

Sacramento HARD TIMES

SACRAMENTO'S HOMELESS NEWSPAPER • AUGUST, 1990 • VOLUME 1 • ISSUE 3 • 50c



Snyder Memorial

The year is 1984. Ronald Reagan is running for his second term as the President of the United States. The leader of the Community for Creative Non-Violence (CCNV), is on the 51st day of a hunger strike. He vows not to eat until something is done for the homeless. President Reagan finally gives in. He "donates" a run down federal building for use as a 1,400 bed shelter for the homeless, to be run by the CCNV. The courageous and selfless man behind the hunger strike, Mitch Snyder.

This was typical of Snyder's 20 year saga of tireless work for the homeless. He staged several protests and managed to engage the help of many celebrities. He was flamboyant, and succesful. Perhaps the foremost and most widely recognized voice for the homeless.

July 10, 1990: Dave Moss and Chris Hartmire invite other homeless advocates to gather to plant a tree in Discovery Park. The occasion.... Mitch Snyder has died of an apparent suicide. The somber group of twenty or so gather in a circle and try to make sense of it all. Steve Switzer and Ron Waters both speak of last summer with Mitch in Washington D.C., Switzer points out the dedication and relentless pursuit of Snyder's work for the homeless. Dave Moss leads the memorial but everyone there has something to say, something to remember about Mitch Snyder. He has touched everyone, and all present agree that a tree, a solid Oak Tree, will provide shade, and protection, for some of the homeless people known to gather in Discovery Park. An enduring and sturdy oak
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River Robbery

River resident Turko Hassan, was beaten about the head with a club, and robbed of his money, backpacking equipment, and even his boots on the River Road in Sacramento earlier this summer. Turko befriended a group of three men who said they were from Texas at the Loaves and Fishes day shelter. After inviting them to camp with him at the river, they all ate at the Union Gospel Mission. After dinner, as they walked along the river road, the biggest of the three administered the bloodbath.

Turko is no stranger to camping out along rivers. His eldest son was born in a tent next to the Spokane River in 1949. Turko is not homeless because he is mentally ill or an alcoholic or drug addict. He resents being stereotyped into those categories.

Turko is outraged that nothing is being done to catch the robbers. "If you spit on a businessman's shoes, they put you in jail, especially if you are homeless. If they beat and rob a homeless person...tough luck, they won't do anything." He further fears for others who may fall prey to these cold hearted men. "They should be apprehended, or somebody will get killed." "There's no excuse for shit like that!" Turko has since taken up camping with a one-eyed dog. He says that the dog is better company than most people he knows.

EDITORIAL

One hundred and six degrees outside. Beads of perspiration drip down faces on Sacramento streets. Hate to think of anyone without air-conditioning at home. Hate to think of anyone without a home at all. Pretty unpopular to be homeless these days. The recent demonstrations in Santa Monica and Santa Cruz illustrate that. "Get a job bums," they screamed at the homeless protestors! If it were just that simple.

What a time to lose Mitch Snyder. Mitch was a relentless advocate for the homeless. Now tragically, he is gone. What happens next? Who is going to pick up where Mitch left off? Losing Mitch means that others have to step forward and speak the truth.

How does this relate to us here in blistering hot Sacramento? We have still got over 5,000 homeless, and less than 500 available shelter beds. Camping out is still illegal. Arrests or citations are being given out to those with nowhere else to go. There are no government job programs designed for the homeless. This doesn't translate to a lot of hope.

Some of us now don't even want the homeless to have our trash. Several downtown residents and merchants have started putting locks on their trashcans to keep the homeless out. Isn't that a compassionate solution!

On July 10, our City Council voted to loan Self-Help Housing Inc. (A new non-profit group that hopes to renovate boarded up homes using volunteer and homeless labor) \$20,000.00. We applaud this, and wish them the best of luck. What a great idea. We need more action like this, a lot more.

Isn't \$20,000 about what it costs to keep ONE inmate incarcerated for a year in a California prison? God knows, we've got more inmates per capita than any other country in the world except South Africa, and we should pass them this year. We could save a lot of money by spending more on housing our homeless in a dignified manner now. Then we won't have to pay to lock them up later. We can spend a little now and save lives, or a lot later and waste them.

Locking up vast numbers of our poor is immoral, is costing us a fortune that could be used in a more positive manner, and will never work. Nils Christie, a Norwegian philosopher, criminologist, and professor at the University of Oslo, who is widely respected worldwide, recently made this assessment while in Washington. * American prisons in which large numbers of poor people are isolated from the rest of society, bear an uncomfortable resemblance to Nazi Germany, which perfected the art of separating large numbers of disliked and unwanted groups from the mainstream. "This is a reflection of your country and it's very troubling," he said. "It would be more humane to improve the social conditions that breed the U.S. crime problem."

This country that we all love so much was founded by poor and homeless people. Let's not lose sight of our own roots. Let's work to keep America a country we can all be proud of! How a country treats it's poor is an indication of it's values.

We want some changes. The homeless need a way to succeed, they need a legal place to exist. The homeless are not going to go away and they are not going to shut up or give up. Let's start with a legal camping area locally, and a new job program nationally.

Thank you Mitch Snyder for making America more aware of the plight of the homeless, and everything you have done to improve their quality of life. Your efforts have not been wasted, and you will not be forgotten. There is a lot more work to be done however. In spite of being unpopular, we must hold our heads high, speak the truth, and not give up.

Bailing out the President's son and other rich savings and loan tycoons for untold billions while giving our poor a locked garbage can to try and eat out of and a criminal citation for sleeping on the ground when they are tired is nothing to be proud of. Let's get our priorities straight! It doesn't take a brain surgeon to see that our current system is bending over for the rich and sticking it to the poor and elderly. Things have got to change, and only we can change them.

Dear Sirs,

You don't know me but I just came here from another state, and I can't believe what is happening here with the homeless. People disregard them and the police hate them. Now I can see some homeless people can be bad but some are real people trying to get along in this, or should I say these, United States. This government cares more about helping other people or nations than their own people. I had a life, but I lost it, then I became homeless. It's not easy getting back on your feet. But if someone could help you just a little maybe we can make it in life. Some of these people don't care for themselves, but most of them do though. And if there is a God or Jesus Christ around I hope someone will help us. I don't blame anyone because it's their job. But please someone or God please help us now. I'm tired of eating out of garbage cans. I served my time in Vietnam eating monkeys and rats to keep America safe.

Help me and us.

Joe Olenick
Homeless

Dear Hard Times,

Being homeless was real bad. I could never find a place to sleep. I never had any money and I couldn't afford to eat, bathe or even wash clothes. It was a terrible life. Running for shelter, running from fear, looking, searching, wondering where the next piece of food would come from or the next drink of water. Wondering where to lay your head at night, when you always live in fear. Always searching, never stopping, wondering where it will all end.

When it's finally over and you've found a place you can call your own, it's a CELEBRATION, the nightmare is finally over.

Sherrie Beebee

Snyder Memorial

tree is a fitting memorial to a man who dedicated his life to providing shelter and comfort to the poor and hungry.....the homeless. John Passerello had this to say at the memorial:

When love is lost

(an ode to Mitch Snyder on the day of his death, July 5, 1990)

Why Mitch, Why?...
so much to live for, so much to give, why have we lost you, now that we need you, why did the world close in?
the business of the streets, you traded one commodity for another, you spoke for the poor, the helpless, the unwanted; you fed them, clothed them and created a shelter home;
its hard helping the homeless, there is always a higher priority, you need emotional support and your closest friends would rather you help those who can help themselves, you plead for understanding, compassion, nonviolence and love...so much love...commitment and time, sharing what we have with others, you asked us for more...and more and then we lashed back and said "the bums should clean themselves, throw away their bottles and get a job"...so easy to say when we have homes and are employed; the depressed drag us down, those who reside in the seats of power would rather help their wealthy friends than yours...after all what are friends for?...
you lived in a fragile world but others didn't realize how fragile and sensitive you were...you cried out but someone thought they were hearing just another homeless voice and then you cried again... did we hear you, will your efforts be rewarded, will we read the note you left and remember love...

John Passerello
July 5, 1990

The Fair Oaks Renaissance Fair Reflections on Alternative Lifestyles

In neo-middle english, one of my daughters begs, "Alms for the poor. . ."
The reactions from the just arrived patrons of the Renaissance Fair vary.
(Fair Oaks: June 23,24, 1990)

Downtown workers in Sacramento have reached a somewhat comfortable level regarding being hustled by a more than occasional panhandler. This adds pizzazz to their otherwise humdrum office routine.

Having a "beggar" in suburbia however, seems altogether different. Until they notice this period costume and exaggerated accent. Then smiles return.

Whimsical entertainment, sometimes slightly bawdy is expected as merchants, strolling musicians, jesters, jugglers,

counts, knights, nobility and knaves mingle, ebb and flow. There is even room for a beggar girl.

In the evening many of the vendors and actors choose to camp at the fair site. There is the sometime smokey campfire revelry and wine, and late evening comings and goings. Renaissance actors are a lusty group.

What they do one weekend a month is not all that different from how those unfortunates labeled "homeless" live all month. One of the main differences, however is franchise; or perceived legitimacy.

Of course, the Renaissance actors have somewhat more economically sound lives than streetpeople. And, generally speaking, are only pretending to be gypsies. They may even be more interesting than street people (hard to say).

But their actions, how they live, exist, are very similar.

And what Sacramento chooses to do with its streetpeople will clearly show its level of sophistication. Its level of "cityhood."

While mainline media publications bleat and dither about the homeless for "humanitarian" reasons--let's take an additional viewpoint--streetpeople are the salt and pepper of the city.

Can you imagine how dull a whole city made of Sunrise Malls would be?

Venice Beach, in Los Angeles, with its tramps, hobos and bums, street musicians and artists is as much a tourist attraction as Disneyland, nearly. Venice Beach is carnival, every weekend. Venice Beach is interesting.

If Sacramento does not want to die of excessive homogenization, of boredom, then it will become more tolerant, and even supportive of its bums. Allow more diversity in the downtown/K Street Mall area.

K Street Mall is somewhat interesting at present. An occasional street musician, the afternoon teenybopper punkettes, and a street corner artist add spice and zest to row after row of yuppie shops. They give the shoppers something to talk about besides their bourgeois shopping sprees.

The Pike Street Market in Seattle is an example of smart merchandising enhanced by "street-chic." With bands, musicians, artists and beggars the energy level is incredible. And these downtown shops stay open on the weekend.

Perhaps our enterprising merchants in the downtown Sacramento K Street Mall might think of hiring an artist or beggar to grace his doorway. To provide a little bonhomie, a little entertainment, n'est ce pas?

In this matter Sacramento would do much better by itself to utilize and heighten and embrace its bums and tramps, then to try to shuffle them off and hide them under the carpet.

Also, in this matter I might be persuaded to act as agent for my daughter. Her presentation is strong. And her benediction, upon receiving a silver coin of the realm from the patrons, ". . . may the tax collector die outside your door . . ." is appreciated.

Hunter James

Hear Our Voices



The United States Navy Recruiter Came to Our
School Today

The Navy recruiter was at our school today
He's trying to make his quota
So he can keep his bonus pay
His uniform was tidy
His shoes were polished bright
His head was shorn in flat-top
His manners so polite.

He spoke of wild adventures
In countries far away
With extra cash for college
When we return one day
From fighting wars for freedom
To protect the stars and stripes
Wherever the flag is planted
Be it wrong or be it right.

"Be all you can be," began his line
Fulfill your destiny
Come serve with pride and glory
In a ship upon the sea"
He promised free education
In a military school
To turn down his great offer
He said I'd be a fool.

I thought about his presentation
There was something sleazy in his style
He wanted my name and number
So he could call me after while
He had a sophisticated method
A captive audience were we
But his soft-sell propaganda
Failed to convince me.

My Grandpa was killed over China
Fighting the Japanese
My Uncle was shot dead in Korea
In a torture camp on his knees
I was born in 1971
But my father never heard my name
He was accidentally killed in Viet Nam
When the U.S. Navy dropped bombs on Da Nang
They sent their condolences to my mother
She was six-months pregnant you see
His death drove her to an early grave
And now all that's left is me.

The Navy recruiter doesn't tell the truth
He's a vulture preying on simple youth
His pretty sales-pitch is a filthy lie
He gets paid to send you off to die.

J. C. Shepherd
March 1989

(dedicated to all those who lost their lives
as the result of misguided and deceitfully
perpetrated U.S. foreign policy in South
East Asia.)

Crystal Stair
(A Mother to her son ... Author Unknown)

Life for me ain't bin no crystal stair,
It's had tacks in it, and splinters,
And boards torn up,
And places with no carpet on the floor ...
bare.

But all the time
I've bin' a climbin' on,
And reachin' landings and turnin' corners,
And sometimes goin' in the dark
Where there ain't bin' no light.

So boy, don't you fall now.
Don't you set down on those steps
'Cause you find it's kind a hard,
For I'm still goin', I'm still climbin', honey
And life for me ain't bin' no crystal stair.

This was taught to me by a black minister
in Cincinnati in 1965. Gregory Bunker of
Francis House, Sacramento

The Hearts Awakening

A butterfly flew to find someone
to cheer; to gladden;
someone alone.

She found a man; a big old grouch;
sat on his shoulder
and he yelled "ouch!"

She said "Well this will never do
I'll find a way
you won't be blue"

She sent a rainbow all around him,
It sat beside him,
ground to ground.

He yelled "where is the money?
The pot of gold
of yellow honey!"

"Does he not have a warmer side,
where something tender
can touch inside?"

She sent the sun rays tumbling down
to brighten up
the darkest ground.

Oh! He did not like it. He railed and railed
"It's much too hot!"
T'was no avail

Perhaps some laughter, just might do.
To this, the man stomped
and threw his shoe.

The man said "I want no cheer!
You must want something.
This I do fear."

An old beggar sat down on a log.
enjoyed the quiet,
enjoyed the fog.

Said "Would you care to share my beer?
I haven't been this way
for forty odd years."

"I haven't met anyone as lonely as you,
to go on my way
will never do."

He shared his beer while they talked and talked.
But the man griped so much
that the beggar walked.

Alone the man stood, gloom all around
When a beautiful butterfly
On his shoulder sat down.

This time he said, "I'm glad you came back,
there are things that this heart
sadly does lack."

Shirley Moore



illegal sleeper

Cops
across the
street; quietly I
pack my
bag.

did
not ever
think I would
cross the law in
my need for
rest and
sleep.

Hunter James
6/90

Faceless

Here I am, another face in the crowd, feeling sad
and alone.

Does no good to cry out loud, because I have no
home.

I roam the dirty and lonely streets, walking
around all day and freezing all night, looking for
something I can eat.

Praying to our Lord God to show me the light. I've
been here, I've been there.

I try to stand up strong and tall but to no avail,
I fall. When will someone show me that they care?

When will someone hear my lonesome call?

Thomas Koch.



Carl G. Zamora came to Sacramento from Los Angeles to avoid the drug wars. He slept on the bench at the end of the K Street Mall for 2 months. Being homeless in Sacramento was tough on "Carlos," but he believed in himself and his ability as an artist. Carlos drafted this letter to Sacramento State University in applying for a full scholarship. Pictured here are some autobiographical drawings by Carlos. He now is attending Sacramento State on a scholarship and living at Palmer House, a progressive transitional living apartment house for formerly homeless. Carl's determination is an inspiration to all homeless. The Hard Times will follow his progress and congratulates him on his transition from the street, to the classroom. What's particularly impressive about Carlos is that he intends to help his homeless brothers, once he is financially successful.



ZAMORA 30
RCAP

ZAMORA
4-2-90

9/5

From the Streets, to the University

Supporting statement for 90/91 campus scholarship:

In outlining this statement for the purpose of receiving a scholarship, I wish to discuss the hardships of my background of extreme poverty, my work experiences, volunteer experiences and objectives I intend to accomplish upon obtaining my degree.

I was born November 8, 1943 in Kellogg, Idaho and was given up for adoption at 6 months of age. I knew not of this until I was age 12. At that time in my life, the trauma of such knowledge sent me into a career of episodic juvenile crime throughout the Southwest in the years 1957-1969. I was diagnosed as a compulsive neurotic, among other psychiatric descriptions. During my incarceration at the Lookout Mountain school for boys, I was fortunate enough to have a sponsor who was attending the University of Colorado. I was allowed to spend weekends on campus and found the environment overwhelmingly delightful.

Later on, I was involved for 10 years in a common-law marriage and fathered 5 children. I became socially stable for that duration but I was again traumatized, this time by divorce, the death of my stepmother and shortly thereafter, by the death of my biological mother.

My enrollment at the University of Colorado was through an organization named UMAS. I was chairman of several committees concerned with recruiting minorities into the educational environment, as well as with working with high risk students such as myself. One of those organizations of which I was exceptionally proud was the MACHO Committee--Mexican American Corrections Helping Organization. We worked with disadvantaged youth and young adults endeavoring to give them direction and guidance. Seven of my closest friends were killed by plastic explosives in encounters with state, federal, and local law enforcement authorities.

After those incidents I became homeless for the first time, feeling that none of their lives were worth the efforts or goals we tried to accomplish. God bless them all--Florencio Granados, Ricardo Falcon, Neva Romero, Gireberto Feranti, "Kiko" Martinez--are just a few of my closer brothers and sisters who are now gone. For their sake, and in their behalf, I again wish to pursue a course which in time may benefit those less fortunate, disadvantaged blessed souls who number in the millions worldwide.

I have acquired a close kindred feeling for my homeless brothers and sisters and feel that I can best benefit them by educating myself in order to enlighten people to an awareness of realistic values and goals such as elimination of the threat of nuclear war. I envision a community for the homeless designed with the latest technological advances in solar voltaic energy innovation and made self supporting through farming and agriculture which would help rid our cities

of the current "unwanted, uncared for" homeless element. The concept could also extend to communities for the mentally afflicted and the aged.

I have limited knowledge and background in electronics but I would like to be able to devise a sound-to-music/music-to-color/color-to-voice print mechanism of integrated circuitry for the hearing-impaired and blind. I wish to take courses in graphic design and computer-assisted drafting to plan and design the communities I have described. I am also interested in the latest biomedical technology and would like to get my bilingual teaching credentials.

I would like to conclude this statement by saying what a beautiful, well-designed campus you have and compliment everyone for the happy smiling faces I see on campus. A special thanks to Leslie McClelland and Lily Lau-Enright for their taking the time to care for a stranger and help even though they were busy. They are a credit to your campus as well as the human race. Thank you for taking the time to read this statement and may God bless you all with happiness, joy and all his blessings. Sincerely yours, Carl G. Zamora
11/9/89



Dear Whom It May Concern:

This is a homeless letter for anyone that wants to read it. I have seen more people without homes to go to and food to eat and it never ends. And there's never enough room for everyone and worst of all the children are the ones that suffer too. There's never any activities for them to play.

Unsigned

Vatican Letter

FROM AMERICAN HOMELESS SOCIETY
TO POPE JOHN PAUL II, VATICAN CITY

Dear Pope John Paul II:

Along with countless Christians, religious and charitable organizations, the American Homeless Society has urged the United States government---local, state and federal---to comply with the demands of our Lord Jesus Christ in Matthew 25:31-46, but America's homeless crisis is worsening daily. President George Bush and California Governor George Deukmejian are two of the many high officials who abuse and neglect the least among us, in direct defiance of our Lord's Loving Testament.

Our Blessed King decreed that ALL NATIONS must shelter, feed and clothe their poor, or suffer His eternal punishment, the everlasting fire with the devil and his angels. Weaving and obliterating our nations, the United States is failing this crucial test in Matthew 25:31-46, while sanctimoniously proclaiming itself a "Christian nation under God".

"Let your light shine before men, that they may see your good works, and glorify your Father which is in Heaven (Matt. 5:16)." Jesus charged. What kind of example is our "Christian nation," that flagrantly disobeys God's specific decrees?

Jesus was born, crucified and resurrected HOMELESS! The entire Bible is about homelessness---from Adam and Eve in Genesis to Saint John in Revelation---so why are today's homeless condemned?

The Lord has, does and will always abide with the homeless. If a nation looks out the homeless, it looks out our Savior---and itself from God's eternal kingdom---too.

God's Church must obey His decrees. Non-believers are understandably disobedient---as are believers ignorant of God's Word---but what excuse do informers "believers" have?

If the Church or other congregations lack the homeless out---tonight or any night---they, too, are lacking Jesus out. We can boast all we want---how "Christian" or otherwise wonderful we are---but it is all for naught, if we do not pass God's final examination in Matthew 25.

Many will cry, "Lord, Lord, have we not prophesied in your name? and in your name have cast out devils? and in your name done many wonderful works?" Jesus will retort, "I never knew you. Depart from me, you that work iniquity." (Matt. 7:23)

Most government and religious leaders shun responsibility for this crisis by blaming the homeless, themselves. This contemporary generation of vipers claims the homeless are mentally ill, leazy alcoholics, drug addicts, AIDS victims and such, who wash or otherwise DESERVE to be homeless.

America's "derelicts"---many who are alcoholics, addicts and diseased---are the very citizens Jesus DEMANDS we unconditionally shelter, feed and clothe. A nation's most unwanted are always the least among us. Jesus requires we minister to their needs---at all costs---including the imprisoned and hospitalized.

Thousands of homeless Americans are ready, willing and able to work, but are routinely denied employment, due to their involuntary homeless status and the physical, emotional and spiritual damage this object poverty causes. The homeless exodus from rural to urban areas in search of opportunity only exacerbates the crisis, resulting in more anguish and persecution for this increasingly alienated underclass.

Violent deaths, maiming, malnutrition and horrendous illnesses are commonly suffered by these urban homeless, as the nation's mayors blame state and federal officials. Like Judas, President Bush and Governor Deukmejian betray us all, cutting government aid to the poor as much and often as possible.

The U.S. government also punishes hundreds of thousands of homeless youth, whose only "offense" was being born. The President and Governor claim to support the rights of unborn children, but we witness daily how they trample on the rights and lives of America's precious homeless children.

"But whose shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea (Matt. 18:6)." Jesus threatened. "By their fruits you shall know them (Matt. 7:20)." He said, and we do.

Frankly, the Catholic Church helps America's homeless very little, too, relative to the overall need. Even combined with all government and charity aid, total homeless assistance from all religious institutions---Catholic and non-Catholic, alike---also fails to bring the United States into compliance with the Matthew 25 edicts.

Why are Christian institutions setting such a poor example for our nation's citizenry? America's "spiritual leaders" are failing this and all nations---leading millions on Lucifer's road to the everlasting fire---because they are lost in demagoguery, materialism and greed.

Our nation's government has consistently and unequivocally disobeyed God's Eternal Word made flesh in Christ, and the blame falls squarely on the Church. We pray, Pope John Paul II---in the Name of the Father, the Son and the Holy Ghost---that you immedi-

ately open Church doors to the homeless of across America, pursuant to God's law in Matthew 25:31-46.

We pray you establish homeless centers on Church grounds---for gear around shelter and vital services---at every Catholic church and parish in the United States, its territories and possessions.

Please do not emulate the government, justifying or excusing your token homeless aid. The law of men and women are always broken, but all nations---Church, government and citizens, together---must completely fulfill the Matthew 25 edicts before God's day of reckoning, or burn in hell forever, as it is written.

We pray the Church consummates this scriptural mandate, immediately, that the world may see---and that many nations may travel---the only road to Jesus' salvation.

Sincerely,

Dr. Ruben Botello
National Director

cc: National Conference of Catholic Bishops
National Council of Churches of Christ
President George Bush
Governor George Deukmejian
U.S. CONGRESS
CALIFORNIA STATE LEGISLATURE
Mitch Snyder & Associates



Health Front

Here is some good news for those on Medi-Cal. Hurray, we finally have a new health program available! Funds have now become available since the Tobacco Tax Initiative passed. It began on July 1, and is through the Child Health and Disability Prevention Program (CHDP) office. This new program offers extended medical coverage for children. You can learn all the details by contacting Medi-Cal or the CHDP office. How about some helpful hints on how to keep your healthy? That sounds like more good news to me.

Basically, the new program consists of Medi-Cal still paying for well child exams and for sick calls. But now they've added a follow up visit too. Of course, they still pay for medication. The new program now has medical coverage for children from birth to 18 years old. If you have any questions, you can contact the CHDP office at 916-366-2151 or Medi-Cal at 916-445-4171 or, go to the UC Davis Medical Center.

Here are some hints to help prevent your child from getting sick. Hand washing is extremely important especially after toileting or blowing your nose. Many germs are spread from person to person due to dirty hands. Another hint is making sure your child eats three balanced meals a day. This will help them to fight off colds and viruses. Also, storing food properly will prevent any chances of food poisoning. Don't forget, giving honey to a baby under one year of age will cause them to get food poisoning. Lot's of fresh air will also keep your child from getting ill.

The last hint of all to keeping your children healthy is to build up your child's self-esteem. This can be easily accomplished through sending children to school. School helps to give our children a regular routine which also gives them stability. Stability is the core to developing good self-esteem. Remember, all children can become great people. All we need to do as parents is to remember that our children need us to take good care of them, and provide them with lots of love and encouragement, even during the hard times. It may be tough, but don't give up, our children are worth it!

HEALTH SERVICE NUMBERS

Office of AIDS 916-445-0553
Veneral Disease Control Unit 916-322-2087
Medi-Cal 445-4171
Child Health And Disability Prevention Program 366-2151

Jean Vanessan



A heavy cross to bear

Ruben Botello, 42, of Arcata, carried this symbolic cross 300 miles in 15 days to the Capitol's west steps, arriving Sunday. Botello, a political science professor at Humboldt State University, made the walk to publicize the homeless problem.

VIRTUE'S A QUIRK by DAW PORTA



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

WANTED

Advertising salesperson for Hard Times. Commission only. Must be clean and articulate. Homeless O.K. Call 424-8346 or write to P.O. Box 245190 Sacramento, CA 95824



Resource Guide

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 serve 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. Ron Waters 08/01/90

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 443-2996

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 p.m.
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

* If you know of any errors in the resource guide, or any agencies which should be listed, please notify the Hard Times through the mail or call Ron Waters at 451-6661. Thank you for your support!

The views expressed in the Hard Times are not necessarily the views of the staff. We just print the material submitted. We do reserve the right to print whatever we deem relevant. We will try to print the best material that we receive. Our writers are not always eloquent, but their message is usually heartfelt. The Hard Times is always accepting written material and artwork. Maybe it is time for you to sit down and write or draw something. Don't you have something to say? We would like to see it.

Special thanks to Mychal Lahey and the guys in Yolo County for editorial information. The difference between the federal and state sentencing mandates are unfair, the federal guidelines are grotesquely unjust. Federal prisoners deserve the same amount of time off for good behavior as state prisoners. "The same time for the same crime in the same place. It's the only fair way." An expose is needed!

Stay cool Mike Dale, you're getting short. Home is just a 1/2 a football season away.

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Sacramento, CA
441-1082

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Palm Springs, Ca. 92262
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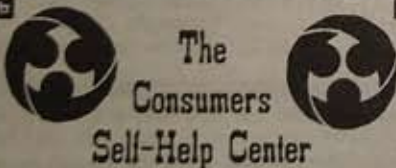
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Sacramento, CA 95820

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



WRITE FOR THE HARD TIMES

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.



The Consumers Self-Help Center

The Consumer Self-Help Center is a non-profit group 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 mentally ill homeless persons and qualify diagnosed mentally ill clients with homelessness substance abuse problems.

The Consumers Self-Help Center is located at 4400 SHERWOOD BLVD. At the corner of Stockton and Parker, on the garden next to the large Alameda Home 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 2:00 p.m. The telephone number is (916) 451-0481. We welcome suggestions for services of our own, membership, religion or national affairs.



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