricken young people to enlist in the military, so they can die, so we can attempt to get a barrel of oil a little cheaper? That's another neat trick which we will be seeing more of and soon.

Why is it worth 50 billion dollars a year for our military to guard the Saudi Arabians and not worth squat to offer a national job or housing program for our homeless? Not a handout, but a job at a decent wage whereby they can earn their own money fair and square, say by cleaning up our environment or taking care of those who cannot work?

We have got to take care of the physically disabled and mentally-ill homeless who cannot work? Why not provide more drug and job programs instead of prisons for our poverty stricken youth?

Think about it, this is crazy to have such an affluent society and not care more for our poor. We must create new job programs and affordable housing. We need to establish new public service jobs and employ our poor who are able to work. If we don't offer more jobs and job training, our country will continue to overload our jails with our most precious commodity, our youth. People have to survive!

We need to increase financial benefits for the retired and disabled and especially for those who fought to keep our country free, our veterans. We need to start seriously paying off the national deficit. This is the only way we can get out of this mess.

We have got to take care of those who can not take care of themselves. This INCLUDES the mentally-ill homeless. When we look towards budget areas which can be cut to help do this, let's look at the DEFENSE BUDGET. How about money for construction, instead of destruction?

The Hard Times is a paper about poor and homeless people and those that sympathize with their plight. We have got to let our feelings be known of the problem of homelessness is going to continue to skyrocket. There are over 70,000 homeless in New York City alone. Do we have to step over people on our streets before we seriously deal with the problem here in Sacramento?

If you can help, or have something to say, artwork, ideas? I'd love to hear from you. Write to the Hard Times, P.O. Box 245190, Sacramento, CA. 95824. Together we can make a difference for our brothers and sisters on the street. The poor deserve a real chance, even if they are not superstar athletes.



## Help for homeless

By Jefferson Yohn

The City and County of Sacramento have a "homeless problem." To deny or ignore that naked fact is hypocrisy in its most censorious, self-righteous degree. A shopping trip to Downtown Sacramento or in a suburban mall reveals there are humans in our midst who are down on their luck. Not all are winos or narcotic habitues. Not all are parasitic handdogs.

Many of the homeless who travel our streets and neighborhoods are unemployed, crippled and hungry. Some are families which do not have the required first- and last-month funds to rent a decent apartment. Few possess decent clothes to appear for job interviews. Many lack on-the-job skills. Some desperately need medical care.

If you are blessed with health, gainful employment, a loving family and a place you can call home, remember there are many who are less fortunate and who are living on life's "other side." As you worship next Sabbath Day, turn to the Book of Mark, Chapter 14, and read verse 7 which states:

"For ye have the poor with you always, and whensoever ye will ye may do them good..."

Indeed, there is a "homeless problem" in our city and county. And this newspaper applauds Sacramento Mayor Anne Rudin for joining with her counterparts in 13 other California cities in declaring a "state of emergency for homeless citizens" — and appealing to the Legislature to conduct immediate hearings on the problem. Mayor Rudin has dispatched letters to Senate Leader Pro Tempore David Roberti and Assembly Speaker Willie Brown, and urged them to come up with a plan to resolve the "homeless problem." Arguing that

local governments can no longer bear the "homeless" burden alone, Mayor Rudin's letter lays it on the line:

"Responsibility must be borne by the state and federal governments, which have the power to create comprehensive, unified programs. Local governments and non-profit agencies cannot do it alone."

Supporting Mayor Rudin are the mayors representing Berkeley, Oakland, Richmond, Santa Cruz, San Francisco, San Jose, West Hollywood, Los Angeles, Culver City, Long Beach, Santa Monica, Santa Barbara and San Diego.

The mayors are strongly recommending assemblymen and senators to adopt a "legislative package for the homeless" that includes housing, job training, health and other services by next January when the Golden State has a new governor.

Mayor Rudin and city and county officials deserve high commendation for trying to cope with homelessness by supporting public and private meal, shelter and job training programs — which she concluded "wasn't enough!"

Let those of us who are more fortunate be thankful there are havens of assistance in Sacramento to help the "homeless." We salute the following "Angels of Mercy": Salvation Army, Union Gospel Mission, St. John's Shelter, Diogenes House, WEAVE, Volunteers of America, South Area Emergency Housing, Women's Refuge, Transitional Housing, Brother Martin's Courtyard, Maryhouse and Loaves and Fishes — to mention but a few.

Thanks, Mayor Rudin, for presenting the plight of our area's homeless to the legislative leaders. We hope it doesn't fall on deaf ears.





# Hear Our Voices

## Combat Zone

If you think war is hell  
 try living on the streets!  
 post traumatic stress  
 disorder (PTSD)...  
 combat veterans came home  
 from Viet Nam with it,  
 victims of airline crashes,  
 earthquakes or violent crimes  
 develop it,  
 and now the homeless...  
 thirty percent of the homeless  
 are veterans, thirty percent  
 of the homeless are also  
 mentally ill,  
 we closed the state hospitals  
 and said that milltown and  
 neighborhood care facilities  
 were the answer,  
 but then we needed money for  
 other things,  
 are we defending our right to  
 die on the streets,  
 are we educating our children  
 to be compassionate or just  
 tolerant,  
 the health care system is  
 never free,  
 here's hoping your dreams  
 never become nightmares.

John B. Passerello

To this world of greed and vice  
 Butcher's block of sacrifice  
 Shame no more  
 The world's poor  
 For on the street  
 Christ we meet  
 Outlaw wise  
 In their disguise

Tim Myres

## Solar Plexus

You've got your belief system  
 I've got mine  
 But when you're speakin'  
 From your solar plexus  
 Our energies intertwine!

Cause no matter what  
 Your face looks likes  
 Whether you are fat or thin  
 Just picture your solar plexus  
 Radiating from within!

I don't like your ideology  
 Your lifestyle makes me sick  
 But when your solar plexus radiates  
 The two of us can click!

Your religion is repugnant  
 Cause my dogma is so strict  
 But when your solar plexus  
 Light is glowin' our  
 Souls do not conflict!

You're a Buddhist  
 You're a Moslem  
 I'm a Christian  
 Or a Jew

You're an anarchist punk rocker  
 I'm on the college rowing crew  
 You're a hippie hating logger  
 Butchering a big redwood tree  
 I'm an earth first tree hugger  
 Sipping environmentalist tea.

But when you visualize  
 Your solar plexus  
 A source of brilliant light  
 Our love energy intermingles  
 And there is no more need to fight!

Cause no matter what  
 Your face looks like  
 Whether you are fat or thin  
 Just picture your solar plexus  
 Radiating from within!

Joseph Charles Shepherd



Homeless

A big beautiful blue sky,  
And still under it people must die.  
Hunger is on the streets,  
And mine and a lost soul's eyes meet.  
One child's cry,  
Ignored by the government's lie.  
They say war will give us peace  
to our humbled life,  
And as this wonderful speech is given,  
A man is stabbed and killed with a knife.  
We feed the people in another country,  
But watch the American homeless go hungry.

In the pockets of the homeless,  
Never a cent, but only a piece of lint.  
The "American Dream" that never came true,  
We sit and talk about the problem  
Of the homeless until we turn blue.  
A child stands by a box called home,  
Barefoot, sick, hungry and cold.  
No one cares, so he's left alone.  
I look deep within the eyes of a small  
eight year old child and see fear,  
Because she knows death is near.

Kim Harrington

Homeless

Those yet homeless" are loved still of God  
Even with hair unkept or feet unshod  
but with plenty of space across the land  
Isn't it time the "landowners" lend a hand?

Those yet "homeless" are loved yet by God  
though it be a path not everyone has trod  
But since the earth is large enough for all  
No one need be homeless, next winter or  
even next fall.

Be assured we all are loved of God  
Although the proof many yet wait to see  
but recalling another with no place to lay  
his head  
declaring 'You've done it to them  
you've done it to me!'

Yes, once someone great was "homeless" too  
Spurned by his people and friends  
Even God can also understand you  
and helps ensure homelessness ends.

A. Bailey



Carol Wysong/Staff photo

TUNNEL VISION

Pushin my cart  
Into the tunnel ahead  
Pushin my cart  
Not knowin if its safe  
Pushin my cart  
Wondering if it will end  
Pushin my cart  
With a life not on the mend  
Gotta make it to the other side  
Gotta go through that tunnel  
With a strong steady stride  
Gotta keep on pushin  
Pushin this cart  
Cause pushin this cart  
Is the only life I got

Carmen Cardinal





Joseph Shepherd, left, and friends are not hard timing this night as they investigate homeless conditions in Oregon.

# Hard times reporter checks out Oregon

**Hard Times:**

I'm living in the Oregon forest. I joined a local writers group that meets weekly. A vacation in the Oregon woods is good medicine for the soul, and I am catching up on some way-over-due letters, this one included.

Thank you for publishing my poetry. I do appreciate your friendship and I know my writing stands on its own merit. I don't have a copy yet and now that I have a permanent address please send me two or three copies. I would like to continue writing for your paper as I

have a true empathy for dispossessed, alienated, down-trodden citizens of the United States of America.

If you receive any comments on my poetry or have suggestions on how to improve my writing or wish to publish more of my work please advise me thusly.

Soon I will be going to Portland for a few days to investigate the conditions of the homeless living in large numbers in camps under a massive series of freeway bridges, gullies, and parks. It is brutal and dangerous there.

**Joseph Shepherd**

# Tell congress to stop the conversion of HUD backed housing

The threat that their low-income housing will be converted to higher (market-rate) rents hangs like a guillotine over the heads of hundreds of thousands of families in the U.S.A. Recent activity in Congress has increased the uncertainty and danger.

Private owners who built housing with 40-year loans from HUD during the 1960s and 1970s were legally obligated to keep the rents low. However, Congress allowed them to "prepay" their loans after 20 years and convert to "market rate rents." Now the prepayment chickens are coming home to roost, at the same time there is a crisis in affordable housing. This national crisis has been brought on by a decaying capitalist economy and 10 years of federal abandonment of housing.

But tenants are not just waiting for the blade to fall. They are fighting for

their right to a decent home. During the next critical weeks in Congress, tenants in Los Angeles, San Francisco, and San Jose, Calif., will be taking to the streets, holding marches, rallies, and campaigns to dramatize their demand to keep their homes. They will be sending letters and photos of their families to Senators and Representatives, showing the faces of the children who will be made homeless if Congress allows conversion to market-rate rents.

You can help! Write or call your Senator or Congressman and tell them to support the pre-payment provisions in S 566, and to oppose the provisions of HR 1180 when the two bills go to Conference Committee in September. It is especially important to contact the author of S 566, Senator Alan Cranston, to tell him he must not abandon his bill in Conference Committee.

### Too Much Poverty

Give me your poor  
your tired and your hungry  
and I will bathe, clothe  
and feed them  
but only on my terms...  
in Berkeley we have  
churches to worship in,  
we provide outreach to  
the poor but we do not  
like the overflow from  
People's Park,  
drug addicts, drunks,  
unkept individuals  
urinating on our buildings,  
panhandling from those  
who seek our sanctuaries,  
stealing from our poor boxes,  
playing loud music late  
at night and camping  
on our lawns,  
the University campus is  
like a garden of Eden but  
smells like a sewer...  
there's too much poverty  
for us to take care of,  
we need more money  
for education.

John B. Passerello

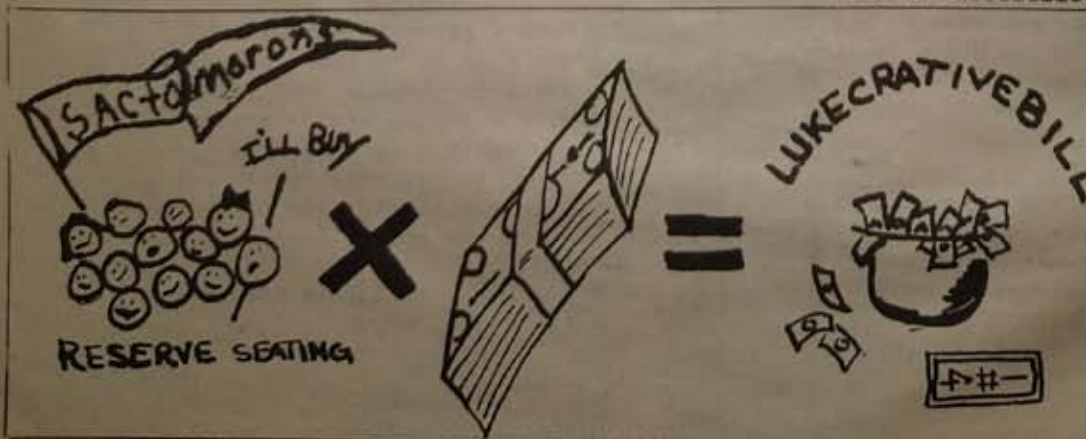


## HELP THE HOMELESS...

and read poetry; send for Homeless Not Helpless  
by John Passerello.

Send \$2.50 plus 45¢ for postage to Fox Publications, P.O. Box 1584, Fair Oaks, CA 95628-1584.

Profits from the sale of this publication will benefit the emergency food and shelter programs for the homeless in Sacramento





# Who are the real welfare bums?

By Scott Gordon

We have all heard the media denounce our black brothers and sisters in the inner city as the "underclass." Well, let's talk about the real welfare bums — the "overclass."

Michael Milken earned (earned?) \$550 million in 1987. He deals in "junk bonds," a new way that stockbrokers have found to gamble outside of the corporations. Milken is under indictment for questionable activities during the time he skimmed a half billion dollars off the top of the corporate pie.

Now let's talk about welfare. Not too long ago, before Ronald Reagan made some interesting and sneaky changes in the tax laws, society expected people at Milken's income level to contribute about 50 percent of their income. That left Milken with \$275 million. (Not bad for a desk job!)

But the Reagan and Bush administrations have a new concept of welfare — tax cuts for the rich. Marginal income tax rates were recently reduced from 91 percent to 28 percent. This gives Milken a "welfare check" from Uncle Sam of about \$77 million. That's a lot of food stamps!

The new Savings and Loan bankers have also been put on the government dole. This new welfare package will cost taxpayers a whopping \$600 billion. That's over \$2,400 for every American!

And what about our defense industry? Defense contractors continue to build offensive weapons in spite of the scientific certainty of mutually assured destruction (everybody dies and no one wins). This costs us \$285 billion per year —

that's fifty cents out of every tax dollar we send. It costs \$22 billion for 845 Trident II missiles alone!

The use of just one Trident II missile could put the entire northern hemisphere into a deep freeze (the nuclear winter caused by the dust cloud created that blocks out the sun) that very few humans, if any, could survive.

But what would it take to completely wipe out poverty? It would cost \$33 billion to bring every American man, woman and child above the federal poverty line. We can see clearly that no American needs to live in poverty in the richest country in the world. The 15 richest billionaires alone, have enough wealth to wipe out poverty for the 60 million who live below the poverty line.

Or, if we forced the S&L bankers to pay their own bills and canceled those Trident II missiles, we could deal poverty the death blow. But will the billionaires, the S&L bankers, or the Pentagon see the light and deal with the real questions of national security — poverty,

homelessness, education, and health care? Don't count on it! These gentlemen and their lobbyists wrote the laws and bought the votes needed to have it "their way."

Yes, we have a real fight ahead of us. We must demand that society's wealth be used to end poverty, not destroy the world and everything mankind and mother nature has worked so hard over the ages to build. Together we can end homelessness, hunger and poverty forever!

# Transitional Living and Community Support

Transitional Living and Community Support, Inc. (TLCS), a private, non-profit social rehabilitation agency in Sacramento County offering advocacy services and expanded living opportunities for people with a psychiatric disability.

## Transitional and Longer Term Services

**Community Living Program (CLP)** — Two houses in the Rosemont-Rancho Cordova area. Each house is a place where staff and residents participate in creating cooperative life together. The counselor assists residents in developing living skills and meeting the demands of group living. Community Living Program is for those who want and need a supportive community in which to develop self esteem and living skills needed for independence.

**Downtown Cooperatives (Co-ops)** — The Downtown Cooperatives consist of affordable housing wherein individuals live cooperatively to help reduce the stresses of living independently. Menu planning and cooking, house and grounds maintenance, as well as problem-solving and decision-making by all Cooperative members creates the success of this component of TLCS services. This program is for those who would like a supportive community in which to live.

**Community Support Services (CSS)** — For clients living in the community who are in need of program support services. TLCS staff provide assistance in developing living skills and referral to other services. Community Support Services (CSS) is for those who need and want minimal but on-going support in order to live well in the community.

**Young Adult Program (YAP)** — A program similar to CSS, but designed for young adults aged 18-24 who live in the community and who are in need of support services. The YAP Counselor maintains regular contact with clients and works with them in developing community living skills, including managing crisis. YAP is for those young adults who need and want independent living skills training and transitional support in order to be able to care for themselves in the community.

**Information Group** — There is an information group meeting at 1631 P Street every Wednesday at 11:00 a.m. These groups are for clients and the community to discuss our programs and answer questions you may have regard-

ing placement in our transitional and longer term services. Applications for program placement can be filled out at that time. Please contact our Transitional Admissions/Discharge Planner, at 441-0123.

## Emergency Services for homeless people with a mental health history

**Housing and Entitlement Program** — At our outreach office, located at 470 Bannon Street, staff works with the homeless mentally ill. Staff provide assessment to determine the level of support needed related to housing, financial entitlements, food, mental health and medical needs. During the time that staff work with clients on emergency housing needs, they also are making other linkages to develop a stable income source, more permanent housing, or case management services. Our HEP Advocates provide all levels of assistance related to the SSI/SSA benefit programs, from the initial application process to questions or problems that might arise following the allowance of benefits.

**Carol's Place** — Carol's Place is a short-term (30-day stay) residential facility for the homeless mentally ill. It provides a safe, hospitable alternative to the shelters for adults (age 18 and over). It is designed for those who have a history of mental illness or who would be at risk of psychiatric hospitalization if they were not in a stable, protected environment. Clients are referred from the Housing and Entitlements Program.

**Palmer/Homeless Apartment Program** — Palmer is an apartment building which offers clients an opportunity to live in shared, low-cost housing while they await a stable income (typically SSD) and secure more permanent housing in the community. Clients can stay for approximately six months and must be able to live fairly independently and share chores and responsibilities. Clients are referred to Palmer from Carol's Place and HEP.

**Community Support Services (CSS) Homeless** — TLCS staff provides services to homeless clients living in the community needing more intensive support for brief periods (up to three months), but not requiring case management services through Sacramento County. Clients are referred from the Housing and Entitlement Program.

For further information on our emergency homeless services, contact the Housing and Entitlement Program office at 443-2996.

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94102





# Free dental care now available in West Sacramento

By Carmen Cardinal  
Staff Writer

Hi guy! Go ahead and smile, even if you have some teeth. You know the kind of teeth where some are here and some are there. Because I'm going to tell you a little bit on how to keep your teeth (even if they are just a few) and gums healthy, I am also going to tell you about a dental clinic which recently opened in West Sacramento. If you are low-income, Medi-Cal or you can't afford private dental care, you can now go to "Lil Barrett-Newton Dental Clinic."

The woman who the clinic is named after, Lil Barrett-Newton, is a retired school nurse. It has been her dream for many years to open a dental clinic for low-income and Medi-Cal patients. She realized the need for dental care in this socio-economic group and did something about it. Our hats are off to you, Lil Barrett-Newton.

Now back to taking care of your teeth. I realize it is hard to keep toothpaste, dental floss, and toothbrushes a high priority when you need something to eat or a place to sleep. So, here are a few simple suggestions. If you don't have a toothbrush take a small piece of cloth, wet it and wipe all surfaces of your teeth. This will remove any plaque that has formed plus your mouth will feel a bit cleaner.

Next, if you have toothpaste or dental floss — great! But if not, here are some suggestions. In place of toothpaste you can use baking soda. Just make a paste and brush. I must admit that I am not to fond of the taste of baking soda, but this works. Use this on your toothbrush or wet cloth. Here is another device you can make yourself to take the place of a toothbrush. Get a small twig and chew the end until fairly soft. Pull the bark back separating the twig from itself. This crude brush will look just like a brush and work like one also. Just remember to brush a little softer than normal. Otherwise, you could injure your gums.

If you have dental floss, great! If not, you can use yarn and sometimes even string. Although the string does break easily in the back teeth. The purpose of dental floss is to get the food out of the spaces in between your teeth, brushing alone does not remove the trapped food. This will also help to prevent the formation of calculus and decay. If you have spaces or gaps in between your teeth, yarn is better for you to floss with. It is thicker than the dental floss, so it will clean these wider spaces better.

Two more topics to discuss. Baby Bottle Syndrome and Gum Disease.

First, Baby Bottle Syndrome. If you have a small child and put this child to bed or down for a nap with a bottle filled with milk or fruit juice, you need to stop. What happens is that the natural sugars

in the milk and fruit juice attack the enamel on the infant's teeth while asleep. This can also affect teeth which have not yet erupted in the child's mouth. This results in severe tooth decay and discomfort for the child. If you have to use a bottle at nap or bed time, fill it with plain water. If that doesn't work try a pacifier. If your child has any erupted teeth you should brush or wipe them with a cloth after each feeding. Your child will Thank-You for it!

## Gum Disease

Gum Disease is an inflammation or infection that attacks the gum and bone holding your teeth in place. It is caused by the bacteria in plaque. A sticky, colorless film which forms on your teeth. There are two stages of gum disease: GINGIVITIS, the early stage; and PERIODONTITIS, the 2nd and more serious stage.

### SIGNS OF GINGIVITIS

1. your gums bleed when you brush your teeth
2. your gums are red, swollen, or tender
3. healthy gums are firm and coral pink in color

### SIGNS OF PERIODONTITIS

1. your gums have separated from your teeth
2. pus appears between your teeth and gums (this will appear white in color)
3. there is a change in the way your teeth fit together
4. your teeth are loose or shifting
5. you notice bad breath or a bad taste in your mouth

If for any reason you must have a tooth or teeth pulled, your dentist can provide you with a partial or dentures. A partial replaces just a few missing teeth. A full denture would replace all of your top or bottom teeth, depending which had been extracted.

The clinic in West Sacramento can provide the above services to you. The doctors and assistants work on a voluntary basis to provide this service to you. The people who work at this clinic work here because they care and want to help. They are here for you. But what if for some reason you can't be there for them when you said you would? Then please phone the clinic to cancel your appointment. This will allow the receptionist to reschedule another patient who also needs this service. This is a long awaited service and a much needed service which is now being provided to you. Help make it work.

You can find the dental clinic at:

**SALUD HEALTH CENTER  
LIL BARRETT-NEWTON DENTAL CLINIC  
WEST SACRAMENTO  
372-5484**




## Goals of the Hard Times

1. To provide a voice for the homeless community.
2. To enhance a sense of pride/dignity and community awareness among the homeless.
3. To help publicize the plight of the homeless.
4. To help facilitate the provision of adequate food and shelter towards all Americans/people.
5. To assist the available resources through personal contact, publicity and awareness motivation.
6. To assist homeless persons in finding available resources and using them to boost their quality of life.
7. To establish a mutual respect with the homeless community and retain the element of trust and respectability for our staff and what comes out in our paper.
8. To be self sufficient and self perpetuating. (To pay for itself and grow with the homeless community.)
9. To establish credibility and respectability with the various agencies who deal with our common ideals.
10. To be interesting, informative, creative and entertaining while keeping as positive a tone as possible for the benefit of all involved.



### The Consumers Self-Help Center




The Consumer Self-Help Center is a non-profit drop in center for consumers of mental health, and is run by and for consumers. We provide a safe, supportive environment with support groups and activities that encourage members to help themselves in coping with mental illness and learning to enjoy life.

We encourage our members to participate in activities that can make a positive impact on their lives. Currently, we are developing and expanding our Outreach Program to serve monthly 131 homeless persons and daily diagnosed (mentally ill) clients with commitment substance abuse problems.

The Consumers Self-Help Center is located at 6600 Stockton Blvd. at the corner of Stockton and Parker, in the garden next to the large Plaza House Residence.

All services are free of charge and referrals are not required. The center is open from Monday thru Friday from 9:00 a.m. to 4:00 p.m. and Saturdays from 10:00 a.m. until 3:00 p.m. The telephone number is (916) 431-6661. We welcome everyone regardless of race, sex, handicap, religion or national origin.





# Camp

Continued from Page 1

can't go to jail because they won't give me my prescription medicine there. They say it is too strong but it is what I need to be healthy. I get my medication now at the Clinic. We are going to have to move together, you got into too much trouble alone." Red, who had been listening, agreed. He said, "If you are caught camping inside the city limits, it's an automatic 90 days in jail." "The city needs to do something for the homeless!" Wild Man pitched in. "Where the hell are we supposed to go?" he asked. Red proceeded to tell me about life on the road for the last six years. He said, "I help people that need help, money doesn't mean anything to me, friendship does." Wild Man told me that he was in a catch-22 situation. He draws Social Security because he is legally blind but can't make enough cash working to make it worthwhile because they deduct the wages from his SSI check when he works. He can't get ahead. Half Pint piped up and said, "I don't like to be called a freak, I am homeless with epilepsy, the reaction of people is awful. It's them who stare that are the freaks. When I walk down the street people walk around. They lock their doors if they are in cars and I walk by. I'm a normal person." She continued, "Dave Moss has been really helpful. I was kicked out of MaryHouse (women's shelter) because I couldn't walk straight. They thought I was screwed up, but I was under medication for epilepsy — he straightened them out. I don't know what I'd do without Salvation Army and Loaves and Fishes. I have to eat or I get sick." "Everybody in the group knows CPR and we take care of each other," Wild Man announced to us. The others nodded in agreement. Half Pint said she depended on the guys as did Terry, the girl lying on the mattress who was listening but wriggling around and groaning, her body doubled-up, in obvious pain. Half Pint had praise for the security guards on the Light Rail (mass transit) who helped her get through her recent seizure. "Those guys were pretty cool, but Ken held

me all the way to the hospital," she said. She then looked lovingly at Ken who was sitting and listening to our conversation. Ken boomed, "Homeless epileptics can't hold jobs!" Half Pint stated, "They say they're firing you for something else but you really know why. It's because they don't want the hassle." Wild Man appealed to us, "How can a guy raise \$2,000 for first and last months' rent, security deposit, PG&E, and all that. It's near impossible!" I mentioned to Crazy, another guy who was sitting there that I liked his old lady's comic about the coffee cup. He smiled and said, "When I go dumpster diving, I get 5 cups in a night sometimes, she likes em."

I asked Half Pint, "What's the best possible scenario for your future?" She replied, "For them to let us stay here." I asked her if she wouldn't like to get a house? She replied rolling her eyes, "Of course but we'll never be able to afford that!" They told me how Terry had gone down for food stamps earlier in the day. She was told that she makes 65 cents too much to qualify. It seems that \$380.00 is the limit and her SSI check from Texas is \$380.65. They all grimaced and nodded in agreement. I told them I wished them luck and would do whatever I could to help them. Carol, our Hard Times photographer, offered to help them move the next day, (to a campsite they don't want publicized). As we got up to leave my keys had fallen out of my wallet without my knowledge. Speedy pointed them out and said, "We don't steal either." After we were walking out Half Pint said to me, "Will we really be on the cover of Hard Times?"

*Editor's note: I hope that it is obvious that the reason we are printing this story is that we feel like these are good people, who are getting the shaft. We want to help change things for people like Half Pint, and the others. If anyone has any ideas or suggestions on how to help these folks, give the Hard Times a call or drop a note in the mail. We feel like somebody out there has some solutions!*



Carol Wysong/Staff photo

## Homeless baptism

Dave Moss baptizes a homeless child at a ceremony held in Brother Martin's courtyard at Loaves & Fishes. In spite of stereotypes, the homeless have religious beliefs and practices just like anyone else.



Dave Moss



## Hard times in Sacramento

Every night thousands of people sleep on park benches, in alleyways, on riverbanks and in homeless warehouses called shelters. Can't something be done?

# Domino

Continued from Page 2

should not be taken for granted. They are vital part of our support system and without them I would not like to imagine our situation.

Union Gospel Mission is also continuing their excellent work. They too should not be taken for granted.

Volunteers of America, Diogenes House, South Area Emergency Shelter, the food banks, Kay Knepprath and California Homeless Coalition, John Passerello, Tim Brown, The Jericho Sister and others are all working on the side of the homeless. It is just a huge problem and we need to help each other when we can.

Hard Times would like to encourage any homeless or interested persons to write for the paper. We will make every effort to print what you submit. I want to especially encourage James Minshaw, Shirley Moore, Joseph Sheperd, Thomas Orr,

Thomas Koch, Willie Terwilliger (sorry your cartoon disappeared, please re-submit), Carl Zamora, Thomas Orr, Norman Calhoun, Maria Wiley and some of our other writers to continue to submit materials. How about getting some more material from MaryHouse? Come on ladies....

We are still as Sacramento magazine points out, "a crude little publication" but we have heart, and we're coming up!

Please remember the value of a kind word or gesture. Members of the public, please treat the homeless with respect and support the programs which help them.

Sorry the October edition came out so late. I have a new job which is keeping me extremely busy. I need more people to help with advertising and writing articles.

Be kind.... See ya next month!





# Resource Guide

By Ron Waters  
Resource Guide Editor

For most people this has been a warm and enjoyable summer, but for thousands of homeless people, the situation has worsened. Few of the homeless have improved their lot. In fact the ranks of the homeless have increased, especially women and children.

Sacramento's ideal location and weather has made it a favorite for the homeless. It's proximity to vast agricultural regions and several rivers not only

make it attractive but also difficult to obtain a clear picture of the homeless population. However, as winter swiftly approaches there tends to be a migration towards the inner cities.

With this in mind we are gearing up for the influx of this population. In the next few months the Consumers Self-Help Center hopes to play a more active role in providing specific services to the homeless. We encourage participation from other agencies and individuals including donations of canned food, clothing, blankets, etc., for distribution. For more information, call me at 451-6661.

## Shelters

**SALVATION ARMY**  
12th and North B Street  
442-0303  
4 p.m. Sign-Up Women  
1 p.m. Sign-Up Men

**UNION GOSPEL MISSION**  
400 Bannon Street 443-1719  
6:30 p.m. Bed Sign-Up. First-Timers Have Priority. Showers and Shaves 9-11 a.m. 1-3 p.m. 6:00 a.m. Breakfast Men Only

**ST. JOHN'S SHELTER**  
301 North 12th Street  
448-0701  
5:30 p.m. Bed Sign-Up  
2 Meals  
Women and Children Only

**Diogenes House**  
24 Hours 363-0063  
For Runaways (Counseling Available to Troubled Youth)  
Boys and Girls Only (Under 18)

**WEAVE**  
24 Hours 924-2952  
For Battered Women  
Victims of Rape  
Emotional Crisis  
Counseling  
Safe Houses  
Women and Children Only

**VOLUNTEERS OF AMERICA BANNON STREET SHELTER**  
470 Bannon Street 443-4688  
Department of Social Services Referral Only. Men and Women

**SOUTH AREA EMERGENCY HOUSING**  
4516 Parker  
24 Hours 455-2160  
Call for Information  
Families/Single Adults with Children  
4516 Parker Ave.

Women's Refuge  
456-3363

**TRANSITIONAL HOUSING PROGRAM**  
Call for Appointment  
442-8200  
Families (Must be Screened)

## Day Shelter

**BROTHER MARTIN'S COURTYARD**  
1321 North C. Street (at North 12th) 447-3906  
Hours 8:00 - 10:00 a.m.  
11:00 - 1:00 p.m.  
Coffee, Food 8:00 a.m.  
Sign Up for Next Week  
Laundry, Showers, Job  
Phone 1:00 - 4:00 p.m.  
Haircuts Wednesday 1:00 - 4:00 p.m.  
A.A. Meeting Tuesday 3:00 - 4:00 p.m.  
Bible Study Thursday 2:30 - 3:30 p.m.  
Men Only

**MARYHOUSE**  
1321 North C Street (at North 12th) 446-4962  
Monday thru Friday 9:00 a.m. - 5:00 p.m.  
Showers/Laundry  
Women and Children Only

## Free Meals

**LOAVES AND FISHES**  
305 North 12th Street (At North C.) 446-0874  
7 days a week 12 - 1 p.m.

**SALVATION ARMY**  
1200 North B Street (At 12th Street) 442-0303  
7 days a week 3:30 - 4:30 p.m.

**UNION GOSPEL MISSION**  
400 Bannon Street (B Street at 12th) 447-3268  
7 days a week 8:30 - 9:15 p.m.

**FOOD NOT BOMBS**  
St. Rose of Lima Park  
7th & K Street 455-7200  
Vegetarian  
Sunday 12:00 - 3:00 p.m.

**GLORY BOUND MINISTRIES**  
4527 Parker Street  
452-7078  
5:15 p.m. Bus Pickup at B Street & 12th or 2700 Front Street for Services and Food

**WOMEN'S CIVIC IMPROVEMENT CENTER**  
3555 3rd Avenue (at Broadway) 457-8661  
Income Verification Required

**VOA NEIGHBORS KITCHEN**  
2700 Front Street  
448-1236  
Monday-Friday 5:30 p.m.

## Job Training

### Job/Search

Construction: Daily pay, apply at 1330 Del Paso Blvd, Sacto. 927-9034

### JOB AND CAREER TRAINING PROGRAMS

For Adults 22 Years of age and over:  
Year Round Job and Career Training Programs Available in the Sacramento area:

**CON CHI TIA ENTERPRISES**  
577 Las Plamas Ave., #51 & 52 920-9672/73  
Sacramento, Ca.  
Pre-Apprenticeship Training (construction)

**EDUCATIONAL & BUSINESS MICROCOMPUTER INC.**  
6024-C San Juan Ave.  
723-4850/969-9514  
Citrus Heights, Ca.  
Computer Career Training  
**LA FAMILIA COUNSELING CENTER, INC.**  
2111 28th Street  
452-3601 Sacramento, CA  
On-The-Job Training

**QUALITY BUSINESS SYSTEMS, INC.**  
2424 Arden Way, Suite C-81 927-2760  
Sacramento, Ca.  
Photocopy Technician Training

**PRIVATE INDUSTRY COUNSEL IN-HOUSE PROGRAMS**  
1215 Del Paso Blvd.  
646-5640  
Sacramento, Ca.  
On-The-Job Training

**SACRAMENTO CITY USD SKILLS CENTER**  
2751 Stockton Blvd.  
454-6637 or 454-6638  
Sacramento, Ca.  
Clerical Training, Word Processing, Auto Mechanics, retail Cashier, heating and Air Conditioning Repair, Landscaping, Legal Secretary, Photo Offset, Ward Clerk, Account Clerk

### SACRAMENTO EMPLOYMENT AND TRAINING AGENCY (SETA) JOB SEARCH PROGRAM

1215 Del Paso Blvd.  
646-5658  
Sacramento, Ca.  
Offers: Workshop on Job Search Skills, Resume Development and Counseling

**GRANT UNION HIGH SCHOOL DISTRICT ADULT AND COMMUNITY EDUCATION CAMPOS VERDES CENTER**  
3701 Stephen Drive 921-3753 North Highlands, CA  
Clerical Career Training

**CALIFORNIA HUMAN DEVELOPMENT CORPORATION**  
6020 Rutland Drive Suite 13 344-4516  
Carmichael, Ca. 95608  
Individualized Job Development & Referral (Ages 55 Plus),  
Job Search Workshop

**SAN JUAN EMPLOYMENT & TRAINING CENTER**  
4640 Orange Grove Avenue  
971-7394  
Sacramento, Ca.  
On-The-Job Training (Title III - Dislocated Workers Only)

**SOAR**  
5450B Power Inn Road  
386-2706  
Sacramento, Ca.  
On-The-Job Training/Vocational English as a Second Language

**UNITED CHRISTIAN CENTERS OF THE GREATER SACRAMENTO AREA, INC. (LINCOLN)**  
2620 21st Street  
452-5073  
Sacramento, Ca.  
General and Medical Clerical Training

**SACRAMENTO WOMEN'S CENTER**  
2306 J Street 441-4207  
Sacramento, Ca.  
On-The-Job Training



**SACRAMENTO VOCATIONAL SERVICES**  
6950 21st Avenue  
381-1300  
Sacramento, Ca.  
Job Search  
Developmentally Disabled

Just One Break  
446-7235

**Misc. Services**

Legal Services of N. California, Inc.  
515 12th Street (at E)  
444-6760  
Call for Appts for help with public benefits, Landlord/tenant, Divorce

Food Stamps of Sacramento  
1-800-952-5253

Nash's Board & Care  
5201 22nd Avenue  
451-6669

TLCS Emergency Outreach  
470 Bannon Street  
(Trailer at No. B) 24 hour answering machine 443-2995

Regional Transit Bus Schedule Information  
321-2877

San Francisco Aids Hotline 1-800-367-2437

Case Management Services  
4875 Broadway, Suite B  
Sacramento, 95820  
732-9401

Crossroads Employment Services  
1330 21st Street, Suite 100  
Sacramento  
441-1950

Volunteers of America Courtesy Outreach Service  
448-1236

**Alcohol/Drug abuse help**

Alcoholics Anonymous  
24 hour 454-1100

Narcotics Anonymous  
24 hour 486-0465

Intoxicated (Police Wagon will take to VOA Detox) 449-5471

National Cocaine Hotline  
800-COCAINE, or 800-262-2463

Aquarian Effort Detox Center 24 hour 920-3588

Volunteers of America Detox Center  
448-1236  
2700 Front St. (sleep off center; 72 hour sobriety; Recovery Home

The Chemical Dependency Center  
1507 21st Street, Suite 100, Sacramento, 95814  
448-2951

Alcohol & Drug Programs Division  
3701 Branch Center Road  
Sacramento, 95827  
366-2736

Mexican-American Alcoholism Information Center  
7000 Franklin Blvd., Suite 210  
Sacramento, 95825  
392-7815

Central Reception Center Detox  
2700 Front Street  
Sacramento, 95814  
448-1236

Sacramento Alcoholism Center  
(County Program)

1708 Q Street  
Sacramento, 95814  
440-6233

Sacramento Black Alcoholism Center (SBAC) (AKA Sobriety Brings a Change)  
2425 Alhambra Blvd., Suite F  
Sacramento, 95817  
24 hour 454-4242

Substance Abuse & Delinquency Prevention  
3738 Walnut Avenue  
Carmichael, 95608  
971-7022

Alcoholics Anonymous Central California  
2425 G, Alhambra Blvd.  
Sacramento, 95817  
454-1100

American Indian Substance Abuse Program, Inc.  
Turquoise Indian Lodge  
2727 P Street  
Sacramento, 95816  
456-3437

Association Rehabilitation Program for Women, Inc. (AKA Alpha Oaks) 24 hours  
944-3920  
8400 Fair Oaks Blvd  
Carmichael 95608

**Medical Care**

MERCY CLINIC  
1321 North C. Street  
446-3345  
Drop-in I.D. Not Required  
Monday thru Friday  
8:00 a.m. - 12:00 p.m.  
and 1:00 p.m. - 4:00 -

CAPITAL HEALTH CLINIC  
1500 C. Street (at 15th)  
440-5302  
I.D. Not Required  
Monday thru Friday  
8:00 a.m. - 12:00 p.m.  
and 1:00 p.m. - 4:00 p.m.  
Adults and Children

SACRAMENTO DENTAL CLINIC  
1500 C. Street (at North 12th) 442-9756  
Call for an Appointment

AQUARIAN EFFORT MEDICAL CLINIC  
1304 O Street (at 13th)  
446-6467  
Monday thru Friday  
5:30 p.m. - 9:00 p.m.  
Drop in  
Adults and Children

Homeless Health Care Services  
366-2171

**Support Groups**

Families of Prisoners  
Contact Wendy  
624-2825

Prisoner Family Fellowship  
Contact Rhoda  
823-2979  
Cheryl 823-1041

Schizophrenia Support Group  
608 - 10th Street (El Hogar)  
Sacramento, Ca. 95820  
2nd and 4th Wed. of each month  
1:00 p.m ask for Larry  
443-5307

Manic Depressive Association Sutter Center for Psychiatry  
7700 Folsom Blvd. (dining room)  
Sacramento, Ca. 95826  
363-8613

Freedom from Fear Foundation (Support groups for eating disorders, women, phobic complaints)  
965-4606

Suicide Prevention Crises line 368-3111

Amputee Support Group  
Call Paula 453-7790

**Loaves and Fishes announces a new day labor program**

Our Daily Bread is the name of a new day labor program service which is being offered to the community by Loaves and Fishes. The program will channel day labor jobs to the homeless by linking them with employees who are looking for temporary help.

The program is designed for to enable homeless and hungry people to earn their daily bread by doing a day's work.

Workers are available at to potential employers at 6:45 a.m. Monday through Friday. Work may be scheduled by calling Our Daily Bread the day before workers are needed or by 7:00 a.m. the same day.

Our Daily Bread's workers can do general labor, moving, janitorial work, truck unloading, landscaping, warehouse work, general clean up, etc.

The basic hourly rate is \$6 per hour, with a minimum of 4 hours per job. Workers are paid at the end of the day. To help the program to pay for itself, the employer is asked to donate \$10 per dispatch to Loaves and Fishes. If the employer needs two or three workers, the amount is still only \$10.

For more information on this new program, call Bill Hallerman at 446-9316.



## Holiday Baskets

Baskets filled with  
Fruit and Fun



David Franklin King  
2630 Fifth Street  
Sacramento, CA  
441-1082

## SOUTHSIDE HOUSE

521 T Street  
Sacramento, Ca.

### Low Cost Housing

Clean, Safe, Secure  
traditional boarding  
house. Room only  
(shared) - \$200.00.  
Room with 3 meals -  
\$480.00. Nice location.  
Close to park, store,  
buslines.

GA/SSA/SSI Welcome  
444-9238

## The Ackley Galleries Fine Arts



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(CALL FOR ARTISTS LISTING)

In Sacramento:  
106 K St. Suite B  
Sacramento, Ca. 95814  
(916) 446-4798  
(Closed Monday)

In Palm Springs:  
333 N. Palm Cyn. Dr.  
Suite 117  
Palm Springs, Ca. 92262  
(619) 327-4595

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If you would like to have your thoughts or poetry published, either mail the typed or clearly printed copy to *Hard Times*, P.O. Box 245190, Sacramento, CA 95824, or hand it in to Ron Waters at the Consumer Self-Help Center or Dave Moss at the Leaves and Fishes Day Shelter. There is also a Contribution's Box located in Brother Martin's Courtyard. The *Hard Times* will publish as much as space provides. This is your opportunity to let your feelings, thoughts and ideas be known. The *Hard Times* does not judge the material submitted, we just print what the people are saying. We need your support to keep the paper going. If something pisses you off, write about it. If something pleases you, write about it. If you have a story to tell, but are not a writer, give us a call, maybe we can put you together with a writer. You don't have to be homeless to write. Thanks for your support.



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### HARD TIMES STAFF

Editor .....Deric Rothe  
Art Director.....Mike Haynes  
Photographer.....Carol Wysong  
Resource Guide.....Ron Waters  
Staff: Carmen Cardinal, James  
Hinsbaw, Augie Willis, Ann Clark,  
Ron Waters, Joseph Sheper, Roberta  
Rothe, Maria Wiley, Homeless on the  
Move (Charles, Bobby), Bob Burns,  
Tony Russell, & Dave Porta

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ROBERT AND TAMRE BURNS  
MARIE CASTELFRANCO  
MARK ROTHE  
MAX & ROBERTA ROTHE  
M. "BERT" BIRCHFIELD  
CARMEN CARDINAL  
MIKE BURNS  
SACRAMENTO MENTAL HEALTH  
ASSOCIATION  
LEAVES AND FISHES

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THANK YOU FOR YOUR SUPPORT!!!

### Consumer's Self-Help Center

4000 Sutter Boulevard  
Sacramento, CA 95820  
(916) 431-9801 or 431-9842

### 1998 ACTIVITY CALENDAR

The following is a partial list of activities and events planned for October  
to see outside the Consumer's Self-Help Center.

|               |              |               |  |
|---------------|--------------|---------------|--|
| October 1     | Wed          | 1:15 pm       | Bullseye Trivia Night  |
| October 2     | Thursday     | 4:00 pm       | Mental Health Advisory Board - Openhouse<br>Committee  |
| October 3     | Wednesday    | 11:00 am      | Special Conference (Mentor Support on Career<br>Development)   |
| October 4     | Thursday     | 9:30 am       | Get paid for people interested in becoming<br>the Sacramento Fair  |
| October 10-12 | Wed - Friday | 9:00 am       | Sacramento Hotel, "Mental Health<br>Conference" (Mental Health<br>Association)   |
| October 12-13 | Fri - Sat    | 9:00 am       | Trade Show, SMHA (Organization of Mental<br>Health Advisory Board)   |
| October 13    | Wed          | 3:00-4:00 pm  | CVS Education (Case Management Services)   |
| October 17    | Monday       | 1:00 pm       | Phil Schriber of the Adult Protection<br>Services Presentation on Workshop   |
| October 18    | Thursday     | 9:30-1:00     | Talk to the People's Panel sponsored by<br>the City Council, 401 Sutter & Community<br>Services, Meet at County Community<br>Center, 401 Sutter Blvd. - Meet 9:30 AM |
| October 19    | Wed          | 11:00 am      | Trade Show - Trade Show  |
| October 20    | Fri          | 2:00-4:00 pm  | James Jones (from the book 417)  |
| October 21    | Monday       | 11:00-1:00 pm | Bellevue Institute, Talk at County<br>Community Center, 401 Sutter Blvd.   |
| October 22    | Wednesday    | 11:00-1:00 pm | Halloween Party, held at the County<br>Trade & Party (check online), Possible<br>have a chance!  |

For further information on activities or activities of the CSH Center, please  
call 431-9842.

SMHA

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