



ISSUE 2 • SPRING 2011

Making it Through College Without a Place to Call Home

by Cameron Dering

Karina Lopez walks through the Library Café with long, deliberate strides, head held high and an air of confidence about her. She finds some friends to mingle with and starts chatting and laughing. In dark-wash jeans, trendy boots and a peacoat, with a tote slung over her shoulder and iPhone in hand, anyone passing by this 21-year-old senior would stereotype her as the typical middle-class, suburban college student that makes up the majority of the demographic at The College of New Jersey. No one would suspect that when school is not in session, she struggles with homelessness.

Lopez spent her childhood in Manhattan never knowing any reality other than that of her own dysfunctional family. Her Dominican father was barely around, and when he was, he was abusive. Her Puerto Rican mother didn't speak a lick of English, and was eventually diagnosed with schizophrenia as a result of long-term abuse.

Lopez wound up in foster care by the time she was 11, taken away from her abusive father by New York's Administration for Children Services (ACS) after dance instructors reported excessive cuts and bruises—her battered body exposed by her camouflage dance costume—to police.

"At first, they tossed me within my family, but my entire family is dysfunctional," says Lopez, who was sent to live with various aunts, uncles and cousins, none of which could provide for her. "At age 13, I went into real foster care, living with strangers, friends of friends, friends of family—whoever would take me in for a week or a month."

She's lived in New York, Pennsylvania, New Jersey, Virginia, Florida,

Puerto Rico and the Dominican Republic, shifted from home to home so often she doesn't remember how many times she's moved.

"For a long time I used to make a joke with my aunt, 'I'm a briefcase, just put me in a corner,'" says Lopez. This joke was supposed to be funny, but Lopez says, "Over time, that's how I used to think of myself. Disposable." Between houses, she found herself homeless at many points in her life.

"I lived in group homes and shelters," says Lopez. "It sucked. It really sucked."

The struggle to keep homelessness from defining her life ate away a great deal of time and effort. "It's like you lose your dignity because you need so much you can't do for yourself, you have to ask, beg, and plead," says Lopez.

But Lopez had a vision: herself at twenty-eight with a college degree, successful career and home of her own. This dream would define the way she lived her life, shaping every thought, decision and action to reach this ultimate goal.

"I wasn't willing to find a boyfriend to depend on, get pregnant, get married," says Lopez. "I knew I had to continue pursuing my education because I wanted to be self-sufficient. I didn't want to have to rely on anyone else."

All the years Lopez spent caring for herself, forced to grow up too quickly when she should have been enjoying childhood, were eventually rewarded when she was moved into the foster home in Perth Amboy, New Jersey, the summer before her seventeenth birthday.

"I kind of found some family structure there and sense of longevity," says Lopez. Her new foster mother had five full-grown children of her own between the ages of eight and 18 to care for when

Lopez arrived. "They are my sisters. I'd do anything for them. If they wanted my left kidney, they could have it," Lopez says.

The foster mother, who Lopez now refers to as Mom, would scold her for trying to make her own doctor appointments. "She would be like, 'what's wrong with you, that's my job!'" says Lopez. "It took a really long time to adjust to the idea of having someone take care of me. A really long time."

By the time Lopez arrived, she was only there for her senior year of high school, "but she helped me a lot in that year," says Lopez. "She helped me be a kid for all the years I wasn't able to be a kid, and I

continued on pg 2

What Is Inside?

Tragedy as Transformation...	pg 3
Mr. Poverty.....	pg 3
Resources.....	pg 4-5
Survey.....	pg 6
Poverty Line.....	pg 6
Eating Healthy.....	pg 6
Domestic Violence.....	pg 7
The Red.....	pg 7
Voting Rights.....	pg 8



Artwork by Walter Roberts

A 5th Grader's Thoughts on Homelessness

Dear Journal,

Today I saw a homeless man that needed some help. He was on the sidelines of the road. I started thinking today about how I could help him or any other homeless person, and then a lot of thoughts popped into my mind. One thing that I could do to help is that I could donate to a charity, or I could put a dollar or two in his bucket. Then, I started thinking again about how people can prevent themselves from ever being homeless in the first place. Getting an education would help you get a good job that pays a lot of money. I also thought that homeless people should never lose sight of what they want to do in life or their dreams. If you work hard enough, you can achieve anything you want--no matter how crazy it might seem. Believe in yourself and that will do the job! Keep an open mind for the big things that will come if you believe!

Love, 5th Grade Student



Artwork by Annabelle Rose

Making it Through College - Continued from Page 1

really appreciate that.”

With the help of a caseworker from an agency that assisted foster children with college applications, Lopez was able to begin working on the next chapter of her life. Despite all of the hardships she faced, Lopez made sure to study hard and get good grades throughout her high school years, never losing sight of her dream to graduate from college and make something of her life. All her hard work paid off when she was accepted to The College of New Jersey, a highly selective and renowned undergraduate institution. She was also selected to be one of

TCNJ's Bonner Scholars, receiving a generous scholarship in return for community service through the College's Bonner Center for Civic Engagement.

But just when Lopez's life seemed to find some sense of stability, a disagreement between Lopez and her foster mother over adoption had her back in a shelter the summer before she started college.

Now that she was eighteen, however, she was no longer placed in foster homes and often had to rely on herself to find a place to stay, which meant staying in shelters—adult shelters. Sometimes,

this meant sharing sleeping quarters with some very dangerous people. Lopez recalls one night when she was in a room with four beds and found out that her three roommates had just been released from jail. They assumed that Lopez didn't speak English, and proceeded to talk about “some really sick stuff.” “I was like wow, I'm not sleeping here, this is unsafe,” says Lopez. “I don't care how much street smarts I have, I'm going to sleep at the park. And I went and slept at the park, cause I just felt safer.”

Lopez has found herself in shelters—a week here, a night there—multiple times since that summer. She has since reconciled with her foster mother, whom she still considers family, and spends holidays with her “mom” and her “sisters,” but no longer lives with them. Although struggling with homelessness herself, Lopez now gives her own volunteer time to help the homeless in the Trenton area. As a Bonner Scholar at TCNJ, she has given back to the local homeless community at sites such as the Rescue Mission and the Trenton Area Soup Kitchen, and has also gone to New Orleans to help the Hurricane Katrina relief effort.

“Bonner humbled me,” says Lopez. “I remember freshman year I walked with a vengeance against the world because my life was really shitty, then I went to New Orleans and was like ‘oh wow, I can't complain.’”

Volunteering with the Bonner center has also helped Lopez learn to appreciate the natural gifts and talents life has blessed her with. “When I go to tutor someone, I realize I'm smart. For whatever reason, I don't know why, I was born with the ability to be good in school and I can pick up things pretty quickly,” says Lopez. “Sometimes, when I wasn't happy with my life, I'd go to Hedgepeth-Williams [Elementary School] and tutor some kid and try to make his day a little better, but that kid did more for me than I did for him.”

And Lopez was certainly excelling in school herself, juggling a double major in biopsychology and philosophy with the 300 hours of community service demanded of every Bonner Scholar, as well as membership in other student organizations such as Women in Learning and Leadership.

While Lopez had a lot going for her at school, her struggles with homelessness became too much to bear. “It took a big toll on my person,” she explains. “It's not enough to have all these successes, because it still boggles you emotionally and can mess up how you view the world and process things and inter-

act with other people.”

After taking stock of her life, Lopez found she needed a new direction and decided to join the army. “I felt like I needed to be recalibrated as a person, and the only way to do that was to start with a blank slate, and the army could do that for me,” she says.

She took last semester off to go through basic training in Missouri, which she renamed “Misery.” Despite the physical and mental hardships of basic training, the army was able to provide Lopez with the solace she sought. She was able to grow to love herself and appreciate her life for what it was. “It really helped me know myself,” says Lopez. I mean, I knew that my life wasn't that great, but after living in the military and that lifestyle, I had a huge appreciation for what I did have in my life and it made me look at what I have.”

Lopez also gained a newfound appreciation for her status as an American citizen. “Even with my history, my relationships with my crazy, loopy family, and my several homeless episodes,” Lopez says, “I'm still free and I have the liberty to do with my life as I choose.”

“I think the army changed her a lot,” says Erica Hernandez, Lopez's girlfriend of five years. “It taught her how to develop other skills, to realize how strong she is mentally. Now, she can handle anything.”

Despite everything that Lopez has gone through, she's still just a college student who enjoys typical college life. Her favorite movie is *Titanic* and she listens to Alicia Keys on her iPod. She likes to watch “Gray's Anatomy” and “True Blood” and hang out with friends in the dining hall. She stresses over papers and exams just like any other college student.

Lopez certainly doesn't let her situation stifle her ambition. After college, she hopes to go to law school to become a successful human rights lawyer.

“I just know what it feels like to be stripped of my rights and underrepresented,” Lopez says. “If I can help a single person not ever feel like that, I'll be happy.”

Lopez is currently in her fourth year of college, but because of her double major and the classes she missed when she took a semester off for basic training, she will be graduating in May of 2012. It's been a difficult journey to this point, but Lopez continues to defy the odds each and every day.

“I just had a vision, and that's really all you need,” says Lopez. “A vision prepares you and enables you to take certain steps and provisions to make yourself who you want to be.”



Artwork by Raven Feather

Tragedy as Transformation

by Randolph Portugal

It is never too late to turn your life around. Justin Golia, a twenty-six year old native from Florence Township, New Jersey has gone through hell and back and has decided to pursue his ambitious aspirations. He recently received his GED last year in May. Now, Golia is attempting to shape his life by solving the problems he has and continuing his education. Golia is a frequent visitor to the Trenton Area Soup Kitchen (TASK).

When commenting on TASK he mentioned, "This is a great program, and when you have other financial issues to worry about, this place sincerely looks out after you."

Golia has shared that he currently cannot afford housing and that he is constantly trying to find ways to earn money. Before, Golia had a history with drugs. He was addicted since his early twenties and would put all of the money he made towards his addicting habit. Now, he strives for any financial opportunity to support his family, especially his daughter. He has been sober for one year.

"It is so hard to find work now. I had a contract with my father in Fort Dix's Floor Services, and I was a professional certified vinyl installer, and use to make sixty-five grand a year. But once the contract was up, I didn't have a permanent job anymore. Usually it ends up being a side job now and most people nowadays are not paying for these types of services due to the recession and so we're left out in the dirt."

Golia wholeheartedly described how he lost many people in his life. At the age of 19, he lost his younger brother in a car accident. Shortly, two years later, his best friend died

of a heroin overdose. His surviving brother, who is also younger, was also into drugs; however he is now sober for over a year and a half. After seeing his younger brother overcome his addiction, Golia was inspired to do just the same. Looking back, Golia regrets the mistakes he's made.

"I put myself in this situation because of drugs; I fell on some hard times." However, Golia is still hopeful and is making an effort to try to improve himself in order to gain custody of his three-year old daughter. "Since I don't have a roof over my head, my daughter lives with her mother and her mother's boyfriend," said Golia.

Golia genuinely believes that things will get better, but only as long as people do the right thing. Once people start doing that, then things will ultimately work out. Golia is currently selling cars and living with a woman whom he looks after. He is saving enough money to become independent and try to have his daughter live with him. His dream job, however, is to become a marine biologist and plans to attend community college first to begin his path towards success.

"I put myself in this situation because of drugs; I fell on some hard times."

"I have been through a lot and I realize that once you go through a series of terrible storms and still find your ray of light, then there is a lot to be hopeful for." Although tragedy indeed does tear people apart in the most devastating ways, it can also be an opportunity for transformation: to shape yourself in any way you want, which is exactly what Golia is doing. 🏠

Poetry

Mr. Poverty

by Kyle Dorsey

My name is poverty
Let me tell you about me
I am that child looking out the window
Whose family can't afford a Christmas tree.
I am that old lady dressed in rags
Living out of her bags that asks you for a dime
You look at her as if she's crazy, or just committed a crime
I am that hard reality under which millions of people dwell
Hungry, naked and out doors – I have a story to tell
So listen closely to my story and you might just see
What it's like to live in this world being me.

My name is poverty.
I often have to search the dumpster in hopes of finding bread
I walk the streets with my head down wishing I was dead
When the weather gets hot I make my bed on the street
But as soon as winter comes I pray for the heat
I pray for something to eat and for clothes to warm my flesh
I pray for someone to look me in the eyes and smile
Just alone would make me feel blessed
I often look back on my life with tears pouring from my face
I didn't always use to be this way, I just got caught up in the rat-race.
Lost everything to drugs, alcohol, bad relationships and more...
You don't ever have to meet me even if you are poor
I've been known to come around before or after a war
Check out the history books you'll find so much in store.

My name is poverty
My home is the world- let me show you a sign
Many people look my way and act if they're blind
Africa, Asia, the Caribbean, Europe and yes in the great U.S
I can be found in the holiest lands where everyday life is a mess
It matters not the place, not the race, not the face that I choose to take
But what is most important is that you let not your spirit break.
You may have riches, a house, a boat, private jet, or new car
Some people are possessed by wealth, that they don't even know who they are.
The lack of material gain to sustain one's life can spell my name of course
But ignorance and the lack of compassion is what causes the real remorse

One time I called prosperity and asked "what's it like being you?"
Does everyone who has some wealth live their lives true?
Prosperity answered, to be me is quite the opposite of being you.
To have clothes, a home and some heat when winter time arrives
Is not like someone having to live on the street struggling to survive.
Prosperity added. "I pray that one day the differences between you and me will be erased
The sooner people learn to love each other then, Mr. Poverty,
The world will be a much better place."

My name is poverty
Have we met before?
I am that child looking out the window
With a heart that is made pure
I am that old lady dressed in rags living out of her bag
After having traveled a rough road
You ask her for a dime
She gives you a pot of gold.

Where You Can Turn for Help!

All days and times are subject to change without notice. Created May 2011 and will update for each issue.

Trenton and Mercer County Homeless Shelters

Amani House

18-520 Martin Luther King Jr. Blvd, Trenton, NJ
This transitional housing (24 single adult males between the ages of 18-65). Call for appointment. Tel. (609)-393-3168 ext. 13.

Anchor House Shelter

740 Greenwood Avenue, Trenton, NJ
Is a 24-hour program for runaway, homeless and at-risk youth ages 10-17 in Mercer County, The Anchorage Transitional Living Program homeless youth ages 18-21; The Anchor House: 10-17 yrs. Angel's Wings ages birth to 12 years Referrals from the state Division of Youth & Family Services (DYFS), schools, parents, friends, Family Courts, Catholic Charities. The Anchorage: (989)-1625, ext. 127. The Anchor House: (609) 396-8329

Community Innovations- Trenton

Family Preservation House- 17 Families; Chester House-I : 13 Single Men - ages 18 and up; Chester House-II: 24 Single Women - ages 18 and up. Mercer County Board of Social Services. Referrals.

Dunham Hall

Main Office: 140 East Hanover Street, Trenton, NJ. (609) 396-8291
Dunham Hall Residence is 127 Academy Street, Trenton, NJ
Dunham Hall is a 90-bed SRO (single room occupancy) women residence that provides permanent housing to low-income and homeless. (609) 396-2413

Escher Street SRO & Transitional

50 Escher Street, Trenton, NJ. (609) 392-4599
Single Occupancy Rooms for single men and women (Project Specific Section 8); Transitional Housing for single men (26 beds) and women (8 beds). SRO accepts transitional housing clients and walk-ins. Referred by MCBoss or Department of Corrections.

HomeFront

Administrative Offices
1880 Princeton Ave, Lawrenceville, NJ
Emergency Shelter, Transitional Housing, and Permanent Housing are available. Call for appointment. (609) 989-9417

Rescue Mission

98 Carroll St Trenton NJ. 609-695-1436
Emergency Shelter: Overnight shelter, meals and clothing for single adult men and women.
Vince's Place: Residential addiction treatment.
Permanent Housing: Rooming & Boarding House and Brimmer House rental.
Outpatient: Addiction counseling.
TEACH and Work Readiness
Thrift Store and Courtesy Store

Womanspace

Trenton, NJ. (609) 394-9000 (Main Office). 24hour, 7 days a week
Hotline (1-800) 572-SAFE(7233). Offers shelters for victims of domestic violence and women with developmental disabilities. Provides counseling and support services, and Spanish speaking counselors. Emergency Services are designed to assist victims of domestic violence and sexual assault immediately following the initial crisis.

Human Services

A Better Way

1040 Pennsylvania Ave., Trenton, NJ (609) 392-1224
Specializes in mentoring, re-entry (has program) & gang reduction.

Catholic Charities

132 N. Warren St, Trenton, NJ 08618. Outpatient (609) 394-8847.
10 Southard St., Trenton, NJ (609) 396-4457 ext. 152. Provides support related to housing, food, mental health, specialized children's services, addiction treatment and domestic violence services. Accepts client walk-ins and referrals from MCBoss and hospitals. Accepts Medicaid and Medicare.

Crisis Ministry of Princeton and Trenton

123 East Hanover Street, Trenton, NJ (609) 396-9355
61 Nassau Street, Princeton, NJ. (609) 921-2135
Financial Services for Low Income People in Mercer County. Food Pantry; Emergency Financial Assistance. Individuals can call and walk-ins accepted.

City of Trenton – Health & Human Services

Emergency assistance for back rent, first month rent for the homeless and/or at-risk homeless and as well as assistance for Senior Citizens. (609) 815-215

Helping Arms

50 Escher Street, Trenton, NJ (609) 396-7515
Provides counseling, employment placement services, housing and other social services to low income people, and operates a prison re-entry initiative in Trenton. Referrals from Dept. of Corrections.

HomeFront

Administrative Offices
1880 Princeton Ave, Lawrenceville, NJ
Homeless prevention (rent/security); permanent service-enriched affordable housing; food pantry; FreeStore; Furnish the Future.
Mon-Fri 9am-5pm. Except Tuesday 12-8pm (609) 989-9417.

Opportunities For All

1701 S. Broad Street, Hamilton, NJ (609) 394-7000
Training and employment opportunities to a diverse group of job seekers. We specialize in working with applicants with disabilities.

Family Guidance Center

946 Englewood Avenue, Trenton , NJ (609) 924-1320 or (1-800) 813-0555. Credit Counseling, Financial, Financial Assistance

Community Law Project – (609) 393-5553. Discusses legal questions with those with disabilities. Will make appointments.

Community Justice Center – (609)218-5120. Will discuss legal questions with veterans and disabled and will make appointments.

Mercer County Board of Social Services (MCBOSS)

200 Woolverton St., Trenton, NJ (609) 989-4320.
Complaint Line: (609) 989-4400. 609-989-4451. Social Services assist individuals with General Assistance, Temporary Assistance to Needy Families, Supplemental Security Income and other services. M-F, 8:30am- 4:30 pm, T 8:30am-8:30pm. Can call or walk-in.

County Clerk's Office

209 S. Broad Street, PO Box 8068, Trenton, NJ (609) 989-6998
ID's- Voter registration forms, Mercer County photo ID, passport. Mon-Fri. 8am-4pm; Wed. until 6:45pm. Walk-ins accepted.

County Connection

Rte 33 and Paxson Avenue, Hamilton Township, NJ
County ID card and passport services. Mon, Wed, Fri. 10am – 6pm. Tuesday & Thursday, 10 am – 8 pm. Saturday, 10 am – 3 pm. Walk-ins accepted.

One-Stop Career Center

(NJ Dept. of Labor), 26 Yard Avenue, Trenton, NJ (877) 989-AJOB, (609) 989-6523. One Stop Center - offers workforce readiness services and career resources. Referrals from MCBoss, unemployment. Walk-ins accepted. (Monday-Friday), 8:30am- 5:00pm, Tuesdays, 8:30 am- 8:30pm.

Legal Services

Central Jersey Legal Services, Inc., 198 West State Street, Trenton, NJ (609) 695-6249. Will discuss legal issues with individuals, landlord/tenant or issues and will make appointments. Call for appointment (9am-4:30pm).

County of Mercer - Department of Human Services

640 S. Broad St., Trenton, NJ (609) 989-6982

Salvation Army - Homeless Drop-In Center

575 East State Street, Trenton. Hours 8am – 3pm, 7 days a week

Salvation Army Life Skills Program

575 East State Street, Trenton, NJ. (609) 599-9373
Operates a Resource Development Center to assist clients with resumes, job applications, job searches and computer skills.

Office on Aging

640 S. Broad St., Trenton, NJ 08650
Information for Seniors (877) 222-3737, (609) 989-6661

Social Security

635 South Clinton Avenue, 2nd Floor, Trenton, NJ. (609) 989-2254; 1-800-772-1213. Assists clients with social security card replacement, Disability info, questions and assistance in applying for SSI and SSDI. Call or walk-in.

Trenton Area Soup Kitchen

72 1/2 Escher Street, Trenton, NJ. (609) 695-5456
Soup Kitchen, Food, Food Pantry; Adult Education; Computer Classes; Job Search Assistance. Monday to Friday Lunch from 10:30am to 12:50pm; Monday to Thursday Dinner from 3:30pm to 5:00pm

Ujima Urban Women Center

1001 Pennington Road, Ewing, New Jersey. (609) 882– 2098
providing compassion, advocacy, and training to urban women residing in Trenton and surrounding areas. Call for Appointment.

United Progress Inc. (UPI)

162 West State Street, Trenton, NJ 08618, (609) 392-2161 (Main Office). Provides substance abuse treatment, HIV/AIDS counseling, employment and job development counseling, emergency food, utility, housing services and homeless prevention. (609) 392-2161

Veteran Services

20 Washington Place, 3rd Floor, Newark, NJ (973) 645-1441 or at the Mercer County Department of Veterans Affairs. Assists veterans with information on services available to them, assist with forms, makes appointments. The health benefit number is (877) 222-VETS. LoHomeless Veteran in need of help? Call (1-877) 4AID VET (1-877-424-3838). Call for appointment.

VA Hamilton Outpatient Clinic

3635 Quakerbridge Road, Hamilton, NJ. (609) 570-6600
General Medicine for veterans.

VA Homeless Intervention Program

Hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community. (1-877) 4AID VET (877-424-3838)(National)

US Veterans Center

934 Parkway Avenue, Ewing, NJ. (609) 882-5744
NJ Department of Military and Veterans Affairs : Mercer Veterans Affairs 2280 Hamilton Ave., Hamilton NJ. (609) 989-6120. Companion program to Federal Department of Veterans Affairs. Homeless intervention.

***Dial 211 for Community Resources.**



Health Services

Note that most Health Services accept Medicare and Medicaid.

Capital Health System at Fuld

750 Brunswick Avenue, Trenton, NJ. (609) 394-6000.
Clinics, Medicaid, Medical Care, General Acute Medical Care.

Capital Health System at Mercer

446 Bellevue Avenue, Trenton , NJ. (609) 394-4000
Clinics, Medicaid, Medical Care, General Acute Medical Care.

Capital Health System Crisis Center

750 Brunswick Avenue, Trenton, NJ. (609) 396-6722
Mental Health Crisis Assistance. Accepts Medicaid, Medicare

Carrier Clinic

Rte 601, Belle Mead, NJ. 1-800-933-3579 Access Center (24/7).
Not-for-profit behavioral healthcare facility specializing in psychiatric and substance abuse treatment, Inpatient and intensive outpatient care. Accepts Medicaid (mental issues only) and Medicare.

Brighter Day Behavioral Health Services

2783 Brunswick Pike, Suite 302, Lawrenceville, NJ. Call for appointment. (609) 771-3777. Partial day program for the mentally ill chemically addicted. Transportation provided. Must have preliminary psychiatric diagnosis. Sliding scale fee, Medicaid, private pay, insurance. Accepts Medicaid, Medicare.

Family Guidance Center - Outpatient Care

946 Englewood Avenue, Trenton, NJ. (609) 396-4357

Greater Trenton Behavioral Health Care

314-316 East State Street, Trenton, NJ (609)396-4258, ext. 142
Outpatient mental health counseling. Integrated case management.

Greater Trenton Behavioral Health Care Homeless Outreach

31 Lexington Avenue, Ewing, NJ (609) 966-9565
Staff provides linkage to mental health services, medical services, entitlements and housing. Call for appointment. Accepts Medicaid, Medicare (609) 583-1900 (main #), Access Center.

Henry J. Austin Health Center (3 locations)

321 North Warren Street (Main) Trenton, NJ - (609) 278-5900
Offers fast track, pediatrics, adult medicine, OB/GYN care, social services, podiatry, eye care, behavioral health care, dental services, HIV and Hepatitis C testing and treatment, podiatry, and Senior Care Offers adult medicine, nutritional services, a lab, and an on-site independent pharmacy. Call and walk-ins accepted. Must have ID. Accepts Medicaid, Medicare. Monday through Friday 8:00 am to 5:00 pm and Saturdays 9-1. Appointments are encouraged.

Henry J. Austin Health Center

317 Chambers Street, Trenton, NJ (609) 278-5900. Adult Medicine and the above services. The satellite centers are open Monday through Friday 8:00 am to 5:00 pm. Appointments are encouraged.

Henry J. Austin Health Center

112 Ewing Street, Trenton, NJ (609) 278-5900. Adult Medicine and the above services and dental care. Open Monday through Friday 8:00 am to 5:00 pm. Appointments are encouraged.

New Horizons Treatment Service, Inc.

132 Perry St., Trenton, NJ. Appointment: (609) 394-8988.
Provides an array of medical, clinical and special services, i.e. substance Abuse treatment, detoxification, methadone maintenance, methadone detoxification. Mon-Fri 6am-8pm. Accepts Medicaid, WorkFirst NJ, and self-pay.

Planned Parenthood

Trenton Health Center - 437 E. State Street, Trenton, NJ (609) 599-4881
Hamilton Health Center - 2279 State Hwy 33, Hamilton, NJ (609) 689-4964
2000 Pennington Road, Eickhoff Hall, Ewing, NJ (609) 771-2110
Services: Abortion Services, Birth Control Services, Emergency Contraception, General Health Care, HIV Testing, LGBT Services, Patient Education, Pregnancy Testing, Options & Services, STD Testing & Treatment, Women's Health Services.

Princeton House Behavior Health

741 Mount Lucas Road, Princeton, NJ. (1-800) 242-2550; (609)-497-3347 Intensive outpatient, partial hospitalization. Accepts Medicaid, Medicare.

Rescue Mission of Trenton

96 Carroll Street Trenton, NJ. (609) 393-3533. Residential and Outpatient Treatment. For addictions and co-occurring disorders.

Robert Wood Johnson Hospital at Hamilton

One Hamilton Health Place, Hamilton, NJ. (609) 586-7900
Clinics, Medicaid, Medical Care, General Acute Medical Care Accepts Medicaid, Medicare.

Trenton Adult Rehabilitation Center

Salvation Army: (609) 599-9801

St. Francis Medical Center

601 Hamilton Avenue, Trenton, NJ. (609) 599-5000
Clinics, Medicaid, Medical Care, General Acute Medical Care. Accepts Medicaid, Medicare.

Trenton Division of Health

218 N. Broad St., Trenton, NJ. (609) 989-3242
Health Promotions and Clinical Services; Health Incentive Program for Women (HIP4W).

Trenton Treatment Center (Part of United Progress, Inc.)

56 Escher Street, Trenton, NJ. (609) 392-2822
Trenton Treatment Center offers residential (for men only) and outpatient programs for those addicted to drug and alcohol. Accepts referrals from MCBOSS, client walk-ins, and referrals from other service provider agencies, and uninsured Mercer County residents.

University Medical Center at Princeton

253 Witherspoon St, Princeton, NJ. (609) 497-4000
Clinics, General Acute Medical Care. Accepts Medicaid, Medicare.

Food

Church of Christ

434 N. Clinton Ave., Trenton, NJ
Soup Kitchen: 2nd Saturday of each month Lunch from 11:30am to 1:00pm

Jerusalem Baptist Church

150 N. Clinton Avenue, Trenton, NJ (609) 394-9816
Monthly Community Meal & Free Clothing. 3rd Saturday of a five Saturday month and 1st Saturday of a four Saturday month. Lunch is 11:30am to 1:00pm

Rescue Mission of Trenton

98 Carroll St., Trenton, NJ
Soup Kitchen. 1st Saturday of a five-Saturday month and every Sunday. Lunch from 11:00am to 12:00pm

Sacred Heart Church

343 S. Broad Street, Trenton, NJ. (609) 393-2801
Soup Kitchen. 4th Sunday Lunch from 12:30pm to 2:00pm

St. Mary's Cathedral (Loaves and Fishes Food & Soup Kitchen)

151 N. Warren St. (Perry and Warren), Trenton, NJ. (609) 396-8447
Last two Saturdays of the month. Lunch is 11:00am to 2:00pm

Trenton Area Soup Kitchen

72 1/2 Escher Street, Trenton, NJ. (609) 695-5456
Soup Kitchen, Food Pantry; Adult Education; Computer Classes; Job Search Assistance. Monday to Friday Lunch from 10:30am to 12:50pm; Monday to Thursday Dinner from 3:30pm to 5:00pm

Soup Kitchen South

First Baptist Church, 128-140 Centre St., Trenton, NJ
Soup Kitchen: Monday, Tuesday, Wednesday Dinner from 5:00pm to 6:30pm

West Trenton Soup Kitchen at Trinity Episcopal Cathedral

801 W. State St., Trenton, NJ. Thursday from 5:00pm to 6:30pm

Cadwalader Asbury United Methodist Church

900 Stuyvesant Ave., Trenton, NJ (609) 392-8847
Food Pantry. Thursdays 4:00pm-6:00pm

Catholic Charities

132 N. Warren St., Trenton, NJ (609)394-8847
Food Pantry, Utility Service Assistance. Monday, Tuesday, Thursday 9:00am-12:30pm

Christ Church Community Center

331 Hamilton Avenue, Trenton, NJ (609) 394-8926
Food Pantry, Day Care, Senior Citizen Program

Crisis Ministry of Princeton and Trenton

123 East Hanover Street, Trenton, NJ (609) 989-3303
Food Pantry; Emergency Financial Assistance
(609) 396-9355 - Last 3 weeks of each month; 2nd Saturday of the month 9:00am-Noon

Crisis Ministry of Princeton

61 Nassau Street, Princeton, NJ (609)-921-2135
Food Pantry; Emergency Financial Assistance. Monday to Thursday (closed the last weekday of the month)1:30pm-4:00pm

East Trenton Center - Food Pantry

601 N. Clinton Ave. Trenton, NJ (609) 393-8009
Monday, Tuesday, Wednesday - Summer 10-1 Winter 11-1

Hamilton Neighborhood Service Center, Inc.

169 Wilfred Avenue, Hamilton, NJ (609) 393-6480
Emergency Services (Food, Food Pantry, Financial); Crisis Intervention. Mondays 10am-12noon, Wednesdays 1pm-3pm

HomeFront

1880 Princeton Ave, Lawrenceville, NJ (609) 989-9417
Food & Clothing for Homeless Families, Food Pantry Tuesday Noon-8:00pm, Monday and Thursday 9:00am-5:00pm

Lutheran Church of the Redeemer

189 S. Broad Street, Trenton, NJ (609) 396-2411
Food Pantry. Monday and Wednesday 8:30am-12:30pm

Mercer Street Friends Food Pantry

151 Mercer Street, Trenton, NJ 08611 (609) 989-1925
1100 W State Street, Trenton, NJ 08618. (609) 396-8414

Mount Carmel Guild of Trenton

73 N. Clinton Avenue, Trenton, NJ. (609) 392-3402
Food Pantry, Clothing, Personal Care Items. Monday – Friday 9:30am-11:30am. Monday, Tuesday, Wednesday, and Thursday. Friday 1:30pm-3:30pm

Phoebe's Pantry (Bethany Presbyterian Church)

400 Hamilton Avenue, Trenton, NJ (609) 393-6318
Food Pantry. 2nd and 4th Saturday of the month 8:00am-10:00am

Princeton Deliverance Center

301 Southard Street, Trenton, NJ. (609) 392-9161
Food Pantry. Wednesday (not 1st of the month) 12:30am- 2pm, Friday 9am-12pm

Primera Iglesia Pentecostal

Alpha and Omega Inc. - 347 Second St., Trenton, NJ (609) 571-9135 . Food Pantry. Wednesdays 6:30pm-7:30pm

Sacred Heart Church

343 S. Broad Street, Trenton, NJ. (609) 393-2801
Food Pantry. 3rd Tuesday of the month. 4:00pm-5:30pm

Samaritan Baptist Church

531 Dr. ML King Blvd, Trenton, NJ (609) 393-0016
Food Pantry. Saturday 9:00am-11:30am

Trinity Cathedral Food Pantry

801 W State Street, Trenton, NJ (609) 392-3805
Food Pantry. Every other Saturday 9:00am-11:00am

Turning Point Methodist Church

15 S. Broad Street, Trenton, NJ
Dinner served and Food Pantry. 3rd Sunday 10am-1pm.

United Progress, Inc.

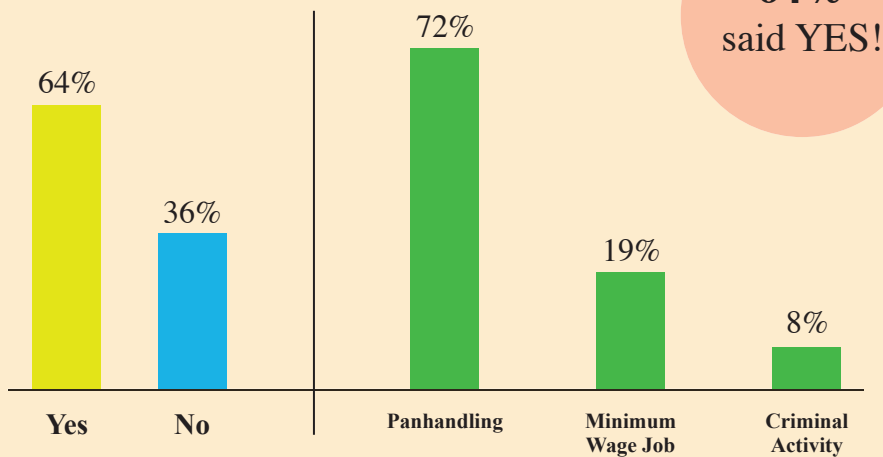
162 West State Street, Trenton, NJ (609) 392-2161
Food Pantry: Monday, Tuesday, Wednesday and Friday 9:00am-Noon

***Dial 211 for Community Resources.**

Do Homeless People Work? What do you think they do?

A Homeless Survey

Conducted by Caitlin Dolan



Poverty Line

by Rose

I have hit poverty line, And I'm fine
I know poverty, it's like a best friend of mine.
I hit poverty line, and I took my time
To get to the top.
Poverty is like a disease once it starts it can't stop.

Poverty, poverty, poverty

I hit poverty line and it cares
Nothing about my color age, gender or education
Time or place, name or face.
I hit poverty line and I'm fine
I recovered without a trace.

I hit poverty line,
But it never changed
The person I'm or once was.

I hit poverty lines, Since I was nine
And now I'm fine,
My grand mother had to turn pennies into dimes.
I promise I'll pay her back just need a little more time.

I hit poverty line and I'm fine,
I'm not ashamed to write it in my poetry verses.
Because of poverty I found my true meaning of life
For now I take nothing for granted.

Poverty, poverty, poverty

Poetry

Eating Healthy on a Budget

by Karissa Hearn

Having small change in your pocket and not much in your stomach leaves some Trenton locals in quite a predicament when it comes to keeping healthy.

The Trenton Area Soup Kitchen and other local organizations in the area help to provide meals to the working poor and the homeless.

According to Trenton Area Soup Kitchen (TASK) Director of Operations, Melisa Rivera, TASK feeds about 300 to 500 visitors at lunchtime, and between two and three hundred guests at dinner.

"the dollar menu can be great because it's a smaller serving size...pair a four piece chicken tender with a salad..."

The soup kitchen tries to offer meat, a vegetable and a starch with every meal, Rivera explained.

Jeanne Molloy, a Registered Dietician and Sodexo employee at The College of New Jersey in Ewing said, "Make it colorful."

Molloy suggests vegetables, fruit, beans, etc. Specifically, these foods contain fiber, calcium and vitamin D, "nutrition powerhouses," as she calls them. Molloy specifically stressed the importance of Vitamin D. "It is the key to turn on the immune system," she said. Vitamin D is prominent in fish, healthy cereals, milk, and soy products.

Tony Usery, a visitor and student at TASK said he would eat anything. "I eat it as long as it tastes good!" Usery laughed.

The soup kitchen makes a variety of food for its diners. "Pasta with meat sauce," Rivera said, "baked chicken, we do everything."

According to Usery, who has a particular fondness for kiwi fruits, they (TASK) have meats, fruits, and vegetables, but not a lot of snacks. Something that Usery said there was plenty of was PB and J. "They must have a line with elves on it, making peanut butter and jelly," Usery said. According to Molloy,

the protein in peanut butter keeps hunger away the longest.

"They serve good food," Curtis Hemingway, a Trenton local said. Hemingway, a Diabetic, put aside his notebook and pencil as he is studying to obtain a GED. He started at an 8th grade level and has been working towards it for about five years.

Another food option for many of these people is to grocery shop using food stamps or other resources. Hemingway often does this.

Hemingway is not homeless. He shops on a fixed income. Generally, Hemingway keeps his purchases healthy with chicken, fish, vegetables, and fruit. His guilty pleasure? "Those cream donuts," he said.

Molloy's had a couple of easy suggestions to make grocery shopping on a budget more efficient and healthier.

- Plan your meals, and make your shopping list based on the plans.
- Plan for at least one meatless meal each week. "This will get in your fiber goals, and be easy on your pocketbook," Molloy said.
- Shop the perimeters of the store. That's where you will find the most healthy items, untouched by processing plants and manufacturers.

There is also another way to keep it cheap, the dollar menu. According to Molloy, "the dollar menu can be great because it's a smaller serving size...pair a four piece chicken tender with a salad---that's a beautiful thing," she explained.

Have a Wendy's crispy chicken sandwich, extra lettuce and tomato and half of the bun, and a baked potato without the sour cream. For just two dollars, "you've got some real nutrition going on there!" Molloy said.

Eating cheaply and eating healthily do not often go hand in hand, but there are resources and options available to make sure a diet is the best it can be. Know your goals, plan your meals, and keep a healthy variety as best as you can. 🍎

Profiles of Individuals Who Have Experienced Homeslessness

SP is a mother of a one year old son. She was staying with the father's family for one year until she was kicked out. "Nobody wanted us." SP's boyfriend repeatedly abused her physically. She is now attending a GED program and later plans on attending college.

PR's homelessness occurred when her mother abandoned her after her home went into foreclosure. She was attending college and is a mother of two children. After losing the house and her mother leaving, she sought shelter. PR was separated from her children. She is working on finding a job and reuniting with her children.

Womanspace: Safe Alternatives to Domestic Violence

by Jackie O'Malley

If it weren't for Womanspace, I'd be dead," said Emily, a victim of domestic violence.

Emily came to Womanspace with her two small children in search of somewhere to escape her abusive boyfriend.

"Domestic violence is like having a disease," Emily said, "I have this disease of a boyfriend."

Domestic violence is a disease; victims are robbed of their once-healthy lives, and feel trapped, scared and helpless.

Susan Adams is the Coordinator of Volunteers & Community Outreach at Womanspace Inc., a non-profit organization, which provides services for victims of domestic violence in the Mercer County area. She has witnessed the devastating effects of domestic violence on its victims. "You lose all control. You're being controlled," said Adams.

Womanspace statistics indicate that nearly half of homeless women and children are victims of domestic violence. An abuser controls every aspect of a victim's life, sometimes including finances, making it difficult for a victim to afford a safe haven for her and her children.

Victims struggle to find shelters because resources are limited, says Adams, many shelters are at full capacity, forcing them to turn women and children away. Through no fault of their own, these victims are left in the streets with nowhere to turn. But Adams wants to ensure all victims that homelessness is not the only alternative to abuse. "There is help. It's out there," she said.

To prevent victims from succumbing to their fear of homelessness, Womanspace Inc. offers temporary, affordable housing for victims.

According to Womanspace, the Transitional Housing Program accommodated 15 women and 21 children in 2010.

The Transitional Housing Pro-

grams "provide individual and group counseling, childcare subsidies, affordable rent, and career assessment and direction," according to Womanspace.

There are two types of housing programs; Barbara's House, is "structured for clients who need housing for a limited time," according to Womanspace.

The Next-Step Program "provides clients with housing for up to twenty-four months," Womanspace says, "it allows 5 families per year to develop the skills and financial means to secure and maintain safe permanent housing."

Emily and her two small children were one of these families. She was provided with the resources and support she needed to pursue a healthier, independent lifestyle.

According to Adams, "domestic violence can happen to anyone—not just poor, inner city people, as people like to label victims."

Like a disease, domestic violence does not discriminate against age, class, gender or race. When this disease consumes a life, it triggers physical, emotional and psychological pain.

"But we don't have doctors, we can't just fix it with medicine," said Adams. Help and support from others are the closest we have to medicine.

"domestic violence can happen to anyone—not just poor, inner city people..."

Womanspace Inc. has guided Emily and her children, along with over 279,000 other victims over the past 30 years, toward healthier lifestyles. If you or a loved one is looking for help, Womanspace Inc. can be contacted at their confidential Domestic Violence hotline, 1-800-572-SAFE, or their Sexual Assault Hotline, 609-394-000.

**The name is not disclosed for the privacy of the victim. 🏠*

Profiles of Individuals Who Have Experienced Homelessness

MC is a 49 year old male who had been living in a shelter for the last 4 years, since he and his wife separated. Since his housing with the HF (Housing First) program he has been working to get his driver's license back in order to pursue his CDL. His plan is to go to work.

TP is a 57 year old male who had been homeless for at least 4 years staying in abandoned buildings. He receives Social Security. He had been injured at work, lost his job, and did not have any benefits for 2 years. He has severe chronic back pain. He now has a place where his family can visit him; his goal is to have better health.

Poetry

The Red

A collaborative poem written by the SHARE Project, TASKS performing group.

I'm like a dog co-busy, snapping at bones
I'm on a lease, tied close to my home
This damn temptation won't leave me alone
So out of touch, I'm like a dog with a Jones

Hunger is not something you practice or preach
Hunger is not something we try to teach
It falls amongst us one at a time
Sneaks upon us as though we'd committed a crime

I'm starving man, and I got to be fed
Cause for a bone, my stomach rumbles and groans
So out of touch, I'll be a dog with a Jones

As if they have too much to go around?
Hunger pains, tears, fears, manipulation
Mercy pulled me up out of this cruel devastation

A desperate thing is a dog you see
Who starving man, and who's got to get free
Let all alone, his thoughts surely roam
So out of touch, I'm like a dog with a Jones

Stomach clenched to racks of ribs
Pushed me down with fear and the wrath of starvation
Leaving the pain and scars of emaciation
My strength gone, I sank unto debilitation

There's a difference between a dog and a cat
One tends to be free, the other is trapped
Hooked to a chain, around his neck is a strap
There's the difference between the dog and a cat

Picture yourself standing over top of our planet
Looking down at how we take our lives for granted
What if your world started spiraling down
And you were crouching in alleyways, scrounging around

If you don't know what hunger is, try skipping a meal, then skip two, three, four, five—you'll start to know how it feels

A desperate thing is a dog you see
Who's starving man, and who's got to get free
Let all alone, his thoughts surely roam
So out of touch, I'm like a dog with a Jones

If we had a spoon to feed, we would feed all who needed to be fed
And if there were bacon trees and pancake streams,
We would wash away all the hunger pains in the world
But there are no magical trees and streams,
it's up to us to find a solution it seems.
Imagine if we all had the compassion to care,
We could wipe out hunger - Everywhere.

Voting Rights: The Homeless Have the Right to Vote

by Kelsey Wojdyla

Did you know homeless can vote? Not only does a voter registration card allow people to exercise their right to vote, it also serves as the initial piece of the identification puzzle.

Registering to vote is free and easy, but there are some stipulations. First, all applicants must be at least 18 years or older by the next election. Second, they must be a citizen of the United States and a resident of the state and county they are registering in for 30 days before the next election. Finally, if they are currently serving a sentence, or are on parole or probation for a felony, they are not eligible to vote.

Voter registration applications can be obtained from the Municipal Clerk, Commissioner of Registration Office, Division of Elections, or Division of Motor Vehicles. The registration deadline is 21 days before the next election. Therefore, in order to vote in the primary election on June 7, one must register by May 17. In order to vote in the general election on November 8, one must register by October 18. Lastly, there is a school budget and school board members election in April.

"You don't have to have a home in order to register," says Jane Berry, supervisor of the Division of Elections, "but you have to have someplace to receive your mail."

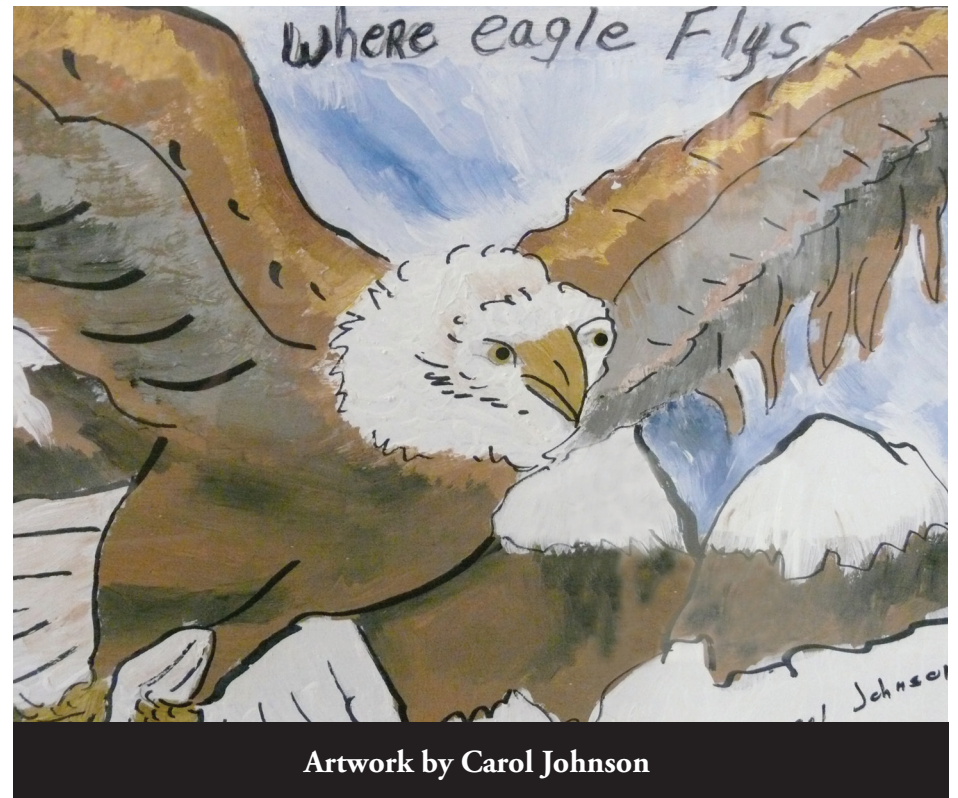
In such cases, one can use the

transitional building they live in, the library, the Trenton Area Soup Kitchen, or even the Municipal Clerk as their home address. Simply fill out the rest of the form by printing clearly in ink, signing the bottom, and dropping it in the mailbox. The address for the Commissioner of Registration Office will be provided on the application based on county.

A sample ballot will be sent to the home address listed on the form about one week before each election. This ballot will contain the address of the polling place, which is open from 6 a.m. to 8 p.m. on Election Day.

"People don't realize how important a voter registration card is in terms of getting other forms of identification," says Scott Fairman, outreach specialist at the Mercer Alliance To End Homelessness.

The card acts as proof of address, or first-class mail, which helps in acquiring a birth certificate from the New Jersey Bureau of Vital Statistics. This certificate serves as proof of citizenship, and is considered a primary identification document. Next, a county photo ID can be obtained at the County Clerk's Office using these two forms of identification. This government issued ID can then be used to receive a state photo ID. With this, one can obtain their social security card, which



Artwork by Carol Johnson

serves as a secondary identification document. "Without an ID in this day and age, it's impossible to get legitimate employment and housing," says Fairman.

In the past, Fairman has helped run voter registration campaigns during Project Homeless Connect, a bi-annual event that provides much

needed services for the homeless. Nearly 100% of those who participated in the campaign received their voter registration cards from the Board of Elections in Mercer County by supplying their first and last name and the last 4 digits of their social security number. The general consensus: "that was easy!"



Artwork by Walter Roberts

the
WALL ©2011



The Bonner Program

Access to Education,
Opportunity to Serve

Herbert J. Levine - Publisher
Alaine Abuan - Editor-in-chief
Caitlin Dolan - Assignment Editor
Josh Caulfield - Copy Editor
Tarry Truitt - Managing Editor
Maria De La Cruz - TCNJ Bonner Liaison
Lindsay Klein - TCNJ Bonner Liaison
Amber O'Kane - Design and Layout
Alaine Abuan - Photography

Editorial Review Board

Mary Gay Abbott-Young, Dennis Micai, Patrick Donohue, Lindsay Klein, Professor Emilie Lounsberry, Professor Donna Shaw, and Dean Benjamin Rifkin

Acknowledgements

We appreciate all the submissions. Bonner Foundation, Christen Foell and Bobby Hackett for funding the production of The Wall. Artwork by the TASK A-TEAM 609-695-5456 ext 129; email: sandarley@gmail.com
The A-TEAM website: www.ateamartists.com



The College of New Jersey



**MERCER ALLIANCE
TO END HOMELESSNESS**