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# HOMeward

Serving the Sacramento area homeless community

Volume One, No. 4

October 1997

## Homeless, advocates stand up for the 'Stand Down'

Annual event offers services, respite to the weary

By Christina Stock, Tyrone Johnson and Billeen Pruett

One third of the people living on the street today are veterans. Once a year, homeless veterans are given a reprieve from the street, at a three day military style camp called Stand Down. The sixth annual event was held in September at Cal Expo. The term "stand down" originated

during the Vietnam War, as periodically front line soldiers were called back to base camp for rest and supplies. A soldier creeping through the jungle, threatened by every noise, movement and shadow, became hypervigilant. A similar thing happens to someone living on the street. Rest is a primary function of Stand Down in Sacramento. "It provides a mental health break, some rest off the street," says John Oberg, outreach worker for Vietnam Veterans of California.

Meals are donated, and duffel bags, peacoats, and other gear is passed out for the approaching cold weather season. "It's not an entitlement," says Oberg, of the supplies and services offered, "but we give them a break because they're veterans." There are haircuts and hygiene kits, showers, and a free clothing tent. Medical and dental tents are full of those who need attention. VA outreach programs, such as drug and mental health counselling and employment services are also



Photos/Courtesy of Vietnam Vets of California

At Stand Down, vets in need are able to select items from the free clothing tent.

offered. Stand Down even has its own court. This is provided by Sacramento Municipal Court, which is able to process misdemeanors and minor infractions. Some homeless vets come in with 50 to 80 light rail tickets. Large fines are reduced to community service hours, allowing them to seek employment.

"We always knew that Stand Down is just a Band Aid on the larger problem," says Oberg. "We need to address the needs of the homeless population. When 300 to 500 vets show up, there is a need."

Two writers who participated in this year's Stand Down recounted their

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Meals are donated and gear is passed out.

## Just in time for rain: cottages set to open

The Bishop Francis A. Quinn Cottages will open their doors to its first tenants in November. The Cottages program was introduced in 1995 and after many ups and downs, they are opening according to schedule.

The Cottages will be transitional housing for people who are coming out of homelessness and are ready to work toward a permanent home.

Located on 2.65 acres by the railroad tracks on North A Street, it is a 5 minute walk from the Alkali Flats light rail station. This is not an SRO. Each unit has its own kitchen, bathroom, bedroom, and patio. Each unit is a freestanding building, giving tenants the stabilizing benefit of their own space. To make the most of the 327 square foot interior space. A central living room has 14 foot ceilings with high windows to let in light, with the roofline tapering down to accommodate a small bedroom on one side and a

kitchen and bathroom on the other side. Units have one bedroom, complete with bed, built in shelving and small closet. A tiny dining nook includes a built in table that converts to an extra bed, and wooden benches lift up for extra storage area. Kitchens have electric stoves, and small refrigerators.

Applicants must be homeless, and capable of maintaining a clean and sober environment. There is a two year maximum stay, during which the person will be a part of a case management plan. "It's a program for homeless people who want to go somewhere else in their life," says



Photo/Christina Stock

One of the cottages built for the program.

board member and tour guide, Barbara Hodgkin. "The plan is theirs to make, not ours."

The 60 units are clustered into smaller groups of 15, creating small communities within the complex. Tenants can choose to participate in a resident council, which will have power in deciding the rules for the community.

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## Habitat group says thanks for the humanity

Habitat for Humanity recently held its 'Hammy' awards—a thank you celebration recognizing the efforts of its volunteers. Entertainment was provided by Uncle Harlin's Amazing Jug Band, and singer-songwriter, Tommy Wright. Tommy, who lives under a bridge in West Sacramento, has also showcased his talents in Nashville for The Keystone Inspirational Network.

Archie Milligan, Director of Habitat Sacramento, says, "We literally would not survive without volunteers. They actually produce the product of the organization."

Hundreds of people volunteer each year to repair local houses and build new ones. Those who receive a new home must volunteer 500 hours of sweat equity, 100 of which must be spent on another person's house. "It's a very old tradition of neighbor helping neighbor build their home," says Patti

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## Stand

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experience:

**Johnson:** I couldn't help but feel that Stand Down was going to be a big party on the fair grounds. But as I entered Gate 10 at Cal Expo, down the road to the old jockey quarter, there they stood, looking like houses of war. I knew this was serious business. Seventeen tents, from A to Q, with names like 'Alpha Hotel Lima.' On set up day, we rushed to set up a platform for the brass to have a ceremony. But the vets would not arrive until the next day... and by then, like in war, the brass were nowhere to be seen! I have never felt myself, and seen the people so relieved. The everyday fear, like in war, that surrounds us, the homeless, was gone... R and R at last! Here we were in the comfort zone, for only three days. Some of us came from the front lines. The American River, some, from make shift camps, the alley ways, train tracks.

**Pruett:** Some of the people were walking around lost — just shells of people — they left the rest of themselves behind at the battlefields. By afternoon, the majority of women in my tent were on their bunks resting. Being homeless is very tiring, and we all knew that the rest and comfort are temporary. Most of us didn't know where we would be after the Stand Down. Comforts such as cigarettes and coffee were also provided. Drinks and fruit were available most of the time.

A look around and I saw a beautiful thing — people just fed, with full bellies, the sun and the gentle breeze. Many of us have had our first night of good rest in a long time.

Quite a treat. Toilet paper and real, clean toilets are luxuries.

A look around and I saw a beautiful thing — people just fed, with full bellies, the sun and the gentle breeze. Many of us have had our first night of good rest in a long time. We now have warm coats, clean socks and beds, and most of all — freedom from danger and fear.

Hurry up and wait, there's a lot of that, but every minute of our stay here is precious. We knew that the following night we would be laying, crammed up and worrying, in our vehicles, or on the ground in the dirt, or on the asphalt. They will not be clean and comfortable nor safe places to sleep.

Sunday morning was overcast, and the mood was somber. The people who had to go back to the street were already starting to feel edgy and anxious. It cleared up later and there



Photo: Tyrone Johnson

At Stand Down, guests are able to sleep with a roof over their heads.

was a church service. Breakfast was scrambled eggs and a dry round piece of ham. At wake up in my tent, (6:30 am) we were told to get up and organize our stuff in a big clear plastic bag, so that it could be checked out. After church the real clean up began, but with everyone helping, it was easier. Grim work. No more relaxing, just reality.

Paperbacks and playing cards. A lot of our brothers and sisters are locked up, and were not able to make it because of 'sweeps' lately. The tearing away of every belonging a person has and then jail. We missed them. There is

peace...for awhile.

**Johnson:** It is going to take the same strength that it took to concur World War II to get every homeless person off the streets of this great nation! If we would only truly wash our hearts like we wash our hands, then there would be no need for Stand Down.

I would like to extend a warm and special thanks to all who made Stand Down '97 possible: John Oberg, Don Harper, Don Horel, Salvation Army, Lion's Club, Sacramento Courts, Medical Staff, God. Thanks to all who supported Stand Down.

## Cottage

Continued from page 1

"People who live here will have a say about the way the place is managed," says Greg Hancock, director of the Cottage Housing program.

Many services will be offered to residents, some on-site, and others on a referral basis. Some on-site programs will include AA/NA meetings, money management and domestic violence counseling.

"You can't make a lot of money and live here," says Hancock. The cottages will offer housing to GA recipients, and residents will

receive GA benefits for 12 months, whereas many recipients not in a transitional housing program are held to a three-month limit. Applicants will be screened to determine need and desire to improve their present situation. "Our hope and dream is that residents will be supported, respected, that their needs will be met, and that they would come with a commitment to growing as a human being, to discover their potential," says Hancock.

Phil Bowles, is part of the Cottage labor crew, and was referred through the Midtown Garden Project, which employs homeless men and women as

gardeners in the downtown area. He looks forward to having his own cottage when the program opens. "It's going to give me independent living. I know I'm going to have a key, and I can say, 'I'm home.'"

Move-in kits are being gathered to provide to those without basic necessities. Needed essentials include: linens (sheets, towels, blankets); toiletries (soap, toothbrush, toilet paper); kitchen items (dishes, sets of two, pans, mixing bowls); appliances (toaster, coffee maker, clock radio); and general items (hangers, laundry basket).

Anyone interested in donating can call 446-2541.

## Habitat

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Mulholland, event coordinator.

Robbie Smith is benefitting from the Sacramento Habitat program. He lives with his wife and four children in a small three bedroom home. After an intensive application process, which considers financial situation, living conditions and attitude, they were accepted.

"Habitat is a unique program that comes in and gives us the opportunity of sweat equity," says Robbie. "It's not a one-way street. We can all work together to achieve a

common goal." They expect their new home to be finished in June.

Habitat will build five houses this year. "We should be doing much more," says Milligan. "The potential is much greater than the reality right now in Sacramento."

Milligan would like to see Habitat Sacramento build 12 more homes in the next couple years, and use more volunteers for work such as HVAC and plumbing, which they currently contract out.

Anyone interested in finding out more about Habitat for Humanity can contact 456-9543 from 9 to 5 weekdays.

### Homeward staff

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## Welcome to Homeward: feel free to get involved

**H**omeward is a publication of the Sacramento Homeless Organizing Committee (SHOC), which is a part of the Sacramento Housing Alliance. SHOC hopes this newspaper will serve as a vehicle to educate the public, both homeless and housed, about important issues and services available to homeless Sacramentans.

It hopes to alleviate miscommunication by providing a dialogue between disparate communities. It also serves as a creative outlet for homeless people.

Our committee meets at 10 a.m. each Monday at Loaves and Fishes to discuss the newspaper, issues facing homeless individuals and strategies to end homelessness. We welcome any participation

or contributions. Articles, poems and other writing can be submitted to the Housing Alliance, 2125 19th St., No. 101, Sacto. 95818; or given to Birte in the library at Loaves and Fishes.

We would like to thank the Vanguard Foundation for the grant that funds the committee, and Loaves and Fishes for providing us a place to meet. For information call 442-1198.



# In any language, home sweet home is always welcomed

I been seeing some young mothers with their infants in their arms sitting on the sidewalks around town; and I know this one, she's got a good man with her and I think they are going to get a good home and soon. It makes me worried to see the kids out on the streets, but it makes me feel good too, like somehow we are all a family. We have our own culture in a way. Anything you and a bunch of other people want to do is a culture, but some of them try to make you think there is only one way to go. Some of them don't think about culture at all, all they think about is money.

Homeless people often use an entirely different language, so it is not surprising that communication barriers exist between the cultures, one of which is that there IS a difference between cultures, and those of us who for a day or even two are able to get so much as a hotel room and be free of the tight to the breaking stretch of constant tension that homelessness entails - no longer belong to the culture, because for that 24 hours, or whatever, we aren't homeless except rhetorically. To be homeless means from second to second anybody and his uncle



## Homeless at home

By Rob Savage

Some of us go down to the river. I don't like the way some of us homeless people trash it down there.

can come along and tell you to keep moving, and that your life is at stake from sudden blows on the head, or the least rainstorm may leave you hypothermic. There is an infinite list of possibilities of destruction.

Where did you stay last night? For many people it is a scum-thickened, garbage strewn alley, under a bush or within a concrete abutment (any place to get out of sight).

Some of us go down to the river. I don't like the way some of us homeless people trash it down there. You can tell they are city people, because the city teaches you to just throw stuff down (somebody will be along to sweep up after you.) But Mountain people, Green Party People, people who are homeless because of principle as well as circumstance, we tend to "pack it in, pack it out!" I don't identify with those homeless people that stole my sleeping bag and the parka my long-lost daughter sent me from Germany. And the reason I say that, I don't want you, dear reader of this newspaper, to think I am being romantic about homelessness, or think it's all a matter of We against They. Hitting the trail (nomadic lifestyle) and

homelessness (Any place I hang my hat, is home sweet home to me) is nothing new. It is an old American tradition. The Indians did it. The cowboys did it. The frontiersmen did it. But it's out of place in the modern city-state.

Heck, used to be 80 percent of working people were on farms. Five percent now maybe. Ecological niches scattered here and there are all that's left of the wilderness. The same way Bruno Billy busts campers (I had to go to court about this the other day and owe \$60 now, which is \$60 more than I have right now, and don't expect any, and if I GOT some I'll bet something else would seem more important to spend it on), but that's how it is in the national forests too. The Forest Service busted me on Mount Rainier after I was in there two years in a little cabin I built with just my ax. The ranger came at me with his hand on his pistol. I said, "I live here. As far as I am concerned you are just some dude in a funny hat."

Rob Savage has a camp on the American River. With his column, he hopes to reflect the feelings and experiences of homeless people.

# Math tutor, 81: It's never too late to learn

By Rod Beaton

Albert Einstein flunked kindergarten because he learned differently from others. This is called having learning disabilities or being an alternative learner. He did not give up on learning. No, despite his learning difficulties, Albert Einstein became a famous theoretical physicist.

Emmy, 81, has been volunteering her time for three years this coming January. She is the math tutor in the Leaves and Fishes library. She says, "People know more than they realize, and they don't need to be afraid of learning."

Emmy, who is also learning, is proof you are never too old to learn. She says, "I've always wanted to teach math. I love the variety (of people I teach) because

everybody is different -- so, I am getting a lot out of it."

Emmy knows a young woman who had been abused as a child. She dropped out of the sixth grade and had three children before she was 18 years old. She was placed against her will in a class for AFDC parents at Fremont Adult School.

Her learning disability convinced her she was stupid. Emmy, convinced that she was not stupid, worked with her in the school. The woman passed the GED. Then she passed her medical assistance courses at Consumnes River College. She is now only a few units away from getting her Community College degree.

Says Emmy, "I'm here to help—if it's just a little bit or if you are seeking your GED. Whatever you want or need, including a brush up on percentages. I'm

Emmy, convinced that she was not stupid, worked with her in the school. The woman passed the GED.

available."

Emmy's hours are 9 a.m. to noon Monday through Friday. She has a poster that reads "Math is Power" hung in the library. She doesn't necessarily agree with the poster but she does say, "Without it, people are sitting ducks."



Emmy has helped many students.

# 'The Natural History of Vacant Lots;' and other stuff

By Paula

What is there constructive to do when you're poor—without a job—without a house? Lots! Learn about them in a book from a series of California Natural History Guides, called "The Natural History of Vacant Lots." The authors, Matthew F. Vesel and Herbert H. Wong, suggest vacant lots as a convenient place for urban and suburban dwellers to learn of the interrelationships of man with his environment and to gain appreciation of ecosystems.

They also suggest that, though often being only an eyesore, more constructive uses could be made of vacant lots with a minimum of community effort—alternative recreation sites and ecological study areas.

## Book Review

I don't know if I have much time for community effort. I'm too busy finding out where my next meal is coming from, where I'll get my next pouch of tobacco.

Tobacco? In the chapter on Descriptions of Plants and Animals (fully illustrated and making up the biggest part of the book) I found a number of items most interesting:

—There's the Tree Tobacco, or Mexican Tobacco (*Nicotiana glauca*) found in vacant lots. Used by Indians as well as by early settlers for smoking tobacco. Please, help me find it.

—Goose Grass (I think I've seen this one around) is used by roasting and grinding the seed to make a coffee substitute. Miner's Lettuce is excellent salad

material. I've seen it along the river and look forward to trying it in a salad. I hear it's tasty.

Tea made from the young leaves of Mugwort is reported to be a cure-all. I won't even mention that slugs and snails are edible (Oops! I guess I just did.)

The book also has information on nature studies, seasonal observations, a list of common species, and a glossary.

I've learned an appreciation of the 'weeds' (more respectfully called 'ruderal plants'). And with that respect, must also come an appreciation towards all life that is interdependent with those plants; the slugs, the bugs, the birds, the bees, the transient who finds cover behind a tall clump of green life for the night, even the piece of cardboard left behind becomes a habitat for all sorts of bugs,

worms and other life. Earth is constantly adapting to the harm we do. Those "ugly" weeds seem to be a first step toward healing the earth where it has been scoured, providing nutrients and leaf litter as these plants mature and die.

These pioneer plants, if left alone, improve soil conditions permitting survival of other plants. Other plants would then invade the area, replacing the pioneer plants (weeds?) that could no longer tolerate the shade or crowding. This sequence is called 'ecological succession'. A relatively stable plant community could probably be established if left undisturbed—but vacant lots are never left undisturbed.

You can find "The Natural History of Vacant Lots" in the public library or I'll let you look at my copy. Please join me in a little community effort in finding our ecological niche on the wondrous earth we live on.

# Reverend: It's time to decriminalize homelessness

This is the second segment of an essay on the overall situation and per-force condition of the homeless individuals of our society, (U.S.A.) When compared with the problems of, say, Bombay, India, where a slum has no city water and only one rest room per 1,000 persons, the problems we face here are quite minimal. Yet seen from a homeless person (this one included) the position of those people, such as those near Lima, Peru; at least have a place to call home, albeit a shanty. Apparently, those nations find it more economically feasible to allow these people to fashion lives, homes, and even suburbs, than to criminalize them, spending untold billions on police, courts, and prisons to keep up the appearance that all in America are well fed and rich. This writer believes that it is past time for the decriminalization of homelessness! It is time to begin relieving the pressure on these people who have already been broken by too much pressure.

At this point, I include a couple of American stories which illustrate some of the attitudes to which I refer. The first is about a man now deceased, named Herman. Herman was an uncle of mine. He was my uncle by marriage on my mother's side of the family reputed to be a hard working man. This was America before tractors took over fieldwork. Horses were still in use. Well, not only was Herman a hard working man, but his horses worked even harder. Herman not only worked his horses quite too hard but he did not feed them any too well (poor pay) - to the point that the horses often balked. (Sounds familiar)

Well, when this occurred, Herman vigorously beat the stubborn beasts ("worthless no account sorry excuses for work animals!") Well, Herman was always eager to get the work done and make a dollar. One day he beat the lackluster lazy horse a bit too seriously with a 2 x 4 and the horse did not survive. Needless to say, Herman's

## Opinion

Reverend M. Jensen

rush to riches was interrupted by the very real fact that live horses may work slowly but, even at that pace, are still better than dead ones. Herman however (unlike some employers I have had the misfortune to have worked for) did learn from the experience and thereafter did treat his animals with better feed and more respect.

The next little story I will tell is even a bit more personal. This one is about a boy named Marvin. These events occurred during the summer, fall, and winter of 1954. Marvin was 14 years old, tall and thin at 5'11" and 115 pounds. This was his first year of working in the fields...no pay, poor feed, hard work. It was July in Idaho, about the middle of the haying season. A good team of horses named Frank and John stood in front of an almost loaded wagon of hay. Like good work horses, they would move along with the men working on the ground. They were as much of the coordinated work force as the men and boys in the fields. What happened next was not more than an ill fated moment. Marvin, working near the back of the wagon, lost in concentration of loading the wagon per instruction (to avoid verbal abuse or worse), was doing his level best to keep pace with two grown men on the ground. He found himself all at once off balance, pitch fork in hand, falling from the height of 9 feet from atop of the wagon. The team had moved. Marvin had a broken back from the fall.

Marvin was helped off the field and looked over by members of the family who decided that it was not a serious injury. He would still work. Marvin was allowed about two weeks of easy duty before being given the choice of getting back to work or taking a beating. The task given for Marvin's rehab was slopping hogs, which meant carrying up to five gallon buckets of slop that

As of today, I sit here in my office, which consists of a backpack to lean against on Caltrans property. Wow! Almost like uptown.

weighed about 70 pounds, approximately 75 yards twice a day, plus other somewhat lighter livestock feeding chores. This was at the hand of Marvin's Uncle Jay.

The attitude was much the shame as I hear coming out of Washington today. Hard work is the cure-all, and if you don't get up off your lazy asses and get to work, then we are going to make your life so miserable that you will wish you had. Forgive me for rambling so, but this is so much the attitude that I see in the official policy of our fine city of Sacramento. Yes, it is these extreme forms of cruelty that are being preached by some, and are being carried out by some sick, deranged, and perverted members of this city's police department. Three cheers for our fine Bronco Billies and their lost in space bosses. What will some "sickos" do to downgrade what are supposed to be respectable offices?

The story of Marvin is but one small segment of this writer's life. As of today, I sit here in my office, which consists of a backpack to lean against on Caltrans property (WOW! Almost like uptown.) Yes, I am trespassing. I am homeless, disabled, and because I still have enough of that old American pride, that I will not sign away my right to buy and own real property and agree to never accumulate wealth, there is no help for me, even though I possess a signed statement from a medical doctor which states that I

am not able to work.

This is but one of many such stories in this indecent city, whose actions have so recently forced the closing of a local charity and park. Closed due to a short fall of funds brought on part by city fees, and some architects who made out like the wonderful smut they are. The whole deal stinks and brings even more disgrace on those like myself, who need more services than this ugly city affords. This writer wants to see a published list of the names of those individuals and agencies who absorbed the money which resulted in the quality of diet I was forced to subsist on fall to such a low level, as well as the loss of other services. What this man sees and feel in the pit of my stomach is a moral crime perpetuated against defenseless victims by some rather well paid professionals. These acts are not only morally wrong, but also show signs of mental illness!

It is no wonder that Hard Copy said "Shame on you Sacramento!" What they and the rest of America should have said was, "Tell Sacramento to cover your asses - they seem to be showing while the whole world watches." (causing us all a great deal of embarrassment.) So that those ugly Americans who have no more morals than this scene shows, might not feel quite so cock sure, showing their faces in public and perhaps their business might suffer decline. Because HEROES they must certainly are not! How has our great nation come to a point of allowing those who show no sign of pride, tell those like myself to swallow ours? Sacramento - California - America - Where is your moral pride? Your respectability?

This concludes part two of a four part essay on conditions of homeless Americans and is the expressed attitudes of one person, but as well reflects the attitudes of many with whom I have spoken over the years whose wish it is that their stories not be told! It is my hope that by penning these lines that others might be inspired to make themselves known. Thank you.

## National center offers memberships

The National Law Center on Homelessness and Poverty is offering membership to its Base And Surplus Property Educational (BASE) Network for providers of services to homeless persons, advocates for homeless persons, policy makers, government agencies, and concerned individuals interested in the reuse of federal surplus property as facilities to assist homeless persons. Under federal law, vacant federal surplus property, including base closure property, is made available to non-profit organizations at no cost to operate programs ranging from transitional housing to

food distribution to job training for homeless persons. Over 260,000 homeless persons are served annually through programs operating in federal surplus properties.

BASE Network is a must for organizations that want to apply for, are applying for or have been approved to reuse federal surplus property.

Members receive quarterly newsletters profiling model programs and sharing important information, up-to-date insights on changes in federal statutes and regulations as they occur, direct technical assistance from the experienced staff at the National Law Center, and mentorship from a BASE

Network Advisory Committee member or Network member with extensive experience in surplus property use.

Membership is available on a sliding scale: organizations with annual budgets over \$500,000 pay \$75, organizations with budgets between \$100,000 and \$500,000 pay \$50, and organizations with budgets under \$100,000 pay \$25.

Coalitions pay a flat fee of \$25, plus \$10 for each organization in the Coalition. Interested organizations should contact Antonia Fasanelli, National Law Center on Homelessness & Poverty, 218 F Street, NW #412, Washington, DC 20004; phone: 202-638-2535; fax: 202-638-2737.

## Solution



# 'User' friendly TV to put human face on drug abuse

User Friendly TV, with its junkie Cam and junk news joins the new 1998 fall television season. The magazine-style program is a TV show for drug users and the only one of its kind in the country.

It will take viewers to back alley shooting galleries and heroin dens. It also puts "a human face" on the epidemic of drug use, profiling heroin, crack and crack addicts. User Friendly TV is for a late night audience and will make people laugh and cry.

Anchored by a recovering drug addict, User Friendly TV will educate injection drug users about HIV/AIDS, hepatitis A, B, C and D, necrotizing fasciitis (flesh eating bacteria,) drug and alcohol treatment, tuberculosis and parenting to list just a few of the topics to be covered.

User Friendly TV debuts in Sacramento Public Access Channel 74 on Oct. 10th. The half-hour program airs the second and fourth Friday of every month at 11 p.m. Joining User Friendly TV Anchor Joe Herrera for each program will be a different guest

host. Los Angeles adult film star Sharon Mitchell joins Joe for the first episode. Greg Evigan, star of the hit TV shows "Melrose Place," "BJ and the Bear" and "My Two Dads," will co-host the second program. Sharon Mitchell is a former heroin user and volunteers at an HIV hotline in Los Angeles. Greg Evigan is also coming forward with his personal story of drug use in an effort to help others.

Co-hosting the third episode of User Friendly TV will be former Sacramento Mayor Ann Rudin. "These are our children," said the former mayor. "We need to do something." Also in support of the program is Sacramento County Health Officer Betty Hinton, Sacramento AIDS Doctor Neil Flynn, members of the Sacramento Police Department and various school districts.

User Friendly TV will be produced for a minimum of one year, funded by a grant from an anonymous donor as part of an HIV/AIDS intervention for the Sacramento Area. While the program is being produced in Sacramento, it is

'Drug users need to be able to enjoy the program and learn from it at the same time.'

—Joyce Mitchell, User Friendly TV producer

being offered to other access television stations across the country including New York, Chicago, and San Francisco.

A team of Emmy Award winning television veterans is producing User Friendly TV which will be entertaining, informative, meaningful and funny. "Drug users need to be able to enjoy the program and learn from it at the same time," said User Friendly TV Producer Joyce Mitchell.

Also on the production crew is videographer Ken Day, editor George Tabbutt, art director Eric Warp and

associate producer Craig Harris. While the people involved with User Friendly TV anticipate controversy from the program, everyone agrees it's a good test of First Amendment rights.

Some of the other topics to be covered in the year ahead include kicking heroin, cleaning your syringe, updates on bad drugs on the street, proper injection techniques, needle exchange and how to prevent the spread of HIV/AIDS to unborn babies.

Each program will also contain a round table discussion with active drug users. Users will be encouraged to visit User Friendly TV e-mail address or call the consumer help-line phone numbers provided in each show. Drug users will also co-host upcoming programs.

"Never before has there been a program that's User Friendly," said Mitchell. "This is exciting, groundbreaking TV. We're trying to break all the rules in television production and still put forward a good product."

"But the best part of this program, by far, is its ability to save lives. There's nothing more rewarding than that."

# Homeless artists show at Phantom Galleries a success

This year our art show with the Phantom Galleries was the best ever, thanks mostly to the efforts of Lee and Paula who tirelessly helped me get the show ready.

And a special thanks to all who donated everything we needed to make this year's show such a success. Oil paints, acrylics, canvasses, brushes, mat board and that wonderful mat cutter were greatly appreciated. We had enough picture frames for all.

The show was located at the old City Tow Building on Arden Way this year. The shuttle bus stopped at the front door. The three rooms which they gave us surrounded the entrance for

which the public had to walk through to get to the rest of the show.

The attendance to the Phantom Galleries show was large, I would guess around 1,000 people for that night's showing, most of our artists sold at least one piece of work.

Lee Parks filled an entire room with his paintings. Ernie did the same in another room. Chris Day, Nancy, Helen Dodge, Bob Savage and I occupied the third room.

Bob Savage sold the only painting he had in the show. I sold my horseshoe-nail fisherman.

We also had a guest homeless artist, Allyson from L.A., who joined us at the last minute.

I wish to add something new for next year. I think a theatrical group will be a lot of fun.

Now it's time to start planning next year's show.

I wish to add something new for next year. I think a theatrical group will be a lot of fun. I am going to need script writers, actors, set designers, etc. I'm thinking we could have six or more, five- to 15-minute, skits about life on the streets.

I'm also looking for art works showing the abuses we have been receiving from the City and especially 'Bronco Billy'.

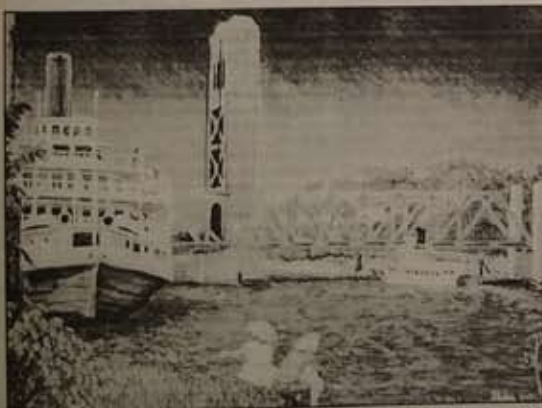
I also want art work showing the good or funny side of street life. As usual, you can drop off your art works with Birte at the Louves and Fishes library or find me around the coffee line at Louves and Fishes, where we can get together and make plans.

Once again, I would like to thank all who participated in this year's show and a special thanks again to all those who donated supplies.

— Art Clay

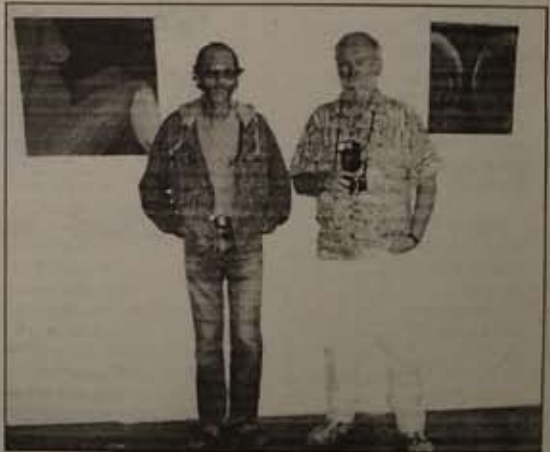


A colored pencil drawing by Lee Parks.



Photos: Jeff Seal

The homeless artists exhibit drew more than 1,000 visitors.



Lee Parks, left, and Cliff Crooks (aka: Art Clay)

# Harm reduction - what a smart idea

By Lisa Smith

I do not use drugs anymore by the grace of God, but while I was, took a lot of chances. I usually was unaware or indifferent to the risks involved, especially while I was homeless. I put myself and others at risk.

Dee Cullen knows that, too. She is a recovering addict who is working hard at helping addicts realize the importance of safety in using. She is an outreach coordinator and case manager with Harm Reduction Services, dedicated to reducing drug-related harm. Without judging and with compassion, she and her staff teach those actively using how to stay safe and how to reduce or eliminate the spread of diseases associated with using.

The brochure put out by Harm Reduction Services states that it is "A social justice that acknowledges the quality of individuals." It is "against harm, neutral on the use of drugs, and in favor of any positive change, as defined by the person making the change." It is "the application of methods used to reduce or eliminate the physical harm due to substance use. It is 'getting yourself' fed, getting a job, or staying out of an abusive situation." It is "a set of skills, strategies and services which assist drug users in decreasing drug-related harm to themselves and their families."

When I was at the Harm Reduction Service facility, which is located at 3647 40th Street in Sacramento, I sat in Dee's office and was impressed by all the positive affirmations and educational messages that lined her walls. I had a chance to hear her in action on the telephone assisting a client, as well as watch her interact with a staff

I sought assistance at many different institutions that aided drug addicts, but I never experienced one quite as thorough and accommodating as Harm Reduction Services.

member. I found her to be open, direct and very down to earth. I felt very comfortable. I heard the compassion and savvy that could only come from someone who's been there. What an indispensable quality for someone - trust in a counselor.

I was homeless in New York City. I sought assistance at many different institutions that aided drug addicts, but I never experienced one quite as thorough and accommodating as Harm Reduction Services. It is so important to have a place to turn to that will treat you with the dignity and respect that you need.

The spectrum of Harm Reduction Services as stated in its brochure reads as follows: "HIV/AIDS interventions, bleaching equipment, safer sex. Ancillary interventions - referrals for a wide spectrum of care including housing, medical, and support groups. More compassionate drug treatment, both abstinence oriented (drug-free) and chemotherapeutic (methadone, LAAN, antidepressants). Advocating for more drug treatment options such as drug substitution, methadone maintenance by primary care physician, new combinations of interventions, and experimental treatments. Advocacy for syringe exchange. Drug treatment on demand."

The action of Harm Reduction

as stated in its brochure is as follows: "Harm Reduction Services is a non-profit corporation established in 1993 to fill the gap in outreach services to drug users and to advocate for drug policy reform among Sacramento County and California policy makers.

HRS is committed to stemming the spread of infectious diseases among drug users, their children and families, and the community. HRS believes in a public health approach to the individual and community problems of drug use.

With funding provided by public and private sources, they provide a wide variety of services, including street outreach, case management, and referrals to medically indigent out-of-treatment injection drug users, sex industry workers, other drug users and their sex partners. HIV tests, pre- and post-test counseling, and referrals for follow up medical care to heroin injectors and to high risk women who are either pregnant or of child bearing age. Focus groups for injection drug users to provide education and prevention strategies related to diseases such as HIV, hepatitis C, and necrotizing fasciitis. Assistance completing and submitting applications for SSI benefits.

Some of the goals of HRS

# DESPERADO



"...AND I DIDN'T HAVE THE MONEY, SO THEY RAN ME OUT OF TOWN FROM THE EAST COAST TO THE WEST. THEN I STOWED AWAY ON THIS SHIP BOUND FOR PARADISE, BUT THEY CAUGHT ME AND DROPPED ME HERE .... YOU DON'T CHARGE RENT DO YOU?"

Illustration: Lee Parks

include helping people attain an improved emotional state, improved health, better nutrition, capacity to work, social relationships, family functioning and reduction in isolation and improved support system. Higher self esteem and reduction in stigma also are very important goals.

What a much needed, life-saving, long overdue institution! Contact them for any of the confidential services listed at 456-4849. Why not start with an HIV test? It will be good for your peace of mind and keep all of us safer!

Beginning in September a new program begins. It will consist of AIDS education, prevention and intervention. The services provided will include education through videos, and outreach program, AIDS testing using the "ora-sure" oral method, distribution of condoms, cookers, cotton, bleach and incentives will be offered for active heroin users to participate.

Lisa Smith once lived on the streets of Manhattan and is currently a writer with SHOC.

**Hobo Tracks**  
Here I come  
Thair I go  
where my tracks stop no  
one knows or care as  
tho my life was a Rip Track  
with no begin or end  
Here I come  
Thair I go

**Edge of Time**  
Where are we heading?  
handling the world  
like a ton  
of Nitroglycerine  
about to go off.  
As we sit  
on the verge of  
a new century  
will they make this world  
a penitentiary?  
—Cason Kidd

**Poetry**

**Tattoos**  
Was I truly sane  
to endure the pain  
for so very long?  
The pictures  
tell the story  
of many years gone by  
years of pain and loneliness!  
Was I truly sane  
To endure the stay  
inside for so long?  
Stagnant years,  
bitter years,  
years of evil thought  
and deed.  
The pictures tell the story  
but the mind alone  
knows the truth!  
— Wizard

**Standown**

Peace  
Calm  
Safety  
Freedom from Fear  
Clean  
Sad  
Brotherhood  
Determination  
Love  
Support  
Comfort  
Soft Music  
Hugs  
Tears  
Belonging

To the Brother and Sisterhood of  
those who served and suffered.  
— Sunshine

**Missive to sweepers:  
Why do what you do?**

Bronco Billy why are you so mean?  
Why must you think you are doing  
God's work, destroying his land? Do  
you know that when you destroy  
peoples' homes along the rivers you  
are destroying God's  
work?

A lot of the  
homeless are Vets  
who fought in  
Foreign Wars for you and me and  
what did they get for doing it? Not a  
damn thing. Some can't even get help  
from the Government, and what little  
they do get isn't enough to even live  
on decently, so they live on the very  
land they fought for. It's true some  
have lost things to thieves, but they  
keep on trying. They don't bother  
anyone and they help each other  
when at all possible. Nobody on God's  
good earth has the right to destroy  
his land. No one but Him. The devil is

**Forum**

Please see FORUM, page 7

# There is no homeless in God's existence

The universe is god's home and man is made in God's image, according to the Judeo-Christian philosophy. All other religions recognize that God is in all of his creation. Then how can there be such a thing as being homeless? It would mean that God and his children would have to exist outside his creation to become homeless, and this is not possible.

Again, man and his greed and materialism, through economic and the state's police powers denying God's children the right to exist in the home that he provided for them. Before structures, cities, states, or nations, God's children slept out under the stars and the sky, free from political harassment. What would our founding fathers and frontier families, who built this country, much of the time, sleeping under the stars, think of today's society that would condemn their activities as criminal?

Can you see Daniel Boone, Lewis and Clark, Davy Crockett, and yes, even Jesus Christ crossing this land and being hassled every step of the way by city ordinances, petty fines, and outrageous camping laws, all brought into existence to deny God's children their share of God's universal home?

It was no accident that Christ was born in a barn or that it says in Acts: "There is no



Illustration: Lee Parks

place for the son of man to lay his head."

Again, the political powers of the wealthy and well off pervert God's universal gifts to benefit those they deem worthy. Those they deem unworthy are the less fortunate in our society, without the political influence to

protect themselves.

Christ Bleeds Again.  
Psalms 23: "The Lord is my shepherd. I shall not want. He makes me to lie down in green pastures."

— Max Biddle

## Essay

## Forum

Continued from page 6

running around and it's time that one and all take heed. Bruce Billy why must you be so mean? God created the

heaven and the earth and everything that grows and breathes God created, not man. What man didn't create, he hasn't the right to destroy. When God is ready for the world to be destroyed, He will do it. He gave no man or woman the right to break up the homeless

camp along the rivers or to destroy the trees along the river, or to mess up the water by bulldozing evergreen's things into the ground. We are all God's children. Many homeless people care about their fellow man more than most who have 9 to 5 jobs. So, until you have

walked a mile in the homeless people's shoes and lived their life (because many have no other place) Don't be judgmental for it's God's job to judge. It's not your place to destroy God's land.

— Grace

## CROSSWORD PUZZLE

By Rod Beaton and Lee Parks

### ACROSS

1. April-October
2. World Series league winner 1996
3. Of Huguonot descent
4. A pitcher in a game gives up \_\_\_\_\_ (abbr.)
5. (abbr.) earned \_\_\_\_\_
6. Seattle is in the \_\_\_\_\_
7. Overthrow
8. Green light means \_\_\_\_\_
9. A pitcher wins the \_\_\_\_\_
10. Past Yankee owner Jake \_\_\_\_\_
11. Executive Officer (abbr.)
12. Mets
13. Cincinnati
14. Ken Griffey, Father \_\_\_\_\_
15. \_\_\_\_\_ Rose
16. Dodgers
17. Two American League teams in CA. (abbr. cities)
18. Position One
19. \_\_\_\_\_ Can Boyd
20. Pete Rose was the \_\_\_\_\_ in 1988
21. Position two
22. When a team wins together they say \_\_\_\_\_ won.
23. Position 9
24. White \_\_\_\_\_

25. Rangers
26. Fly out (abbr.)
27. A game is played in a \_\_\_\_\_
28. Knee injuries are \_\_\_\_\_
29. Eastern time
30. Montreal \_\_\_\_\_
31. Double league ball club

### DOWN

1. \_\_\_\_\_ Ruth
20. Fans jump up and then they \_\_\_\_\_
22. \_\_\_\_\_ Boggs
32. Fading fast
33. Psychic
34. Dmp a fly ball
35. Runs \_\_\_\_\_ (abbr.)
36. Best pitcher on staff
37. Small or \_\_\_\_\_
38. Umpire American League 1951-1974
39. Southern League
40. Alcoholic beverage
41. Tow service
42. Initials of first baseman who played for Dodgers '69-'82 and Pa., '83-'87
43. Bat weight
44. Yankees
45. Hit and \_\_\_\_\_
46. Bobby \_\_\_\_\_
47. Some baseball players served like Gomer \_\_\_\_\_
48. Baseball \_\_\_\_\_



49. Position six
60. Wide-World of \_\_\_\_\_
51. Cardinals
52. Mad \_\_\_\_\_
53. Ed Irvin Philadelphia 1912 one year \_\_\_\_\_ (abbr.)
54. Azula Dominican Republic (abbr.)
55. Giants

56. Run for the \_\_\_\_\_
57. Hot dogs and \_\_\_\_\_
58. Estimated time of arrival
59. First two letters of Xavier
60. Ex-1925 Yankee first baseman, Wally \_\_\_\_\_
61. Maine (abbr.)
62. Colorado (abbr.)

For Answers see page 4

## CLASSIFIEDS

Submit your classified to the Housing Alliance or give to Paula (the lady with the blue "ISE" cap with feathers) before lunch time at Friendship Park or put in the black and white can in the Leaves and Fishes Library.

One Ad Free to private parties and non-profit organizations per issue. Try to keep it under 25 words.

• Leaves & Fishes Retail Store, 1225 N. H Street, open 10 a.m. to 3 p.m. Monday thru Saturday. Donations of unwanted items appreciated. Work shoes and boots, candles, bicycles, hot plates, and crock pots were in short supply and requested often.

• Searching for whereabouts of David B. Burton. Please call Stacy 369-5348, 697-9991 (pager). I last saw him Monday before Easter. I love him and miss him.

• WANTED: Harm Reduction Services, HRS, is looking for the women who took the HIV test at Maryhouse in July. Please come back for your results. Some of you asked HRS to find specific services and we now have more information for you. YOU KNOW WHO YOU ARE. Please call HRS at 456-4849 Monday through Friday between 9 a.m. and 2 p.m., or else come in to the office. Thank You Dee Cullen.

• Give hope and happiness. Give a job — such as moving, yardwork — to a homeless worker. Call Leaves and Fishes Job phone: 446-9316 Ask for Marie or Margaret Mary, or mail to: Leaves and Fishes, Jobs for Homeless, P.O. Box 2161, Sacramento, 95812.

Articles printed in Homeward represent the view of the author, and are not necessarily the views of SHOC or SHA members.

### Joining SHA

Annual Membership dues:  
Individuals:  
\$35 Standard  
\$15 Low Income  
Organizations:  
\$50 Non-Profit  
\$100 For-Profit  
Send donations to:  
Sacramento Housing Alliance  
2125 19th St., No. 101  
Sacramento, CA 95818  
(916) 442-1198

# HOMELESS SERVICES

## FOR THOSE WHO NEED HELP

### Overnight shelters

**Salvation Army**  
(30 day) 12th & North B St.  
1pm bed sign up.  
Men/Women. Dinner,  
breakfast & clothing for  
residents. 442-0331

**St. John's Shelter**  
301 12th Street (at North C  
Street.) Women/Children, 14  
day max stay. 4:30 pm to 7:15  
am. Weekdays-Intakes  
anytime at door or call.  
Weekends-Intakes 4:30 pm.  
Dinner provided for guests.  
448-0701

**Union Gospel Mission**  
400 Bannon St. Men Only.  
6:30 pm bed sign up.  
Newcomers/Referrals have  
priority. 7:30 pm Chapel  
Service with meal afterward.  
6 am breakfast for residents.  
Showers/Shaves 9-11 am &  
1:00-2:45 pm. 447-3268

### Sacramento Area Emergency Housing Center

4516 Parker Avenue. 24  
hours. Family Shelter-  
Families, single adults with  
children. Women's Refuge-  
Single women, no children.  
Call for screening/space  
availability. 455-2160

### Day Shelters Francis House

1214 17th St., coffee and  
donuts 8-10 a.m. M-F; walk-in  
or referrals provides resource  
counseling, advocacy,  
emergency vouchers and  
referrals 1-3 p.m. weekdays.  
443-2646.

### Consumer Self-help (south)

3031 Franklin Blvd. Drop-in  
day shelter operated by  
Mental Health Consumers for  
Mental Health Consumers.  
737-7100.  
Food

**Union Gospel Mission**  
400 Bannon St. (North B St.

at 12th.) 7 days, Church  
Service 7:30 pm (required.)  
Dinner following 8:30-9:15  
pm, Sunday: Service 11 am,  
lunch at noon. 447-3268

### Loaves & Fishes

1321 North C St. Lunch,  
every day. 11:30-1:00 pm  
(Tickets 7 am-12:30 pm at  
Friendship Park.) Breakfast  
at MaryHouse for women and  
children. 444-9626

### Free clothing

**Sacramento Food Bank**  
3333 3rd Avenue (at  
Broadway.) 8 am-4 pm. 456-  
1980

**Union Gospel Mission**  
400 Bannon St. (B St &  
12th.) Men: Mon-Sat 9-11 am,  
or 1:00-2:45 pm.  
Women/Children: Wednesday  
only. Call for appointment to  
go in at 11 am, 1:00 or 1:30  
pm, or attend Bible study at  
9:15 am and get free clothing  
at 10 am. 447-3268

### Medical

**Mercy Clinic**  
Loaves & Fishes, 1321  
North C St. Adults, Children:  
General Health Care. Mon-Fri  
8 am-12 pm, 1:00 pm-4:30 pm.  
Sign ups in Friendship Park,  
7:30 am and 12:30 pm. 446-  
3345.

**Capital Health Clinic**  
1500 C St. (at 15th.) Adults  
8-5 M, W and Th. 440-5302.

### Dental

**Sacramento Dental  
Clinic**  
1500 C St. (at 15th.) Adults-  
Emergency Dental. Call for  
Appointment. Mon-Fri 7:40  
am-5:00 pm. Walk-ins  
screened. 552-8300.

### Mental health

**Guest House**  
Loaves & Fishes. 1400  
North C St. Homeless Mental  
Health Clinic. Mon, Wed,  
Thur, Fri. 8-11:30 am. Tues 8-

11:30 am only. Mental Health  
Evaluation, Medication if  
needed. Housing referrals for  
mentally ill, GA referrals, SSI  
applications, referrals to  
alcohol and drug counseling.  
443-6972

### TLCS Emergency Outreach

470 Bannon St. (Trailer at  
North B St.) 24 hr answering  
machine, adults, no  
requirements. Counseling,  
referrals, help w/SSI  
applications, housing. Mon-  
Fri 9:00 am-4:00 pm. 443-  
2996.

### Crisis intervention

**WEAVE**  
24 hour. Battered women  
and children. Victims of rape  
and domestic abuse. Crisis  
counseling, long term anger  
counseling for men, safe  
houses, children's program.  
920-2952.

**Sacramento Mental  
Health Center (County)**  
2150 Stockton Blvd. (at T  
St.) 24 hour. Will evaluate  
anyone for voluntary or  
involuntary psychiatric care.  
In-Patient Care Facility, Drop-  
in, 24 hour. 732-3637

### Miscellaneous

**Social Services (Welfare)**  
28th & R St. Mon-Fri 7:30  
am-5 pm. Call for assistance  
and location. 732-3156. AFDC  
732-3456. GA 732-3459. Food  
Stamps 732-3500.

**Employment  
Development Department**  
2901 50th St. (at Broadway.)  
8930 Big Horn Blvd. Mon-Fri  
8 am-5 pm. Unemployment,  
job services. 227-0300

**Legal Services of  
Northern California, Inc**  
515 12th St. (at E St.) Mon-  
Fri 8:30 am-12 pm, 1 pm-5  
pm. Problems with public  
benefits, landlord/tenant,

divorce clinic. Call for appt.  
444-6760.

**Medi-Cal**  
4875 Broadway. Mon-Fri 8  
am-5 pm. 732-3490.  
7220 24th St (at Florin.)  
Mon-Thur 8-11 am, 1-3 pm,  
Fri 8-11am. Phone application  
OK. ID needed. 395-4551.

**Social Security Office**  
8351 Folsom Blvd. Mon-Fri  
9 am-4:30 pm. 381-9410.  
National Line 1-800-772-  
1213.

**Welfare Rights**  
1901 Alhambra Blvd. (2nd  
floor.) Mon-Fri 9 am-5 pm.  
AFDC, Food Stamps, Work  
Fare and medical  
representation at hearings.  
736-0616.

**Alcoholics Anonymous**  
454-1100

**Runaway Hotline**  
1-800-843-5200

**Infoline Sacramento**  
Telephone Information and  
referral service. 498-1000

**VA Outreach**  
923-9787

### AIDS/HIV CARES

(Center for AIDS Research,  
Education and Service.) 1500  
21st Street. Serves people  
with HIV and AIDS. Medical  
care, mental health, case  
management, health  
education and regional  
prevention/education classes.  
443-3299

**Breaking Barriers**  
Provides direct services to  
people living with AIDS and  
HIV. HIV Testing at Loaves  
& Fishes every Wednesday.  
447-2437.

**Alternative Test Site.** Free  
anonymous testing by appt.  
Wed/Thurs. Call for appt.  
440-7720. 1500 C Street.