

Sacramento HARD TIMES

SACRAMENTO'S HOMELESS NEWSPAPER •

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Courtyard comments

Breaking stereotypes

By Bill Hallerman
Staff Writer

Walking downtown the other day, I watched a well-dressed man pass a homeless man on a corner. When the homeless man asked for a quarter, the man walking by yelled out, "Get a job." I thought of how much this man's comment reflects a common stereotype of the homeless — they are able but unwilling to work.

Those of us who work at Brother Martin's Courtyard have a different view. Every day we hear homeless people asking the question, "Do you know where I could find some work?" It was our frustration in not being able to answer this question that spurred us into starting Our Daily Bread.

Our Daily Bread is the day labor service we began in the courtyard 3 months ago. We have sent out over 60 men and women in that 3 months. The trouble is we don't have enough jobs to send them to. As I write this column there are over 30 names on the day labor list. They are homeless people looking for work, wanting to work, waiting to work. They are people who don't fit this stereotype of the "lazy" homeless. They are people like Lionel.

Lionel came to Brother Martin's Courtyard about 2 weeks ago. He had been working the past 2 years in Oakland. His roommates began dealing drugs and he felt himself slowly being sucked into the easy money it provided. So he left. He got up one morning, packed his bags, bought a bus ticket for Sacramento and walked away from the situation. He became homeless.

After a week of sleeping on the streets he found his way to Brother Martin's Courtyard and asked about work. We told him about Our Daily Bread and he came back at 6:30 the next morning to sign up. For the next 2 weeks Lionel came every morning at 6:30 a.m. to find work. We were able to send him out twice in those two weeks on day labor jobs, work which helped him survive on the streets.

But that's not the end of Lionel's story. Because of his excellent work, he was asked by one of his employer's to become a full-time employee. He is now working 40 hours a week and looking for an apartment.

The point of "Lionel's" story isn't that all homeless people can "succeed" like he did. It is that homeless people don't all fit in one bag labeled "too lazy to work." Many do look for work and want to work.

See COURTYARD on Page 2



Gathering together to figure out strategy are (l to r) front row: Tony Russell, Everett (Jack) Levering, Devon Olson and Ann Olson. Back row: Dave Moss, Terrie Urbano, Tony Chapman and Daniel Dudley.

Support all our troops

By Deric Rothe
Editor

United States troops fighting in the Persian Gulf need our support. They need to know that their country appreciates the sacrifices that they are making.

"This will not be another Viet Nam," said our President. That is great news for our military personnel fighting today. However, we still have military personnel living on the streets of Sacramento who fought in the Viet Nam war and they should not be forgotten.

Hard Times received a call on the morning of Jan. 25 from a group of street people who were being forced by local authorities to move the cars they were living in. The cars and one truck were parked around the corner from Salvation Army and Loaves and Fishes.

After stopping off at Loaves and Fishes and getting their exact location figured out with help from Dave Moss, Tony Russell and I headed over to see if there was anything we could do. Publicity is a weapon in itself and we want our people on the streets to have all the ammunition they can in their fight for survival.

Four or five cars and a flat bed

pick-up truck were parked along the side street. The cars had been given 72 hour notices by Sacramento Police to move or be towed away. The inhabitants could not move their cars because they were temporarily broken down. Checks to pay for these needed repairs would not come until Feb. 1.

Ann and Devon Olson were staying in one of the cars.

Devon Olson is a Viet Nam veteran. He served with the United States Marine Corps in Viet Nam from June 6, 1969 to Dec. 31, 1975.

From June of 1973 to 1975 Olson was held prisoner of war by the Viet Cong. Olson has a multitude of medical problems directly relating from his war experience. He also has some serious mental scars.

Olson can not sleep in shelters because he gets violent in his sleep. He suffers flashbacks from his days in Nam and can't stand being cooped up after being held prisoner of war for two years.

Olson has a steel plate in his head covering the area where he was hit with a mortar round. He still carries seven-and-a-half ounces of shrapnel in his back. He has a bullet wound in one side and a stab wound in the other. He has plastic pins in both

knees and one hip. He was exposed to Agent Orange and has lung cancer. He has a deep crevice in his chest from where he was hit with a .350 caliber round.

"I was wearing three flak jackets, I had cut them myself to fit. We always wore more than one," said Olson.

Olson was very sick with bronchitis when we arrived. He was coughing and seemed pretty uncomfortable. Another member of the group had already been taken to the hospital with pneumonia.

"Where can we sleep? I have flashbacks. I can't stay in shelters, I get too violent," said Olson.

Ann Olson, Devon's wife said she was going to a shelter. Although she loves her common law husband very much, she could not take another night outside at that point.

While we were there a Sacramento Police car drove by several times. The officer was no doubt following procedure and enforcing the law.

The problem stems from the fact that these people didn't have the money to move their cars until the first of the month which was still a week away.

What happens is that the cars are towed to a lot. The bill is presented to

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Courtyard

Continued from Page 1

Some are unable to work — some are disabled, and yes, some may be too lazy. But it is not just or accurate to label them all this way.

In fact, the homeless and poor don't fit in any one bag. They are as different and unique as all of us are. Our tendency is to try and bag them up under one label so we can dismiss them. The only problem is, that just isn't the truth.



Bill Hallerman

TROOPS

Continued from Page 1

the owner along with a very high storage fee which mounts daily and the owners invariably end up losing their vehicles.

The net result is that they are back on the street and minus a car. They then often try and save up their money to buy another vehicle only to lose it again. The Olsons had just lost a school bus they had been living in the last month. The bus was sold by the towing company with all of their belongings in it.

The Olsons are not looking for a handout. They just want a legal place to exist.

"If there was a legal camping area we would go there right now," said Olson. "Hell, Jesus was homeless, he was the original tramp. Look at all the crap he caught!"

Hard Times is not pointing the finger at anybody and we don't have any simple answers. We just feel like these are basically good people and

maybe the rules can be bent in some cases. If we are going to make any progress towards the problem of the homeless there needs to be concessions made by both sides.

With the help of Greg Bunker and Francis House the Olsons were able to get off the streets for a few nights. This was critical because of the seriousness of Devon's continued illness.

My suggestion is that maybe some of these patriotic groups who are showing such great support for our troops in the gulf can also do something to help some of our Viet Nam veterans who today are living on the streets of Sacramento. There are plenty of them and it's never too late.

Correction: Instead of ".350 caliber round," as stated on page 1, it should have read "three .50 caliber rounds."

On common ground

We don't even want your money

By Thomas Orr
Staff Writer

This is a story of discrimination that happened to a very good friend of mine. This is not a story of discriminating against race, color or creed.

This is a story of discrimination directed to the poor who have fallen on "hard times," and have no credit rating or have a real bad credit rating.

My friend went into the bank of America on the corner of 8th and I (across from the post office). My friend had just gotten his California I.D. card in the mail. Now he wouldn't have to carry all his money on him. My friend is on SSI and SSA, draws a meager \$650 a month. He thought he was now legal to start a bank account and have what little money was left (after bills) be safe in the bank.

Also he's an impulsive buyer. If he hasn't got the money on him, he wouldn't go into a buying frenzy. Also he wouldn't have to take a chance of carrying it on him and take a chance to lose it, or get robbed of it.

This guy went into the bank with 11 pieces of I.D. to start a lousy little \$200 savings account. He did everything he was supposed to do. At the last minute, before this rigid lookin' lady was to give my friend his first bank account in 6 years, all of a sudden she punched his social security number into the computer and he was rejected from starting a bank account.



Thomas Orr

What harm could his money have done? This is a disgrace and a discrimination against the poor.

You see, this friend was me, and I'm going to file a discrimination suit against this wonderful financial institution.

I'm going to seek legal action against this bank. If any of my brothers and sisters have come up against this, pass the information on to me, Thomas Orr, Box 245190, Sacramento 95824. You all give me the fuel for the fire and I'll be the advocate (spokesman) for all my homeless brothers and sisters.

Peace and love,

Volunteers needed for Hunger Commission projects

The federal ACTION agency recently announced its decision to assign three full-time VISTA volunteers to the Sacramento City/County Hunger Commission. These volunteers, who will be selected through a local application process, will coordinate two key projects of the Hunger Commission.

One project will create a community-wide network for safely redistributing leftover food from restaurants, hotels, hospitals and other institutions to nonprofit organizations such as soup kitchens and temporary shelter facilities.

"I believe that there is enough nutritious food thrown away each day by restaurants in Sacramento to feed every hungry person who visits these nonprofit food agencies," says Ted Jones, co-owner of the Eat Your Vegetables restaurants. Jones, the Hunger Commission representative from the California Restaurant Association's local chapter, chairs the Hunger Commission committee which is developing the food redistribution project. "These full-time volunteers will be a tremendous help in channeling the anticipated response by local food industries to the food gleaning project," adds Jones.

The second VISTA project for the commission will help nonprofit food

programs to offer client self-help activities in addition to their existing food allocation programs. Hunger Hits Home, a report published in 1989, highlights the results of a survey of local food closet clients. According to the report, over 30 percent of the clients interviewed said that they wanted to learn how to better maintain their independence without food closet assistance.

Linda Burkholder, staff to the Hunger Commission, says, "The VISTA volunteer assigned to the client self-sufficiency project will work with the managers, the staff and the clients of selected nonprofit food programs. Together, they will design self-help activities which will contribute to the clients' independence and self-reliance."

VISTA volunteers make a one year, full-time commitment to their assigned project and receive a monthly stipend from ACTION, as well as medical insurance coverage and some other benefits. Burkholder, herself a former VISTA volunteer, says, "My experience as a VISTA in Baton Rouge, Louisiana, during 1977, absolutely changed my life and created a new career for me."

If you are interested in learning more about the VISTA positions with the Hunger Commission, contact Linda Burkholder at 447-7063.

Hard Times Staff

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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!

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Sanity from St. John's

Budget cuts hit homeless hard

By Peg Carew

I recently read in the newspaper about our new governor's proposed budget. The proposed cuts and freezes leave me somewhat stunned and incredulous. As director of St. John's Shelter for Women and Children the cuts that jumped out at me are the cuts that will most affect the women and children who stay at the Shelter.

Governor Pete Wilson has proposed an 8.8% reduction in AFDC grant levels (a man and her two kids' grant would go from \$694 to \$633), the elimination of the homeless assistance program, and the elimination of AFDC-U. In the governor's State of the State address he rationalized the cuts to AFDC payments on the grounds that the money saved — which he claimed would be spent on six packs of beer — would be better utilized to provide greatly needed perinatal care and drug treatment.

Hearing this left me not only in a state of disbelief, but truly confused. What could be going through our new governor's head? What assumptions about the poor, the homeless, and the State of the State underlie these budget cuts?



Peg Carew

Beyond the dollars, the heart of the issue lies in some of the assumptions and myths about homelessness that these cuts reflect.

1) The governor seems to have forgotten that AFDC is a subsistence income. At current rates, there is no extra cash at the end of the month for "luxuries" or the six pack he speaks of and sometimes not even enough for food for your kids.

2) Governor Wilson and his administration know better than poor women what they need. A good dose of paternalism.

3) The governor seems to want to ignore the fact that California suffers from a severe shortage of affordable housing. The growing number of homeless people can attest to this fact. So at this time when the need is to address the lack of affordable housing with both long term and emergency solutions, the governor proposes cutting the homeless assistance program because homeless people are taking advantage of the system.

4) The governor also proposes cutting the one program, AFDC-U, which tries to help out two parent families when the bread-winner is jobless. But then of course it is a superfluous program because poor people don't really want to work.

The main assumption is that poor people are getting something for nothing — something that they don't deserve.

But I ask our governor, where have you provided any other opportunities? All of us need at a minimum, food to eat

and feed our kids and a safe place to call home. The programs Wilson is planning on cutting barely have provided for these minimal needs. Why does he want to punish poor women and children when they are not the ones who created the shortage of affordable housing, the lack of jobs, the increase in food costs, and the lack of child care? Tell me what crime they have committed?

I had some hope that our new governor might reflect in his spending plans that he valued the lives of all Californians. I had some hope that maybe he understood that the people who live in our streets and shelters are not the ones responsible for homelessness.

I had hoped that California would show the nation some leadership and move away from punitive measures for the poor and towards productive avenues to address homelessness, joblessness, and poverty. I still have hope that more people will understand that the problem of homelessness is not one of people not working, but of a system not working.

Shootin' the bull

Peace through strength applies on the streets

By Ruben Botello
Staff Writer

In the HUD projects where I live, a family was evicted for sheltering a "trespasser," a cat, for God's sake! They went to court and were willing to let the cat go, but the projects management did not want to hear it — you broke the rules; outta here!!!

Many "new" homeless are hitting the streets with their cats, dogs and other creatures. Agencies and individuals should not hold these animal-lovers in contempt, but should recognize the importance of pets to homeless families and individuals.

Sharing homelessness or poverty with a pet should be respected and appreciated by all. Loneliness and despair kill many homeless, while a dog, cat or even a mouse can bring new purpose, friendship and reason to live.

New homeless are coming out of the middle class daily — with middle class values and life-styles. Most are involuntarily homeless, but there are the voluntarily homeless whose rights and aspirations should be respected too.

We should fight no less for the right to be homeless, than for the involuntarily homeless. However, those who want to be homeless should not be the voice for those who do not want to be, and vice versa.

Some homeless have pit bulls, German shepherds and other "scary" creatures. By their mere presence these creatures can deter serious crime against the homeless and alert or otherwise protect their stewards, and what is wrong with that?

Peace through strength is what our nation stands for, and this principle applies no less on our violent streets, through the night and in the wilds.

See you next issue. In the meantime, keep shootin' the bull...

(Columnist Ruben Botello was cross-country homeless with his two children over a year, in Ventura County, San Diego, Corpus Christi, D.C., Pennsylvania, Utah, Seattle, Humboldt County and so forth. He is national director of the American Homeless Society, 2575 Alliance Road, Arcata, CA 95521)

Space Needed

The Consumers Self-Help Center needs a house with a minimum of 2,000 square feet. Office/Warehouse will work. Call Neal at 368-3100.

Local homeless are in the majority

The assumption that homeless people are "drifters" has been proved wrong according to a recent survey done by the International Union of Gospel Missions. The survey showed that 60 percent of persons staying in Gospel Mission "rescue missions" are local residents.

According to organization reports, 20,000 homeless people are being housed in these shelters.

The executive director of the Gospel Missions, the Reverend Stephen Burger, says that many persons using the mission services "are hometown folks."

Twenty-five percent have lived all their lives in the places where they are sheltered and 60 percent have lived there at least six months.

"The idea that missions draw homeless to a community doesn't stand up under these facts," Burger added. Most of them "are community residents in need."

The survey also found that the proportion of younger people among the homeless is growing. In the past year there have been increases in every under-45 age category.

High court to decide three times rent issue

The California Supreme Court is presently considering an Unruh civil rights case which could have far reaching effects on the rental industry (Harris versus Capital Grove Investors). The case, filed by two Woodland women, asserts landlords undertook to discriminate against them based on income.

Local landlords required demonstrated income of three times monthly rent as a prerequisite for rental. The two women were Aid to Families with Dependent Children (AFDC) recipients, and as such, could not show three times the monthly rental as income...though in both instances the women felt they could afford the monthly rent.

According to Los Angeles Times staff writer Phillip Hager, there are two key issues in this case:

••Does the minimum income requirement discriminate based on economic status?

••Does the requirement constitute sex discrimination because it affects women who, as a group, earn considerably less than their male counterparts?

According to attorneys for the landlords, the case goes well beyond the scope of landlord/tenant issues. They point out that a ruling in favor of the women by the high court could affect many other areas. As an example, credit practices, involving income level eligibility, may have to be modified. The court has ninety days to decide the case.

What's on my mind

Employment vs. deployment

By Tracy A. Walter
Staff Writer

I'm appalled!

These days with tensions riding high mostly due to the fear of recession and the crisis in the middle east. Many young AFDC families wonder in the face of uncertainty.

Right now it's 8 a.m., my kids have just torn the paper apart looking for Christmas ads, and I'm chugging on a cup of instant coffee. (Hey folks, it's the end of the month.)

O.K., so it's like: the first article to hit my eye and to make any real cosmic sense — it's in the Box: US MAY REQUIRE IMMUNIZATION TO RECEIVE WELFARE. By Robert Pear of the New York Times.

It went on to say in the second paragraph: "Federal health officials said Wednesday that such a requirement would encourage poor people to ensure their children get vaccines against measles, mumps, polio, whooping cough, and other diseases."

I ask you, do they think we are a bunch of stupid idiots? Hasn't anybody noticed you can't get your kids into school without it?

I say why don't they do something to ensure that pediatricians and other health professionals will accept our f---g MEDI-CAL. I personally had to call over 11 pediatricians to find my children's doctor two years ago. Today even fewer practitioners can operate their offices when they take in some or all billings with MEDI-CAL insurance.

The kind of money needed just to legislate and enforce such a requirement added to the federal programs could easily fund more intelligent research into practical social projects.

This idea still needs the President's stamp of approval as well as Congress and the US Secretary of Health and Human Services.

It's just one more sick move in time of crisis for the Republican Administration and the federal government to grasp control of individual rights in an attempt to heavily regulate a vital social service that they'd just as soon see abolished. Reaganomics lives!

The government currently sees that our young men are already required to register or be registered with our NATIONAL EMERGENCY JOB PLACEMENT SERVICE to receive medical or welfare aid. It's called, THE DRAFT.

Hey what's next? Mandatory birth control to keep receiving your benefits? Or hey, how about STERILIZATION as a condition to receive a government funded abortion? What do you think?

Let officials know that this current Health Services proposal of requiring immunization to receive AFDC or Medicaid is stupid. It stinks! And it's a waste of money.

Voice your objections by writing to: California State Secretary of Health Services, Clifford L. Allenby
1600 9th Street
Room 450
Sacramento, CA 95814
and your congressman!



Children's party

Julie Williams (left) reaches for a present for a grateful child as Leanne Michelle Besty plays Santa. The courtyard of Francis House was the location of a Christmas party for needy children. Each child was given a present and goodies. Hart Ministries provided musical entertainment.

Hard Times/Jill Macdonell

In the mail

Switzer writes from Vegas

Editor:

I wanted to take a minute to briefly share with you the struggle of homeless people here in Las Vegas.

Las Vegas is, of course, first and foremost a tourist town. As such this city is extremely image and security conscious. By the reckoning of the casinos and of the state and local political officials, there is no room here for the homeless. We can't have the tourists view anything that might be considered unpleasant. That might, after all, tamper with their inclination to come to this city and spend lots of money.

Accordingly, Las Vegas has adopted and pursued a policy of harassment and viciousness toward the homeless that is unparalleled anywhere in the country. Vagrancy, loitering, trespassing, and jaywalking laws are vigorously enforced against the homeless.

Any homeless person suspected of violating any of these laws is arrested. When arrested on one of these minor infractions a homeless person can expect to spend a minimum of 5 days in jail before being released with a court date. The police are this city's only real response to homelessness.

It is a response that is violent and on occasion quite literally murderous. There exists in Las Vegas no year-round shelter for men and only a minimal number of beds for women and children. Housing that is affordable to the poor is in scant supply and often in dilapidated condition.

The fallacious argument that a shelter would attract more homeless people to Las Vegas is frequently employed by the local politicians. When I suggested to a group of state legislators that the development of shelter was a small but necessary first step toward negotiating the issue of homelessness, they reacted

as though I had said something unacceptably vulgar.

When I spoke of the state's obligations in the area of affordable housing, they became down right angry. Aside from the hostility toward the homeless, Las Vegas politics are notoriously and flagrantly corrupt.

Also Las Vegas is as conspicuously racist as anyplace I've ever seen.

There is little in the sensibilities or attitudes of the politicians or community at large to engender feelings of optimism that the situation will change. Yet those of us working for change are, in fact, quite optimistic.

For the first time in Las Vegas the homeless have begun to organize and participate in direct actions. We have marched on city hall, been a presence at city council meetings, and have claimed and taken over the property of one particularly malevolent social service agency as a place for homeless people to camp. We have begun having actions on the Strip, (the sanctum sanctorum of a city devoted to the worship of the tourist dollar) and next week will march through the downtown casino district. These are the small, uncertain first steps of a group of poor and beaten people in their attempt to organize themselves. And while we have a long road ahead of us there is the growing conviction among the homeless that things not only must change, but that things will change.

I think of you often and wish you well as you continue your struggle for justice in Sacramento and I ask that you be mindful of us as we begin ours in Las Vegas.

Take care and God Bless,
Stephen Switzer
Director
Homeless Advocacy Project
Las Vegas, NV

P.S. I hope that everyone has given Food Not Bombs lots of support in their fight to continue their good work.

Community 'feeling'

By Tony Russell
Staff Writer

As I start to write this I wonder what has kept me from writing before, what has kept me from getting involved actively in the homeless situation. It is easy to feel hopeless if you consider all the time and energy it takes to run your own life, to cover the details which when covered help us to feel secure.

But there are many examples of individuals rising up and making a difference. It is obvious that the efforts of one person can truly change the world. It is not easy to create a lot of change by yourself.

When individuals with similar interests and goals write and coordinate their efforts by becoming the mainstream of an established organization, or grassroots movement, small efforts by many can accomplish even more than the efforts of a few extraordinary individuals. So, no, the problem of homelessness is not hopeless.

Is it apathy which keeps us from dealing with this problem of homelessness for what it is? Is it an affordable housing shortage?

More likely it is fear that if we acknowledge the homeless population to be not simply the mentally ill, drug addicts and people too lazy to work; if we admit that homeless folks are people just like us, people with children with nowhere to go, forced into the streets, then expected to be invisible; then we admit that we too are vulnerable and that our society is

flawed. It is flawed because nobody's grand design should overlook the children.

So where will this tide of change necessary for affordable housing begin? When will we as a society create an environment of positive change where education is a priority, where we can offer a child an education and a chance at a future free from poverty?

I believe where we start is with a feeling of community. Too many people believe that social agencies which serve the needs of the impoverished are society's answer to our concerns about the less fortunate around us. And since these social agencies are funded by tax dollars, and we supply these tax dollars, we are meeting our obligations. We are letting ourselves off the hook too easily.

If there is no sense of community, no compassion for others; if we allow individuals to fall by the wayside, if children see no way out of the life they did not choose and had no hand in creating for themselves, then what is it we are spending huge percentages of our tax dollars defending? Perhaps some defense funds would be best redirected toward building a foundation for our future and housing for our present.

If each person who can help, helps in whichever way they are able, be it time, money, energy, political lobbying or whatever way is available to them, the work gets done, change takes place. I cannot imagine a better feeling than knowing "you've made a difference."

Thru a glass darkly

Poetry is the language of the human soul

By Jefferson D. Yohn
Staff Writer



Jefferson D. Yohn

The five poems on the centerfold pages of the December issue of *Hard Times* were uncut and unpolished gems mined from the innermost recesses of five human hearts. December's contributing poets were Norman L. Calhoun ("There are So Many Homeless"), John R. Passarello ("Homeless in the Fall"), Hope Moses ("To Be Homeless"), Thomas Orr ("Hard Times") and Tracy A. Walter ("The Poor We Have Among Us"). Two timely photos by photographer Jill Macdonell and a poignant drawing by poet Walter highlighted the heart-touching messages of these poems.

Whether fine-tuned by professional critics or whether submitted in first-draft form, a poem represents the highest literary form of writing. It is restricted in its form. For example, how many lines? How many words per line? How many lines per paragraph? How many paragraphs? To write a poem, you must answer the aforementioned questions.

The answers will be your blueprint. Look at the first paragraph of your poem. It will be your template (guide) for the second, third and remaining paragraphs. Be consistent in its form; the paragraphs must follow the form of the first paragraph.

Next, remember: Poetry is the voice of your soul — using the language of your heart. It must reveal your feelings on a topic, subject or event that has touched you emotionally, or has aroused deep feelings within you. Obviously, you have deep feelings about being homeless. Then, write about it. But don't write a poem of "self pity."

A well-written poem concerning the plight of homeless Americans is not a crying towel immersed in self pity. Use "truth" as the guide throughout your poem and, in your conclusion, recommend a solution to your problem of homelessness. The following is an example of a poem of deep feelings, written by Emily Dickinson (born 1830; died 1886), titled "Not in Vain." Miss Dickinson was a great American poet because she revealed her true character attributes in her poetic craftsmanship.

Not in Vain

If I can stop one heart from breaking,
I shall not live in vain.

If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

Emily Dickinson

Remember also that some of this nation's finest poetry was written in the "hard times" experienced by pioneer Americans. The poetry of the heart-touching song "Swing Low, Sweet Chariot" was written during the slave days of the Civil War. Great poetry was produced in the fulfillment of this Republic's *Manifest Destiny* policy in conquering the Western Frontier. Monumental poems were written and set to music in World Wars I and II and the Korean and Vietnam conflicts.

Indeed, many of America's greatest poems were written during times of piercing grief and deep sorrow, in times of national and international fiscal distress, in times of heartbreaking civil and foreign wars of freedom. Oh yes, some unforgettable poems were born in the Great Depression years. As an extra-blessing, many of these beautiful poems become the component word structure of unforgettable songs.

If you love poetry and desire to write a poem, DO IT! All you need is a pad of paper and a pencil or ball-point. Jot down your deepest thoughts. Don't write your poem in a spiteful, hateful or vengeful mood. When you write it, realize that someone will be reading it. You may write something that "will make their day" — and prevent a possible tragedy in their life. Say something positive that will move the readers to a sincere feeling of more compassion for Sacramento city's and county's homeless citizens — those of you who live on "Life's other side."

If you feel moved to write a poem, don't delay. Write it! And give it to *Hard Times*. You'll feel good, and the world will be better because you wrote it.

A man of dreams

Hope

We must accept finite disappointment, but we must never lose infinite hope.

In the inevitable moments when all seems hopeless, we know that without hope we cannot really live; and in agonizing desperation we cry for the bread of hope.

Martin Luther King Jr.



Hot meal

Hard Times/Jill Macdonell

A mother feeds her young son a hot meal courtesy of Francis House.

Support Jericho

Here in California, we build a lot of walls. We build walls around the homeless. Some 250,000 of them. One-fifth have jobs, but don't make enough to afford housing for their families.

We build walls around the sick. One in four Californians has no health insurance — and no coverage under Medi-Cal, either.

We even build walls around the children. One in eight inner-city children is born too small or too early, then faces hunger, overcrowded classrooms, teen pregnancy, drugs...

The poor among us, be they homeless, sick, young — maybe all three — are routinely shut out of our lives by the walls we build up. We'd prefer not to face the inequities built into our system. We don't need to face the poor.

Until someone comes along and begins to tear down a wall. You may remember how the walls of Jericho crumbled at the sounding of seven trumpets and the raising of voices.

Today in California, the interfaith public policy group JERICO is building a grassroots movement to respond to the needs of the poor. Through legislative advocacy at the State Capitol, through state-wide educational efforts, the voice of JERICO is working to make a difference for those trapped behind the barriers of poverty and isolation.

**For the homeless, and near-homeless, JERICO'S steady advocacy in Sacramento has pushed through key legislation to preserve and extend the availability of low income housing.

**For those in need of health care, JERICO worked for the passage of landmark bills to provide basic medical coverage to the seven million shut out of our limited care systems.

**And for the youngest Californians, JERICO has pushed hard for adequate funding of perinatal care, child nutrition programs, childcare and Aid to Families with Dependent Children.

How does JERICO work?

1. Members — concerned citizens like you — select the priority issues to address in each legislative session. 2. An experienced staff works with a legislative committee to select the most important legislation to act on. The staff lobbies in the Legislature — and leads education activities. 3. A board of directors, people of faith from the Protestant,

Jewish and Catholic traditions, guides the staff in policy formation and operations. 4. A grassroots action network — volunteers in Assembly and Senate districts throughout California — writes, phones and visits lawmakers before crucial votes. The outcome of these efforts: 29 JERICO priority bills reached the Governor's desk this legislative session. Twenty he signed or allowed to become law; nine he vetoed. Of course, this doesn't happen without support from those who share in JERICO'S commitment to social and economic justice. Here, too, help is needed.

Entering its fourth year of advocacy for social justice, JERICO needs to boost its membership in preparation for the new administration. A stronger lobbying program can place the agenda of the poor before the new Governor. A broader base of support can help shape new social priorities, through the workshops and programs of JERICO: Education for Justice.

The result can be real change, systemic change. The result can be a California renewed—a California which addresses social problems, rather than hides them.

The result can tear down walls.

We invite you to help raise the voice for justice in California — to help empower the poor — by joining JERICO.

If you wish, you can become involved in the legislative process through action alerts and chapter activities. The Trumpet, JERICO'S motivating and informative newsletter, will keep you informed of key social concerns. Membership is \$25.00.

Your contribution will help build a new state of compassion and reconciliation. Can you join JERICO'S efforts today? For more information call (916) 441-0387.

In justice, **Sister Sheila Walsh**
Executive Director
Rabbi David J. Meyer
Member of the Board
John M. McCoy
President

P.S. JERICO has now published a stimulating Chapter Packet. In its fifteen pages you'll find strategies for legislative action, new approaches to advocacy, and detailed guidance on chapter activities and lobbying. It's available — in English or Spanish — upon request!

Hear Our Voices

Remember Me

Misery loves company.
 But company never comes around.
 Company never inhabits dark alleys and riverbanks.
 Strangers dare not
 to stare too deeply
 into my eyes.
 Their glances are averted -
 And they pass me by.
 Are they afraid of their own reflection?

Cast your woes upon me.
 It's o.k. with me
 For I am used to receiving blame.
 I only pretend not to hear you yell
 "Get a job!!!" from your passing cars.

Oh, how I HATE to watch the sun rise, everyday,
 I feel the chill as night descends every evening ...
 Sometimes I stay awake 'till morning ...
 For I fear those who inhabit the night also.
 Wearily I doze on benches or in city parks,
 I am only sleeping
 When I haven't drunk, to forget.

I was once my mother's child.
 A spark of life in a cruel world.
 Life hasn't changed, only places, and people.
 But I have learned ...
 To recognize kindness where it lies.
 And not to judge other, by my standards.
 Only by their deeds.
 And, in silent confidence
 I remember
 Forever.
 When someone
 Remembers me.

Tracy A. Walter

Phantom of the Evening

I am the "phantom" of the evening
 who's lost all logic and reasoning.
 My walls of doubt,
 will not let, my true feelings out.
 I'm becoming a fading ghost,
 who's afraid, to let anyone get too close.
 The phantom of the evening,
 has quit believing

I'm the phantom in reality's clothing,
 who never knows, what direction his life is going.
 I steal away, under cover of the dark night.
 Life to me, is like stage fright.
 the uncaring streets, are my private hell.
 I keep to myself, inside of my invisible shell.
 I seek shelter, from all that I see
 only death, will set me free.
 This is my lonesome fate,
 from which, I cannot escape.
 Since I've lost my dignity,
 I'm drowning, in a sea of self pity.
 My will to go on, has gone on
 I'm miserable, from dusk to dawn.
 For me, happiness is just a myth,
 for it does not exist.
 There's nowhere, that I belong,
 and everything I do is wrong.
 My loneliness never sleeps,
 every night, it runs through my darkest dreams.

Thomas Orr



Mike Haynes

Home is where the heart is

"There is no place like home," they say.
 And I believe this true—
 For in this world of selfish greed
 My only comfort's you
 For many poor souls
 Lost to the streets
 I do give all my prayers
 And hope they too have one like you
 To give them comfort there.

Lorna L. Ackley

The New Colossus

Not like the brazen giant
 of Greek fame,
 With conquering limbs astride
 from land to land.
 Here at our sea-washed,
 sunset gates shall stand
 A mighty woman with a
 torch, whose flame
 Is the imprisoned lightning;
 and her name
 Mother of Exiles.

From her beacon hand
 Glows world-wide welcome,
 her mild eyes command
 The air-bridged harbor
 that twin-cities frame.

"Keep, ancient lands, your
 storied pomp!" cries she,
 With silent lips. "Give me
 your tired, your poor,
 Your huddled masses yearning
 to breathe free,
 The wretched refuse of your
 teeming shore;"
 Send these, the homeless,
 tempest-tossed to me,
 "I lift my lamp beside
 the golden door!"

Emma Lazarus

I Got Life!

I went to the hospital to visit a neighbor,
 Who said, "How very ill am I."
 But I do feel so much better,
 Now that you have happened by.

I was at the bus stop.
 I met a sorrowful friend.
 We talked and prayed with Jesus,
 until our wait did end.

On the street I met a kind fellow
 a bit down in his luck.
 We shared a fine good morning,
 I was privileged to spare a buck.

To the park I did go for lunch
 to enjoy all God's creation.
 I met a Child of God
 and extended a friendly invitation.

There was a tortured soul in jail
 that I felt a need to see.
 We talked of the greatness of God
 I asked "Will you please write me?"

So Lord, now I stand before you.
 I have done little at best.
 "My child it was Me that you aided,
 I sent them to you as a test."

"One was an Angel.
 Said you gave of your "whole being."

Hope Moses

Backlash

We are tired of seeing people
 on the streets
 with no destination and
 with little purpose,
 We call City Hall and demand action:
 "Destroy the camps along the
 rivers and in the parks"
 "Use the paddy wagons"
 "Post no trespassing signs"
 "Turn the sprinklers on"
 "Put spikes on the walls"
 "Put arm rests in the middle of benches"
 "Sweep the problem away"
 And then we remember our own experiences:
 "Can't these people get a job like we did"
 "Haven't they got any parents to support them"
 "When parents are old their
 children should take care of them"
 "Let them find someone who will
 love them like I did,
 it's not easy"
 "I gave at the office"

John Passerello

Lonesome Loser

I don't know how to handle,
 the dreams you left behind...
 I'll never outlive,
 your memory,
 I'm living,
 on the lonesome side of goodbye.
 our hearts,
 now travel, in different directions...
 you used to light up my life,
 but now my world, is dark and empty...
 your image,
 is everywhere I go...
 I walk down the lonesome backroads,
 of memory lane...
 I now carry, the weight of the world,
 upon my shoulders...
 my reckless destiny,
 is that, of a lonesome loser...

Thomas Orr

Time to Bail Out

(Ode to Joseph King Jr.)
 December 13, 1990

There is a sadness in the streets
 when another light goes out
 we band together for warmth,
 friendship and protection from
 the elements and from ourselves,
 Joseph King Jr. came from New York
 he was a hard working provider
 serving in the Navy, an electrical
 engineer, a family man, a father
 but family life is not easy
 and when you've lost someone
 you sometimes become lost yourself,
 it's a long way from New York to
 Los Angeles and then to Sacramento
 the railroads become highways
 and the highways become streets,
 he was kind to living things
 in the jungle where they slept
 he asked others to leave the ant
 trails alone and put their
 bedrolls in another space,
 Michael was a friend of Joseph
 he was a beacon and a protector
 they were making plans to get jobs
 fast food for a fast world
 but Joseph said he was tired
 tired of the streets and tired
 of life...it was time to bail out.

John B. Passerello

On The Streets

On the streets
 No home to claim
 They point their fingers
 Call it a shame.
 To few who share
 Their worldly wealth
 To few who care
 For another's health.
 The cost is little
 When everyone gives
 A job, some food
 Or a place to live.
 Humanity is here
 Out on the street
 Just spend some time
 With the people you meet.

Charles E. Song



AN AMERICAN FAMILY ALBUM,.....

Deaf, Dumb, and Blind

I'll make my vote count!
 You sure did.
 In DC your vote took a bed away from
 Every homeless person who needed it.
 In Santa Barbara, your vote allows homeless
 People who sleep on the street to be arrested.
 (Great use of taxpayer's money)
 And in Richmond, VA homeless panhandlers
 Now have to be licensed.
 Good! you say.
 Bums, you yell.
 Go ahead, close your eyes to a major problem
 A problem you, yourself could face one day.
 A problem no one is solving.
 You see, it is easier to label people.
 This way, you can justify to yourself (and others)
 Your attitude toward these lazy bums,
 Rather than believe how hard it is to get a job,
 Without an address, proper clothes, or child care.
 What will it take,
 Before Americans, who live in the land of
 Equal opportunity and supposed democracy,
 Will finally admit to themselves
 That they are turning their backs,
 Deafening their ears,
 To those who have truly fallen upon "Hard Times,"
 Because that is easier than voting in favor
 Of spending that extra dime.
 But you know the biggest crime?
 The children who live this hell
 Every day, every night, all the time,
 That's the crime.

Carmen Cardinal

'Pappy,' please come home

By Andrea Bearden
Special to Hard Times

"For the poor always ye have with you..."

The man was sitting on the curb next to a shopping center. The tattered cardboard sign he held read, "Veteran will work for food." Bearded and dressed in layers of clothing, he looked like any one of the thousands of homeless which populate our state.

I had driven about 50 feet past him when the Lord told me to go back and talk with him. It wasn't a mere suggestion, but a direct order. The slightly built man wore an old military cap with a skull and cross bones patch sewn directly to the front. It was certainly not symbolic of God and country. Making a quick observation, I prayed for the right words. We'd already had an earthquake and some rain that morning, but it wasn't the weather I wanted to talk to him about.

Parking my car, I walked toward him. I could see eyes which were filled with the pain of loneliness and dimmed by the use of alcohol. Life had not been kind to him. My desire was for the Holy Spirit to open the door. My prayer was heard and answered in a way I never would have imagined.

Dressed in jeans and a T-shirt, driving an old car and wearing a cross around my neck, I posed no threat or spirit of condemnation. My approach came in a very natural way and I gently asked him how he was doing. He eyed me for a moment, there was no suspicion in his brown eyes.

"Pappy" was what most people called him and as he opened up to me, I learned he was from Oklahoma, had been married twice and was an ex-con. He had moved to California to get away from the harsh weather of his native state. Home now was a "hooch" up in the hills.

Pappy had made \$20 last week and found a case of canned vegetables in a dumpster behind the supermarket just a few doors away. This kept him and a friend afloat for awhile.

By now he was beginning to trust me, and I asked him how he thought God felt about his situation on the streets. "I know I'm making Him hurt," was the quiet reply. Yes, Pappy was a believer and he said he kept Jesus in his heart. And that at one time he even taught Sunday school in a Baptist church back home. He knew his Bible well as we shared the Word.

While we talked, someone waved him over to Taco Bell. They had bought him a drink and two small burritos which Pappy gratefully accepted and carried to where we were sitting. Opening the sack, he invited me to share his meager lunch. I was deeply touched by his offer and asked if he minded if I prayed over the food. His response was very positive.

Before I left Pappy, a new-found brother-in-the-Lord, I touched his face and kissed him lightly on the cheek. He looked up at me and merely said, "It's

been a long time." I knew what he meant. As I walked back to my car, I thought about those familiar words, "Love one another."

Several days passed before our paths crossed again. They were destined to cross over and over. There were some things I could do to help: not out-of-pocket money, but clothing and food. I quickly learned that most of his cash went for cheap wine and generic cigarettes. Knowing only that I was on a special assignment, I asked Pappy if he wanted to come home with me to take a shower and have some lunch. He readily accepted, threw his pack in my car and off we went — much to the dismay of my daughter and concerns of my friends.

The months passed and I learned more about Pappy and the lifestyles of those on the streets of not only our city, but across this country. Clothing was always in demand. With no place to wash clothes, they were usually worn until filthy and then discarded. The homeless very often steal from each other. It's a survival tactic. A great deal of Pappy's clothing was now coming from my son's closet as well as from donations from employees where his wife worked. I wish I had had my camera handy as Pappy pulled on a nearly-new, \$120 pair of Nike basketball shoes and collected the clothing from my car trunk. My daughter-in-law had pled his case at her office and what a blessing!

The next phase of my first-hand education came on a hot summer day. I found Pappy sitting on a bench outside Thrifty's. He was definitely in need of some personal hygiene. It was first going to be necessary to go to his campsite for a change of clothing. Driving past the junk yard and sand and gravel, dust was a constant irritant.

Driving into the heavily wooded area was tricky. The road was deeply rutted and I had no choice but to leave my 62 T-Bird parked at the bottom of the hill. Believe me, I prayed that it would still be there when we got back.

The dirt path that led up to the campsite was steep and slightly precarious for this urban dweller. As I followed this man who had become a friend, my mind was on the number of homeless who might also be existing in the hills of Oceanside — and across America.

There is very little that can prepare a person for what I was about to witness. If you've been in any Third World country, including Mexico, and seen the intense poverty; human beings living in garbage dumps and corrugated boxes, then you have an idea of the setting. Living here were three Americans. Two veterans and a woman whose children had been taken from her and were in a foster home in L.A. Old Glory did not fly over this battle station!

How much we take for granted in this country. It's nothing to turn on the tap and take a hot shower, put on freshly-washed clothes and enjoy a wholesome meal. But there are those who wash



Hard Times/Andrea Bearden

Outside a local supermarket, Pappy was a familiar sight.

their hair, and their babies in gas station restrooms. Those who wait by the dumpsters at McDonald's for left-over burgers and fries. And who wear layers of clothing, not just to keep warm, but so that their precious few possessions won't be stolen by the rest of America's desperate society. Needless to say, I took all three home that day.

Just when I thought I had seen the worst of it, the pit got deeper. It was a Saturday night about 9:30 when my doorbell rang. Through the spyglass I could see Pappy leaning against the railing of my second story apartment. As I opened the door the stench nearly made me sick. My unexpected visitor was not only very drunk, but smelled as if he had been living in a cesspool for the last three days. Now what, I asked the Lord? "Trust Me," was His reply.

Here I was with a man sitting in my living room with a knife in his belt and a mind that was barely functioning and capable of who knew what. Pappy made little sense in his response to my questions. I told him he was going to kill him-

self if he kept this up. To which Pappy replied, "God, I hope so." He had sunk to the lowest depths and the enemy was going in for the kill.

Somehow I had to get him home. It would be too risky alone as the road to the camp was both dark and dangerous territory by night. Wisdom prevailed and I phoned my son Bob, who by now had really taken a liking to Pappy. Both

he and my daughter-in-law, Kim came in their truck and carefully guided Pappy down my stairs. We were quite a sight as Pappy somehow found the right path in the pale moonlight and the three of us followed him up through the rocks and brambles to his hooch.

Pappy had become a beggar, a leper in the eyes of many who saw him. But still a man who knew the Lord and was teaching me about caring for the poor in a way I had never experienced. Sitting on a task force for the homeless and putting on fund-raisers for shelters was one thing, being personally involved is quite another!

It was a blessing to see how the Lord used Pappy to soften my children's hearts toward the homeless. And as time passed, Pappy went to live with my son, his wife and children. He went through "de-tox" and was an out-patient at the Veterans Hospital, with high hopes of getting on a program in Escondido which would get him off the streets and employed.

All was looking well until Pappy received the news he had been turned down by the program. He felt like a total failure, took his belongings and left a heartbreaking note.

We want to tell him that he didn't fail, but the system did. That he has a home and a family that love him very much. If you see Pappy, please tell him to come home!

Human needs directory produced

The Fair Housing Unit of the Human Rights/Fair Housing Commission and Francis House have joined forces in an effort to develop and produce a human needs directory for the Sacramento area. Francis House, an organization in central Sacramento charged with helping needy, homeless and indigent populations, developed the computer database from which the publication will be derived.

The directory will index human services in four general categories — Food, Clothing, Shelter and information Assistance-Referral. The directory,

through the use of computer generated pictures, will also indicate other services offered by listed agencies.

The volume is not intended to replace publications already in existence. It is offered to service agencies as an inexpensive, quick reference aimed solely at human needs. Release date of the new directory is tentatively planned for the Christmas Holidays. Initial distribution will be approximately two hundred and fifty copies and will go to City Council members, other city officials and Sacramento based social services agencies.

I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality and freedom for their spirits. I believe that what the self-centered have torn down, the other-centered can build up.

Martin Luther King Jr.

How to hunt bear with a toothpick

By Wheelchair Whitney
Staff Writer

Most of the disabled join this experience by either birth or accident. It was back in 1985 that I was to join the ranks of the disabled by my uncanny knack of "hunting bear with a toothpick."

Most folk ask me how I came to have this wheelchair glued to my rear end and my nickname Wheelchair Whitney. I give them an answer without sounding too sarcastic I hope. When I reply, "By hunting bear with a toothpick," you should see the look on their faces.

I truly get a kick out of those who ask, "How do you hunt bear with only a toothpick?" This is when I break it down to the real category of bad judgment. Bad judgment is anytime you have to jump up to hit your ex-best buddy in the head! I used to stand at 5-foot-10 and weigh 115 pounds. My old buddy stands at 6-foot-2 and is built like a rock.

Rick and I had known each other since fifth grade. The fight was over the usual reasons, "a girl," and had been fueled by too much booze. During this one-sided fight I kept making one near fatal mistake. I refused to quit getting up, trying to beat up his fist with my head and face!

Some of the highlights I sustained during the fight: a stroke, a blood clot to the brain, a coma for over a month, and a long "vacation" in the hospital. I also learned the joys of a wheelchair.

It was after my release back to the "real world" that I was to discover that my new held status was a journey into the land of the disabled.

How many of you know a person or friend who is disabled? Even though we live in the same world as you, we run into different situations in our daily life.

Our daily routine varies from disability to disability. In my case, I'm lucky and can use a cane to get around on a very limited basis.

I'm damn careful since I'm missing a quarter of my skull. I had an allergic

reaction to the plate the surgeons had installed. This makes for some truly religious moments when it comes to trying to walk or transfer. The last time I fell over I busted up my hip. Another surgery.

My disability is called a head trauma injury. Aside from the fact that I'm semi-paralyzed in the loss of my left arm and limited use of my left leg, there is also the drawback of a short term memory. I can legally say that I'm brain damaged. I'm damn lucky though, since some of our brothers and sisters with the same injury ended up in more serious situations and are much worse off than I.

I always feel so solemn when seeing other head trauma injured people who are in the hospital with that thousand mile stare which says nobody home. The key thought here is that there is someone home, they just haven't figured out how to open the door yet.

Going back to my coma days. What if, while being in a coma they had decided that it wasn't any use keeping me on a self support system since no one appeared home. That thought chills me to the bone!

I always figured that God does have a sense of humor since I'm still alive. It could have been due to Hell being full though.

One of the key problems of trying to locate any useful information if you are disabled is just finding the source of it to begin with. There are agencies out there that can help the disabled. Sometimes there are failures to communicate properly with them though.

We must realize that most of these State employees are human beings, not ogres. The majority that I've met are pretty damn nice. You will also have to put yourself in their situation to get a clearer picture of the master plan of how this circus called state agencies work.

Some Social workers truly care, while others are over worked and some agencies under staffed. The remaining ones fall into the category of burned out.

If you get a burned out type, ask for an immediate transfer to another case worker. This will save you time and aggravation.

Remember this key ingredient before you meet your case worker for the first time. You only get once to make a first impression!

Go in with a positive attitude and above all be courteous. If you go in with the impression that they owe you a living, you will be correctly noted and let out quickly. Be a lady or a gentleman, whichever the case may be.

Above all don't over patronize, since they have heard it all. Social workers do not like to wear waders or have to shovel your crap! Can you just imagine all the great stories they have heard over the years? Be honest!

Today there are special programs for the disabled. One that I became involved with through my college counselor from ARC, Mr. Jon James, and my social worker, is called a Pass plan. This little program enabled me to purchase a nice used van. The State also picks up the insurance, fuel, maintenance and saving towards a wheelchair lift. The monthly amount is a little short, but it really helps! I truly lucked out, since a wheelchair lift was donated to me.

You can get the State to help you with your education if disabled. The Department of Rehabilitation will at least help with a bus pass and books for a junior college.

Be very careful during the planning stages of any school-astic endeavor. Think of all the expenses that you might incur like baby sitters, class fees, transportation and school supplies.

There are also special scholarships available to minorities, women and the disabled. Be careful and hold your temper while dealing with the financial aid departments in the colleges. Under no circumstances lose your temper.

Years ago I made the mistake of getting mad and suggested a sex act they could perform on their own. This was not

well received. Needless to say I was black-listed. Be cool, calm and collected.

I've learned a lot from my disability these past few years like understanding the disabled and the so-called normal people. Most folk out there really do care and I have had some very positive experiences from them. There are others for whose benefit I'd like to see public hanging brought back in fashion!

On a positive note, I've learned that you do not have to drink to enjoy life. I had a serious problem as an alcoholic before the fight.

The other thing I've learned is that you don't pick on people larger than you are.

In the words of President Teddy Roosevelt, "Walk softly, but carry a big stick." In the words of Wheelchair Whitney, "Scare the Hell out of them, and carry a bigger stick!"

Try to use common sense when it comes to disagreeing with people. Head trauma injuries can be fatal. If you can reason your way out of a brewing problem do so. Take the time to realize how nice it is to be able to enjoy the simple things in life.

In the up-coming issues of Hard Times I'll go into further details of the various programs available for the disabled and those of us that are down on our luck: Disabled programs for discounted housing rates through the HUD program; special disabled loans through the Small Business Administration; special grants and emergency funding programs for those of us in a real need situation.

There are special private grants and funding for so many situations and most go unclaimed because they are not advertised in normal situations.

Most of life's bonuses are involved with not what you know, but who you know. I'll put forth a 110 percent effort to inform the readers of this paper of how to make your life a little more liveable.

Happy Trails to you, until we meet again.



Willie Terwilliger says: Even on the streets there is a SOCIAL status

Hobos

Bums & Winos

Homeless



Resource guide

By Ron Waters
Resource Guide Editor

The following is a partial list of agencies, facilities, and services that are available throughout the Sacramento area. Most of the services are free. Some are on a first come first served basis and others may require an appointment or referral.

This resource guide was compiled to assist the increasing homeless population throughout Sacramento. These services are part of a continuum, and are sometimes temporary and not necessarily meant to be permanent. It is hoped that those who utilize these services will progress to a level of self-help, and empowerment to not only fulfill their hopes and dreams, but to contribute to the improvement of conditions for those less fortunate.

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
& shaves 9-11 a.m.; 1-3
p.m.; 6 a.m. Breakfast
Men only.

ST. JOHN'S SHELTER
301 North 12th St.
448-0701; 5:30 p.m. bed
sign-up; 2 meals
Women & children only

DIOGENES HOUSE
For runaways (Counseling
Available to troubled
youth under 18)
24 Hours; 363-0063

WEAVE
24 hours 924-2952
For Battered Women,
Victims of rape,

Emotional Crisis
Counseling; safe houses,
Women & Children Only

**VOLUNTEERS OF AMERICA
BANNON STREET SHELTER**
470 Bannon St. 443-4688
Dept. of Social Services
referral only; Men & Women

**SOUTH AREA EMERGENCY
HOUSING; 4516 Parker**
24 hours; 455-2160
Families, single adults
with children

WOMEN'S REFUGE
456-3363

**TRANSITIONAL HOUSING
PROGRAM**
442-8200; Families (screened)

Day Shelters

BROTHER MARTIN'S COURTYARD
1321 North C St (at No. 12th)
447-3906; hours 8-10 a.m. &
11-1 p.m.; coffee, food 8 a.m.;
Sign up for next week:
Laundry, showers, job, phone
1-4 p.m.; Haircuts Wednesday
1-4 p.m.; AA meeting Tuesday
3-4 p.m.; Bible study Thursday
2:30-3:30 p.m. Men Only.

MARYHOUSE
1321 North C Street (at No. 12th)
446-4962, M-F 9-5; showers,
laundry; Women & children only

Free Meals

LOAVES AND FISHES
305 North 12th St. (at No. C)
446-0674; Every day 12-1

SALVATION ARMY
1206 North B St. (at 12th St.)
442-0303; Every day 3:30-4:30

UNION GOSPEL MISSION
400 Bannon Street (B at 12th)
447-3268; Every day 8:30-9:15 p.m.

FOOD NOT BOMBS
St. Rose of Lima Park;
7th & K St., 455-7200
Sunday 12-2; Vegetarian

GLORY BOUND MINISTRIES
4527 Parker St.; 452-7078;
Bus pick-up 8:15 p.m. at
B St & 12th or 2700
Front Street. (Also provide
Food closet; housing & job
help; counseling, food;
call for info)

**WOMEN'S CIVIC IMPROVEMENT
CENTER**
3555 3rd Ave. (at Broadway)
457-8661; Income Verification
required; M-F meals for seniors
11:30-12:30; T-F meals for low
income persons 12:30-1:30

Food Boxes (Bags)

**SACRAMENTO FOOD BANK
OAK PARK FOOD LOCKER-
SOUP KITCHEN; 3333 3rd Ave.**
452-FOOD; Bring I.D.;
M-F 10 a.m. to 2 p.m.; Sandwich bag
lunch on Sundays 12-2

**CENTRAL DOWNTOWN FOOD
CLOSET**
1212 17th; 441-4002
Available M-F 11-3

LUTHERAN SOCIAL SERVICES
2001 19th St., Sacto
442-8200
M-F 10-12 & 1-4. Serves families once a
month. ID required.

EPISCOPAL COMMUNITY SERVICES
1322 27th St., Sacto
446-2627
M-F, 9:30-4:30 (between H St. &
Capitol); Once/month, ID required.

CENTRO GUADALUPE
730 S St., Sacto
443-5367
Wed-Thurs. 10-2 & 2-4; Prefers im-
mediate neighborhood; Serves families
with ID for each; 3 times per year.

ELK GROVE FOOD CLOSET
Elk Grove United Methodist Church
5966 Elk Grove Blvd., Elk Grove
M-F 9:30-3:30

Job Training- Job Search

DAILY PAY CONSTRUCTION
apply at 1330 Del Paso Blvd.
927-9034

**JOB AND CAREER TRAINING
PROGRAMS**
For adults 22 years of age
and over; Sacramento area
year-round job & career
training programs available:

CON CHI TIA ENTERPRISES
577 Las Plamas Ave, 751
& 52; 920-967273
Pre-Apprenticeship training
(construction)

**EDUCATIONAL & BUSINESS
MICROCOMPUTER INC.**
6024-C San Juan Ave.
723-4850969-9514
Citrus Heights; Computer
Career training

**LA FAMILIA COUNSELING
CENTER, INC.; 2111 28th St.;**

Sacramento; 452-3601; on the
job training

QUALITY BUSINESS SYSTEMS, INC.
2424 Arden Way, Suite C-81;
927-2760; Sacramento; Photocopy
technician training

**PRIVATE INDUSTRY COUNSEL
IN-HOUSE PROGRAMS**
1215 Del Paso Blvd; 646-5640;
Sacramento; on-the-job training

**SACRAMENTO CITY USD SKILLS
CENTER**
2751 Stockton Blvd; 454-6637 or
454-6638; Sacramento; clerical,
word processing, auto mechanics,
retail cashier, heating & air
conditioning repair, landscaping,
legal secretary, photo offset,
ward clerk, account clerk

**SACRAMENTO EMPLOYMENT &
TRAINING
AGENCY (SETA) JOB SEARCH
PROGRAM**
1215 Del Paso Blvd; 646-5658;
Sacramento; offers: workshop on
job search skills, resume devel-
opment and counseling

**GRANT UNION HIGH SCHOOL DIS-
TRICT
ADULT & COMMUNITY EDUCATION;
CAMPOS VERDES CENTER**
3701 Stephen Dr.; 921-3753;
North Highlands, CA; clerical
career training

**CALIFORNIA HUMAN DEVELOP-
MENT
CORPORATION; 6020 Rutland Dr.,
Suite 13; Carmichael; 344-4516;**
Individualized job development
& referral (ages 55 plus); job
search workshop

**SAN JUAN EMPLOYMENT & TRAIN-
ING
CENTER; 4640 Orange Grove Ave;
Sacramento; 971-7394; on-the-job
training (Title III - dislocated
workers only)**

SOAR
5450 B Power Inn Road; Sacramento;
386-2706; on-the-job training -
vocational; English as a second
language

**UNITED CHRISTIAN CENTERS OF
THE
GREATER SACRAMENTO AREA, INC.
(LINCOLN); 2620 21st St.;**
Sacramento; 452-5073; General &
medical clerical training

SACRAMENTO WOMEN'S CENTER
2306 J St.; Sacramento;
441-4207; on-the-job training

**SACRAMENTO VOCATIONAL SER-
VICES**
6950 21st Ave.; Sacramento;
381-1300; Job search; devel-
opmentally disabled

JUST ONE BREAK
446-7235

Miscellaneous Services

**LEGAL SERVICES OF NO.
CALIFORNIA, INC.**
515 12th St. (at E);
444-6760; call for appts.
for help with public benefits,
landlord-tenant, divorce

FOOD STAMPS OF SACRAMENTO
1-800-952-5253

FRANCIS HOUSE
1214 L St., Sacto
443-2646
Mon. & Wed. 8-10 Coffee and donuts. 1-3
Counseling services.

CROSSROADS EMPLOYMENT SERVICES
1330 21st St., Suite 100,
Sacramento; 441-1950

TLC'S EMERGENCY OUTREACH
470 Bannon Street (Trailer
at No. B); 24 hour answering
machine 443-2996

REGIONAL TRANSIT
Bus schedule information;
321-2677

CASE MANAGEMENT SERVICES
4575 Broadway, Suite B
Sacramento; 732-9401

**VOLUNTEERS OF AMERICA
COURTESY OUTREACH SERVICE**
448-1236

Alcohol-Drug Abuse

ALCOHOLICS ANONYMOUS
24 hour 454-1100

NARCOTICS ANONYMOUS
24 hour 456-0465

**INTOXICATED? (Police Wagon
will take you to Volunteers
of America Detox)** 449-5471

NATIONAL COCAINE HOTLINE
800-COCAINE, or 800-262-2463

AQUARIAN EFFORT DETOX CENTER
24 hour 920-3558

**VOLUNTEERS OF AMERICA DETOX
CENTER:** 2700 Front St.;
445-1236; recovery home

**THE CHEMICAL DEPENDENCY
CENTER**
1507 21st St., Suite 100;
Sacramento; 445-2951

**ALCOHOL & DRUG PROGRAMS
DIVISION**
5701 Branch Center Road;
Sacramento; 366-2736

THE EFFORT
1820 J St.; 444-3440
Homeless Outpatient Drug
Treatment Program; M-F 10AM-8PM
Provides alcohol and drug abuse
counseling for homeless people
while they are at various local
shelters

**MEXICAN-AMERICAN ALCOHOLISM
INFORMATION CENTER;** 7000
Franklin
Blvd., Suite 210; Sacramento;
392-7815

**CENTRAL RECEPTION CENTER
DETOX**
2700 Front Street; Sacramento;
448-1236

**SACRAMENTO ALCOHOLISM
CENTER**
(County program); 1703 Q St.;
Sacramento; 440-6233

**SACRAMENTO BLACK ALCOHOLISM
CENTER (SBAC) (AKA Sobriety
Brings a Change);** 2425 Alhambra
Blvd., Suite F; Sacramento;
24 hour 454-4242

**SUBSTANCE ABUSE & DELINQUEN-
CY**

PREVENTION; 3738 Walnut Ave.;
Carmichael; 971-7022

**ALCOHOLICS ANONYMOUS,
CENTRAL
CALIFORNIA;** 2425 G, Alhambra
Blvd; Sacramento; 454-1100

**AMERICAN INDIAN SUBSTANCE
ABUSE PROGRAM, INC.,** Turquoise
Indian Lodge; 2727 P St.;
Sacramento; 456-3437

**ASSOCIATION REHABILITATION
PROGRAM
FOR WOMEN, INC. (AKA Alpha Oaks);**
8400 Fair Oaks Blvd.; Carmichael;
24 hours 944-3920

Medical Care

**HEALTH FOR ALL (Medical Com-
munity
Clinic);** 923 V St.; Doctor on
premises 8-5 Monday, Wednesday,
Thursday, Friday; Nurse practitioner
10-7 Tuesdays; low income or no
income patients; no referral needed.

MERCY CLINIC
1321 North C St.; 446-3345; Drop-in
I.D. not required; Monday thru
Friday 8 a.m. to 12 p.m. and 1 p.m.
to 4 p.m.

CAPITAL HEALTH CLINIC
1500 C St. (at No. 15th);
440-5302; Monday thru Friday
8 a.m. to 12 p.m. and 1 p.m.
to 4 p.m.; Adults & children
I.D. not required

SACRAMENTO DENTAL CLINIC
1500 C St. (at No. 12th);
442-9766; call for appointment

**AQUARIAN EFFORT MEDICAL
CLINIC**
1304 O St. (at 13th); 446-6467
Monday thru Friday; 5:30 p.m. to
9 p.m.; drop in; adults & children

**HOMELESS HEALTH CARE SER-
VICES**
366-2171

Support Groups

FAMILIES OF PRISONERS
Contact Wendy 624-2825

PRISONER FAMILY FELLOWSHIP
Contact Rhoda at 823-2979
or Cheryl at 823-1041

MANIC DEPRESSIVE ASSOCIATION
Sutter Center for Psychiatry
7700 Folsom Blvd (dining room)
Sacramento; 363-8613

**FREEDOM FROM FEAR FOUNDA-
TION**
(Support groups for eating
disorders, women, phobic
complaints) 965-4606

**SUICIDE PREVENTION
CRISIS LINE** 368-3111

AMPUTEE SUPPORT GROUP
Call Paula 453-7790

THE EFFORT
1820 J St.; Crisis Intervention
& Counseling Center; 444-6294

NASH'S BOARD & CARE
5201 22nd Avenue
451-6669

AIDS Information

AIDS FOUNDATION
1900 K Street
448-2437

The foundation has tapes for viewing
to the public on AIDS and the immune
system. CARES-Center for AIDS
Research Education and Support This
group meets every other Wednesday.
Phone 443-3299 for more information.

Med-Clinic
15th and C
440-5302

This clinic offers free Aids testing. No
names are used. You are given a number
to ensure complete confidentiality of test
results. The AIDS testing is to the left of
the medical clinic upon entering the
building.

SAN FRANCISCO AIDS HOTLINE
1-800-367-2437

Consumer Self-help schedule

Wednesday, February 13 — 2:00 p.m.
"Canine Show" at Consumers Self-Help
Center

**Thursday, February 14 — 5:30-8:00
p.m.** Special "Valentine" Party

Wednesday, February 20 — 2:00 p.m.
Tour of Crocker Art Gallery

Friday, February 22 — 6:00-8:00 p.m.
Center Dance

Bread of Life kitchen to open

A 42 year old Sacramento woman is
planning to open a new soup kitchen in
Sacramento and she already has the
finances to do it. Mary Ann Price, a
former live-in nurse is planning to open
the "Bread of Life Soup Kitchen" in the
basement of the Downtown Baptist
Church on 8th Street across from South-
side Park.

The necessity of more feeding
programs in Sacramento is apparent
with Loaves and Fishes, a daily meal
program on North C Street, now feeding
upwards of 700 people every day and the
numbers continuing to grow.

The Bread of Life soup kitchen hopes
to feed around 400 of Sacramento's
poverty stricken and homeless each
Saturday. Price plans to rely on dona-
tions and volunteers once the program
gets going.

Price inherited the financing for this
noble and altruistic project when an
elderly patient she was caring for passed
away last spring, leaving her a \$395,000

home. Price and her three teen-age
daughters and 18-month old son have
sold the Carmichael home and moved
into more modest accommodations in
Sacramento, leaving her with finances to
start the Bread of Life soup kitchen.

The Southside Park Neighborhood As-
sociation has not made any formal objec-
tions to the project which has been get-
ting a lot of attention, most of which has
been positive.

City planning director Marty Van
Duyen has expressed concern about the
reaction of neighbors in the area, but has
not expressed opposition.

Hard Times will follow the progress of
Bread of Life soup kitchen and urges in-
terested citizens to volunteer time or
donate food or additional funding to help
get this needed program operational and
self-supporting.

Price may be contacted through the
Downtown Baptist Church, 441-7497.

Recycle your waste

If you take your cans, bottles and
plastic containers to these recycling drop
off points, Loaves & Fishes will receive
the recycling money.

Downtown - Loaves & Fishes Complex
- 1321 North C Street, Folsom - St. John
the Baptist Catholic Church - Natoma
and Sibley, Davis - St. James Catholic
Church - 14th & B Streets, Roseville -
St. Rose's Catholic Church - 615 Vine
Avenue, South Area - All Hallows
Catholic Church - 5501 14th Avenue,
Florin Area - St. Paul's Catholic Church
- 7200 Gardner Avenue, East Sacramen-
to - Newman Center - 5900 Newman
Court, Carmichael - Our Lady of As-
sumption Catholic Church - 5057 Cot-
tage Way

Spread the word to your friends and
neighbors. If enough Loaves & Fishes
supporters "pitch in," it will really add
up. Just think! Your garbage bottles and
cans can help to feed the hungry here at
Loaves & Fishes.

Call Maureen Douglass at Loaves &
Fishes (446-0874) with any questions or

if you can arrange a site for a Loaves &
Fishes recycling drop off center. More
sites needed: Fair Oaks,
Pocket/Greenhaven, Elk Grove, etc.

Aluminum: All aluminum beverage con-
tainers with CA REDEMPTION VALUE
markings such as beer and soda. If it is
not marked CA REDEMPTION VALUE,
do not buy it. (No other containers such
as juice or soup cans.)

Glass: All glass beverage containers
with CA REDEMPTION VALUE mark-
ings such as soft drink, soda and spark-
ling water containers. (Wine and liquor
bottles, house bottles, containers, jars.
Includes: babyfood, pickle and mayon-
naise jars, etc.) All glass food or beverage
containers are accepted.

Plastic: All plastic beverage containers
with CA REDEMPTION VALUE mark-
ings such as soft drinks, soda and spark-
ling water containers. NOTHING
ELSE!!! (No milk or juice, bleach or any
other plastic containers are acceptable.
THEY MUST BE TRASHED.)

Know your rights as a tenant

A Landlord may not attempt to remove a tenant from the premises unless it is done in accordance with the law. It is illegal for a landlord to do any of the following with an intent to terminate the occupancy:

*Terminate a utility service (water, heat, light, electricity, gas telephone, elevator, refrigeration, etc.);

*Prevent the tenant from gaining access to the property by changing the locks or using a dead-bolt or similar device;

*Remove outside windows or doors;

*Remove the tenant's personal belongings and furniture or any other items without prior written consent of the tenant.

A TENANT'S REMEDIES FOR BREACH OF THE ABOVE INCLUDE:

*Calling the Sacramento Police Department or the County Sheriff. These landlord acts are crimes. Penal Code Section 594-Malicious Mischief.

*Contact Legal Services of Northern California (LSNC) for advice to initiate a civil action for the landlord's violation of Civil Code 789.3.

Our ultimate goal is to provide training to the police departments, landlords and the public regarding the unacceptability of lockouts.

Know your tenant rights

The second edition of the Tenant/Landlord Handbook is available from the Human Rights/Fair Housing Commission. The handbook is free to the public. To receive a copy, please call 444-0178.

The Tenant/Landlord Information Line is available between the hours of 8 a.m. to 5 p.m., Monday through Friday. If you call between these hours and get a recording, please call back if you want to talk to a counselor.

SOUTHSIDE HOUSE

Low Cost Housing
Clean, safe, secure traditional boarding house.

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(w/kitchen priviledges for food stamp recipients — \$30)

Room w/3 meals. \$500/mo.
Nice location! Close to park, store, bus lines.

GA/SSA/SSI Welcome

521 T Street
Sacramento, CA
444-9238

The Ackley Galleries Fine Arts

446-4799

*Specializing in
California Impressionism*

We proudly exhibit
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American Modernist (oils)
Plein Air Impressionism (oils)

Call for artists listing.

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Donald and Joan Bryant 5550 Franklin Blvd., #101
Owners Sacramento, CA 95820

FAX #916-456-1697
Phone #(916) 456-1686

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 positive impact on their lives. Currently, we are developing and expanding our Outreach Program to serve mentally ill homeless persons and dually diagnosed (mentally ill clients with concomitant substance abuse problems).

The Consumers Self-Help Center is located at
4400 Stockton Blvd.
(at the corner of Stockton and Parker, in the garden next to the large Slocan House Residence)

All services are free of charge and referrals are not required. The center is open from Monday through 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) 451-6661

We welcome **everyone** regardless of race, sex, handicap, religion or national origin.



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