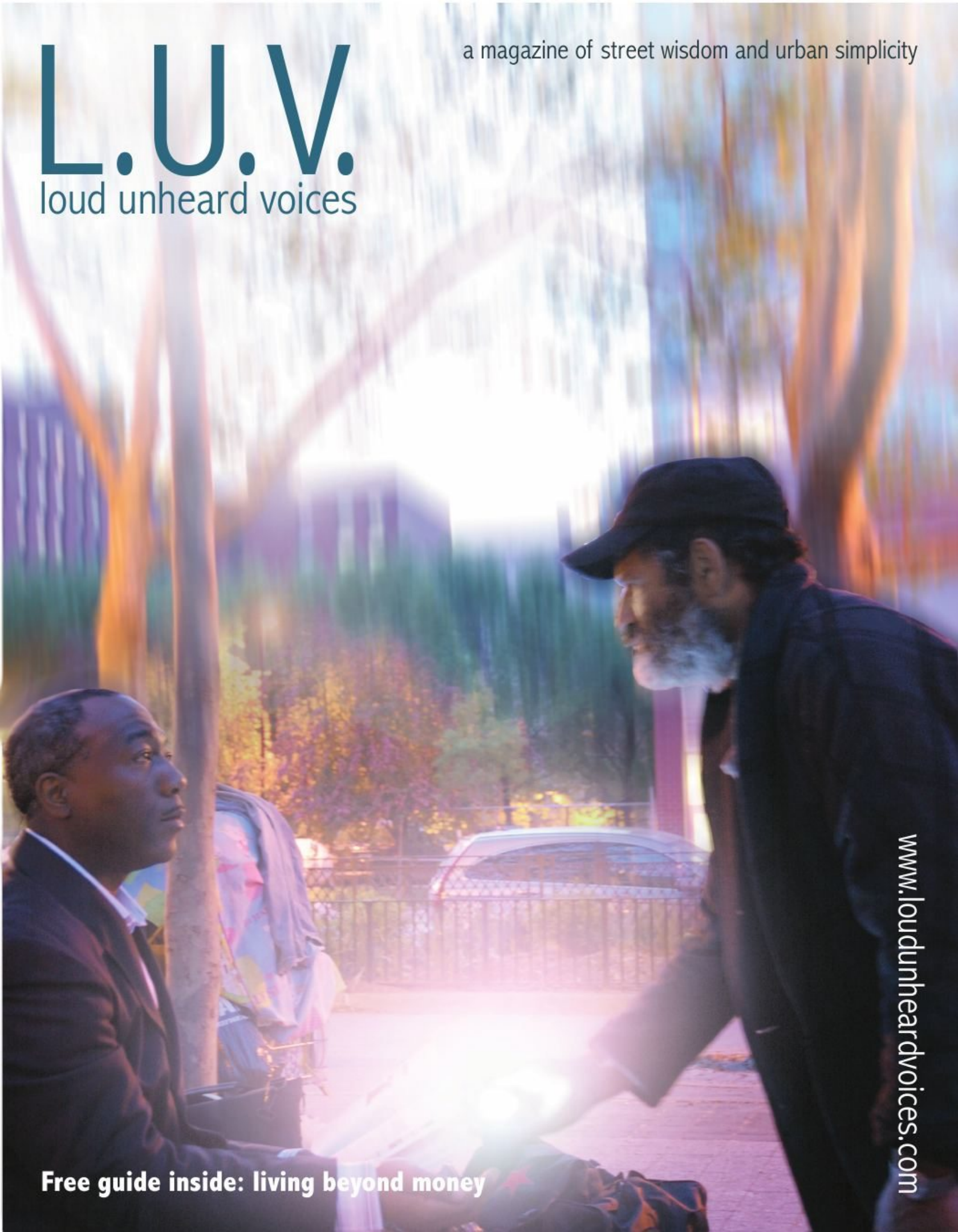


L.U.V.

loud unheard voices

a magazine of street wisdom and urban simplicity



Free guide inside: living beyond money

www.loudunheardvoices.com

Editor's Note

During the Great Depression it was understood that people regularly fell into financial hardship beyond their control. Many Americans seem to have forgotten this aspect of economic cycles. Health care costs, taxes, sudden layoffs; the economic landscape is littered with hazards.

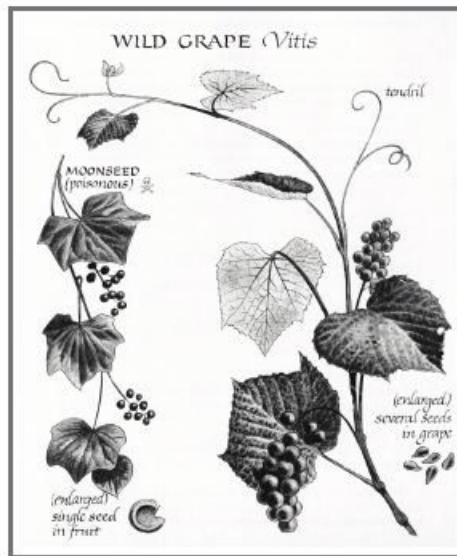
Each of us is perched precariously on a tiger trap of debt. Make a wrong move and the floor falls away, dropping us into poverty. Poverty strikes quickly and randomly; the people in homeless shelters today could have been your neighbors last week. There are no homeless people, only people who are homeless.

This magazine is the result of work collected over the past year by a writing group in a Bowery homeless shelter. Every week we sit together for an hour to talk about life, and write down our thoughts.

The group changes each week, and there are pieces of writing included here from those who have stayed only long enough to put pen to paper, and from others who became long time supporters of the group, and friends.

In this magazine, besides literature, you'll find a variety of tools to help people liberate themselves from economic exploitation. Most of these tools are as useful to those who are homeless now, as to those simply trying to live less costly lives.

Throughout the magazine you'll find sketches of edible plants found in Central Park. Don't scoff at urban foraging; gathering plants, dumpster diving, and urban farming are all good ways to save money and avoid contributing to the global agribusiness. Just don't collect plants from areas you suspect are sprayed with pesticides.



The magazine also has diagrams from an emergency survival manual. The mindset needed to survive disaster is similar to the one needed to survive homelessness. The ancient skills, like knowing north from the stars, become paramount.

Sometimes it's better to avoid detection than to draw attention. In times of crisis we're capable of doing what was unthinkable just hours before. Mental preparation is key—the "Homeless Rules" on the back cover apply equally well to any period of hardship.

While I am the editor of this magazine, I'm not homeless; I'm just a volunteer. I'm grateful to be in the group, though. Some of the writers have become friends, others my philosophical sparring partners, and all my teachers. From participating in this group I've learned the meaning of William Pope L.'s term "a lack worth having."

There is much to learn from losing everything. This magazine is about many things, but one of the most important is how we can lose our possessions without losing our humanity. Just as a sculptor might take a block of stone and chip away until only art remains, stripping oneself of the material goods we use to build our identities can create a far more refined self.

Life is beautiful; life is harsh. None of us has a certain future and poverty can befall anyone after a hurricane or an outsourcing or an illness. A distilled mind is the first step to surviving hardship, though. Jesus Christ was homeless, as was Buddha, Robin Hood, and Ella Fitzgerald for a period.

There is liberty in a willingness to do what is needed and security in the knowledge that one's dignity is unassailable by the repo man. Be prepared to be free. I hope you find this magazine educational and useful, or at least enjoyable. Thank you for visiting our ideas.

— James Bachhuber

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A. HINES "Shakwest"

In today's society the homeless ~~and~~ community is stereotypically belittled to the point of perception ~~and~~ even of ~~a~~ people who have no voice, ~~influence~~ influence, or moral input that can be positive. These misconceptions are mostly cruel attempts to forget just how close homelessness can be to just about anyone. Are the homeless becoming a forgotten community? A visible yet invisible people? Can any community sincerely embrace the homeless, in order to ^{create} change that is permanent,

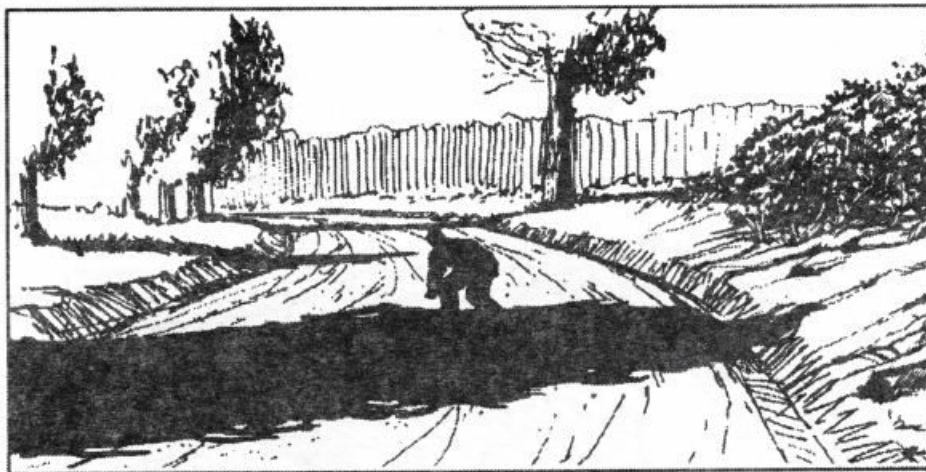
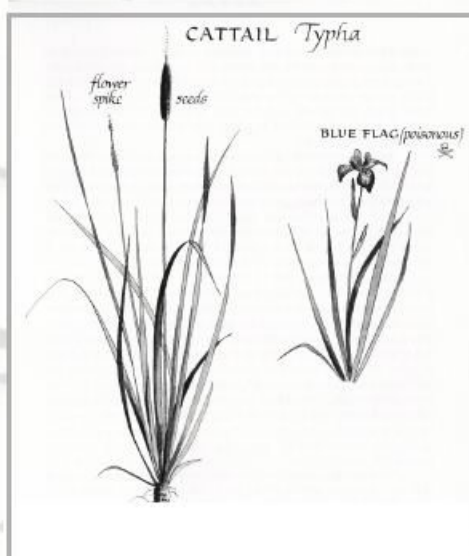


Figure 1 Road Crossing



Distribution: Cattail species are found in all 50 states.

Habitat: Cattail grows in wet places, such as marshes, ponds, and ditches, and at the edges of slow-moving streams.

if you knew

Some of the people that you speak to on the street or riding the train.

May seem to be the average person like your selves but they are not the same.

You both may go to work on the block or stop at the same store you both shop.

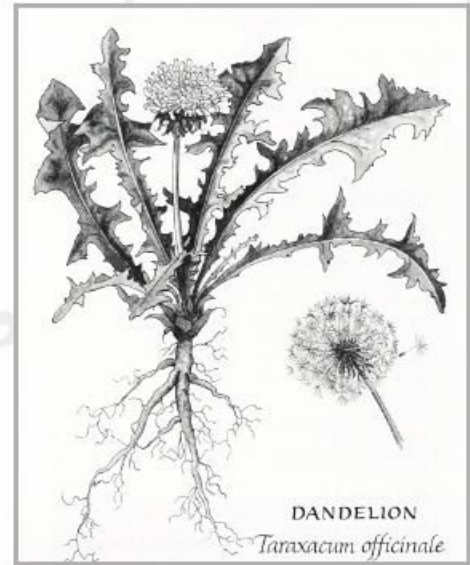
People you may hold conversaion with before or after work.

or that person maybe a member of your church. Iz may be a person you are a big smile to passing by.

Would you do the same if you knew it was a homeless guy?

* Homeless *

1. Born in a world struglation
Without much guidance and limited direction
And in order to escape, I had to develop a solitary
mission, ways and keys of survival.
2. Day by day trying to find a way,
To escape the streets and alleyways.
By living here, there and everywhere,
As the lights blinds your eyes and the noise fills you
up with fear.
3. Then suddenly your eyes fill with tears,
That with warning you realize you are nowhere
As you realize you're Homeless and unaware
And all you can do is ask yourself where can I find
shelter.
4. As you begin search you realize you're not alone,
Then you look around and see there are so much
people trying to find a home.



Distribution: Dandelion species occur over most of North America, including parts of the arctic.
Habitat: Dandelions can be found on lawns and roadsides, as well as in fields, schoolyards, and gardens.

The book I am writing it describes the booms, the busts, the bubbles and the crises in the economies for dozens of countries from centuries ago to present day, above all, it reveals the truth. The U.S. dollar is in dangerous territory we're on the brink of a catastrophic event one that could wipe out entire life savings. Don't think it's not going to happen. Thank again.

Most investors don't see the writing on the wall; hidden forces are destroying your wealth. But there's a way for us to fight back. When the dollar falls, one investment soars. This shocking new book predicts: America's Return to the gold standard. Let's face it... It's just a matter of time before the U.S. dollars come crashing down. The warning signs are there. The U.S. dollar recently traded at \$1.38 against the euro, and it's even 96 cents against the Canadian dollar.

The dollar is very close to breaching through the support level, meaning one thing is for sure. The dollar is in trouble and when that happens, investors will suffer divesting losses. Take a look at this plan.

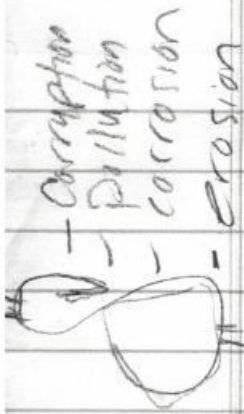
James Walton
10/17/07

Levi's Making

Cleanse, fold, manipulate

result,

Choice



A Society using knowledge of the people in the Communities
what is Justice / we the people

Savage Rouge Individual Folk: Halfass/Half witted

- The Angry Misinformed half witted participants
- Corruption in the government
- Corrosion of Justice
- Pollution in the Airwaves on the tube
- Stop Voting / Start voting

Suavage

- Give 'em Hell / Don't pollute
- Don't care / Lend a helping hand plant a tree

Grand ideals

we bond we
stick together
rock together
walk together

Society too many times is ^{so many times so easily} confused by participants taking part in an activity to coerced by others onto others plotting to "get to know each other better" ^{later} for a Society.

Society is a plan designed to relate news in a social manner of the events & well being of your fair city in accordance to a maintained complex motive to advance man to further regions of the galaxy or ^{more} harmonious

Such as developing cures for our common waste full human bodies. if Justice is what we are attempting to define and with a great amount of finesse humor or progress in mind.

Criminal with your natural wonder to conquer and ^{unlawful} intent, keep in mind

you hinder further development of all those others who in time become null & void, do to the due process of Justice. grand ideal engineering would work better if the cities hands weren't so full with Justice

away

Let work be done share the city, the streets
 your heart your home for better health and living
 purposes. Liberty & Justice, Freedom of Speech
 or all ruined by dumb motherfuckers with nice moves
 to boot. Don't you become or let anyone become
 literate only to start an uprising you rebel for it
 is offensive and an insult to others, with more valid
 thoughts. such as a vision for merch evolution. (cudding)

Civilized Permit
 passion or prejudice
 corporate Criminal
 be ware

Fraudulent Baker
 In still a baker
 But where does it touch me
 Corruption: In my taxes
 tall costs
 parking permits
 Bridge falling
 City workers
 construction hired
 by the city
 garbage men
 with nothing to
 do the sidewalks
 are asphalt
 with trash
 & Litter

Come to an end
 the city is at its
 knees with a
 grip our fair
 or citizens who are
 we to deny
 your justice

Knowledge

corruption

We say that corruption lies within the government. We blame corruption on a room of 537 people. We say that it is their fault because we have left them with our life decisions. When things go wrong we blame them because we are paying them to decide our future.

First off: the government is not the 537 people in a room, but the 300 million people that live within this nation. Our lives are not in the hands of 537 politicians but in the hands of the 300 million people that get up everyday and do nothing about the way they live.

The 537 use justice as a tool to bend laws or break them. Justice is a word that is used to make some people feel bad about their selfish ways in the hope that they might give some justice back to others. We live with an unjust government but we look for some justice in their love. Every day they betray our trust, and every day we expect them to do the right things.

They destroy things and we say they are building.

And that is why I say, we are all insane. We accept their less, never asking for their best.



Distribution: Milkweed species occur in the original 48 states and in Alaska.

Habitat: Milkweed flourishes in weedy fields and along roadsides.



Figure 2 Immediate Action Shelter

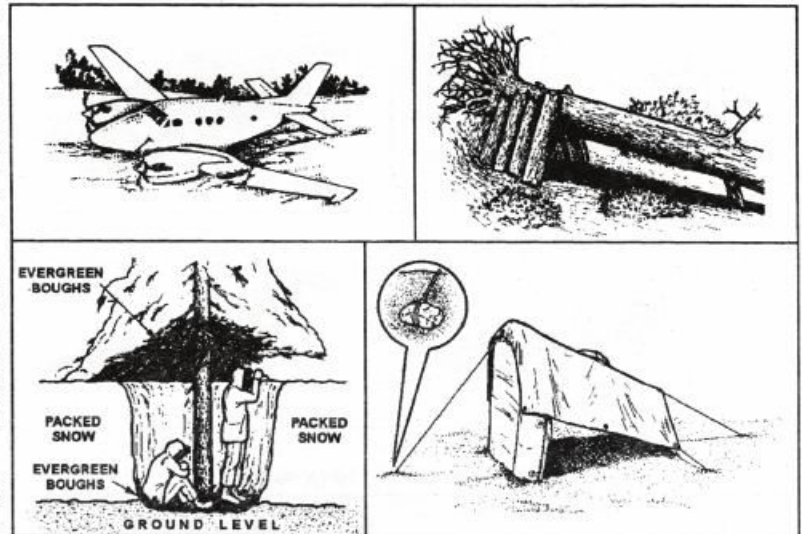


Figure 3 Immediate Shelters

LIVE FREE manhattan

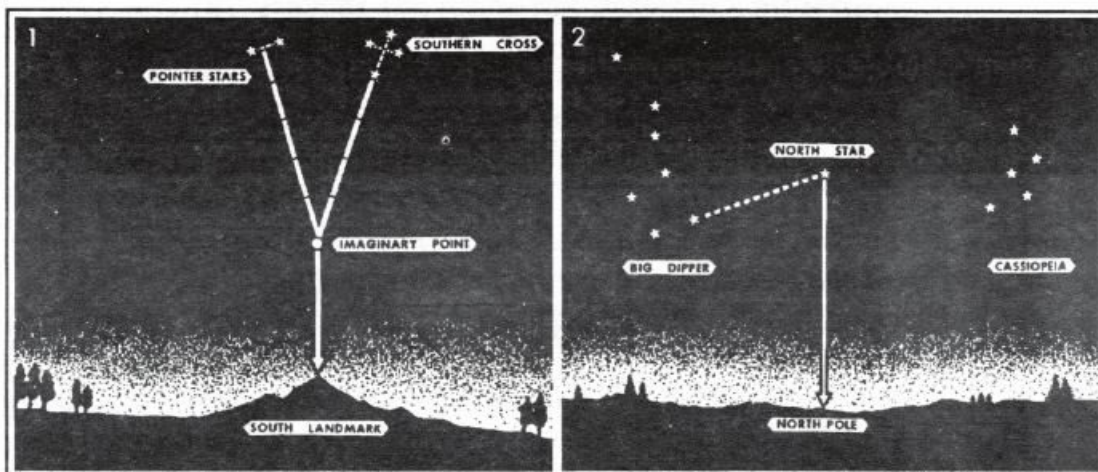
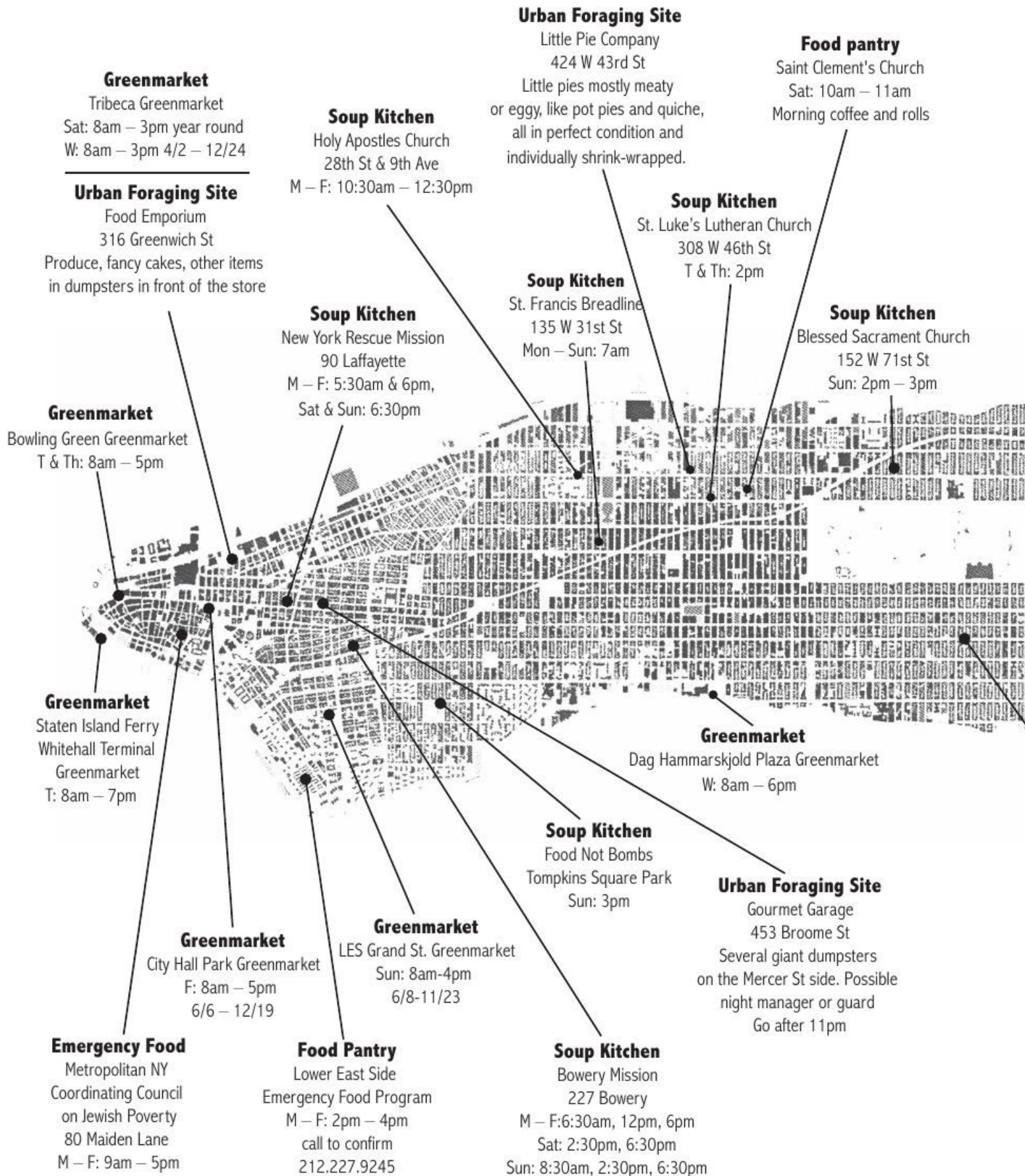


Figure 4 Stars



Free Food

Urban Foraging Site

Garden of Eden

2780 Broadway

One of the best sites

in the city—fresh produce in huge plastic barrels, bags of fresh-made packaged entrees, loose buffet bar food, lots more. Enormous volume.

Lots of exotic produce. Go after 9:30pm

Food Pantry

Holy Name Parish

207 West 96th Street

T: 2:30pm – 3:30pm

Soup Kitchen

Misionaries of Cahity

406 W 127th St

M, T, W, F, Sun: 9am – 10am

Food Pantry

Washington Heights Food Pantry

4111 Broadway

T: 1pm – 6pm; W: 11am – 4pm

Call for Referral

212.781.8328

Food Pantry

Parents Help Center

41 W 117th St

M – F: 10am – 2pm

Soup Kitchen

Salvation Army

175 E 125th St

serves first 100

M – F: 1pm

Soup Kitchen

All Souls Unitarian Church

1157 Lexington Ave

Fri: 12pm – 1pm

Food Pantries & Emergency Food

Beth Hark Christian Counseling Center

1832 Madison Avenue

M – F: 1pm – 7pm

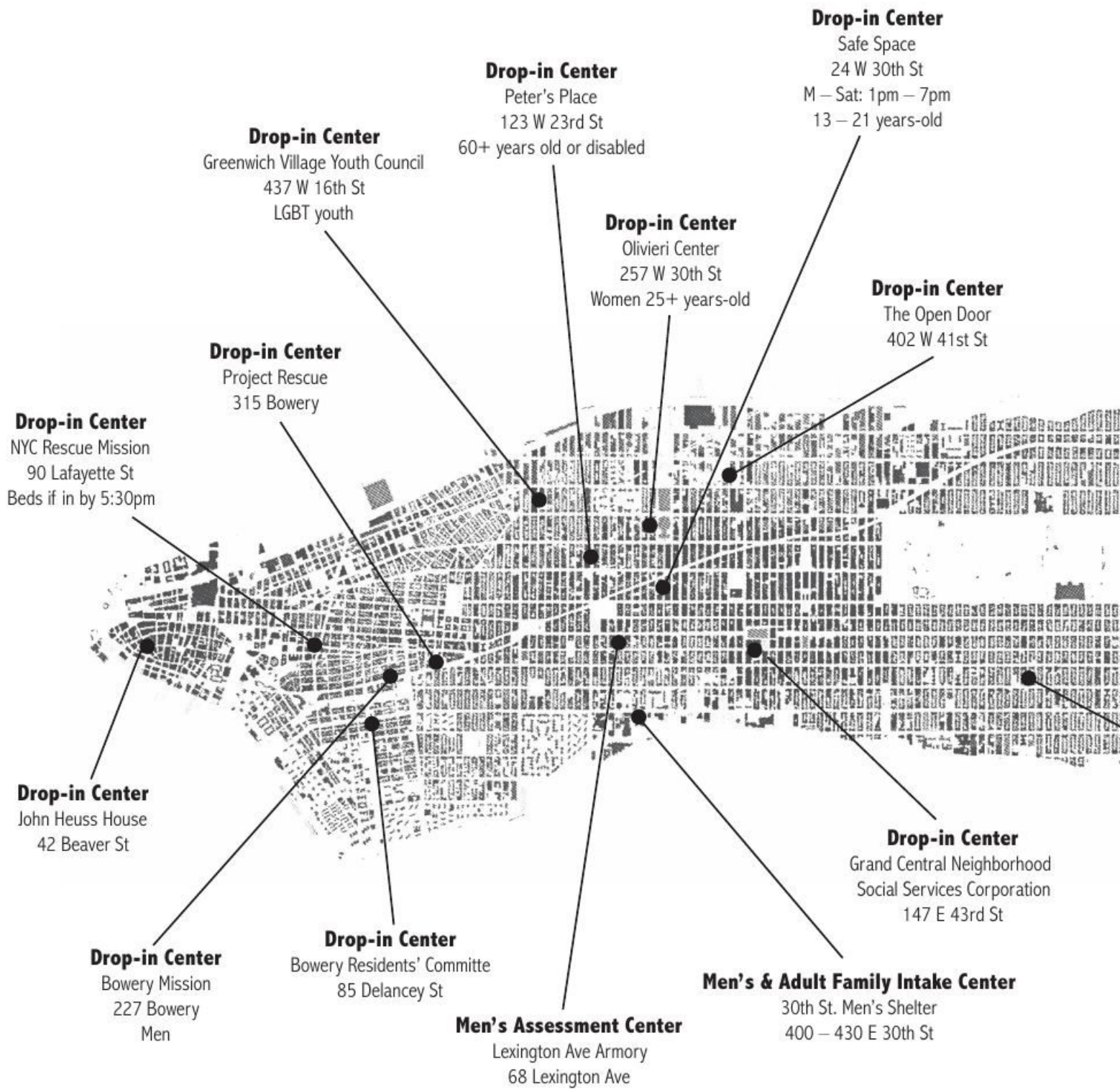
Soup Kitchen

Yorkville Common Pantry

8 E 109th St

M, W, F: 8:30am, 4:30pm

Food pantries and soup kitchens blanket Manhattan—this map shows less than half of them. Urban foraging—eating the freshly expired food stores throw out—is another good option to eat for free. Finally, greenmarkets aren't free, but many accept food stamps and all offer some inexpensive items that are fresh and healthy. Better to spend that 85 cents on an organic apple than a lump of high-fructose corn syrup called a candy bar. For more info, and maps to more free food sites visit: www.loudunheardvoices.com



Free Shelter

Drop-in Center

Center for Urban Community Services
521 W 126 St

Drop-in Center

Neighborhood Center for
Homeless People Drop-In Center
237 E 77th St

If you haven't stayed in a shelter before, you're going to have to visit an intake shelter first. Some drop-in centers are open 24hrs a day, others require you be in by a certain time. Each one has its own rules, etiquette, and cultures. Watch out for chair gangsters, and mind your things at least until you know the scene. Squatting is still a possibility in some parts of the city, but with real estate prices being what they are and the number of cops on the street the options aren't as open as they once first. There are always bus and train stations to crash in if you don't have anywhere else to go. Check out the legal section on the back cover of this guide to learn about your rights to shelter and where you can and sleep.

Men's Intake Center:
Adult Family Intake Center:
Families with Children and Pregnant Women Intake Shelter:
Women's Intake and Assesment Shelters:

Bellevue	212.481.0778
Bellevue	212.481.4704
Emergency Assistance Unit	718.402.6474
Franklin Armory	718.842.9810
Jamaica Armory	718.262.1450
Brooklyn	718.495.7870

Chiropractic Services

St. Xavier
55 W 15th St
10:30am – 12:30pm

Chiropractic Service

Holy Apostles
28th St & 9th Ave
10:30am – 12:30pm

Health Clinic

Chelsea Health Center
303 9th Ave
M – F: 8:30am – 2:30pm

Veterinary Care

St. Clement's Church
423 W 46th St
Sat: 10am – 11am

Low cost health care

William F. Ryan Community Health
Center (Main facility)
110 W 97th Street
212.749.1820
T, W, F: 8:30am – 4:30pm
M & Th: 8:30am – 7pm

Men's Clothing

NYC Rescue Mission
90 Lafayette St.
212.226.6214
Place orders: M & T
Pick up orders: W: 6:15pm

Clothing

St Luke's Lutheran Church
308 W 46th St
1st Monday of each month
11:30am – 1pm

Clothing, showers, medical and psychiatric care

Project Reachout
589 Amsterdam Ave
M – F: 9am – 5pm

Health Clinic

Judson Health Center
34 Spring St
Call Ahead 212.562.4141
M, T, F: 8:30am – 5pm

Clothing

Graffiti Community Ministries
184 E 7th St
Th: 9:30am

Health Clinic

St. Agnes Church
152 E 44th St
Th: 10am

Clothing

St. Paul the Apostle Church
415 W 59th St
Th: 10am
ID required

Health Clinic, Clothing & Showers

Bowery Mission
227 Bowery
Men's clothing and Showers:
T & F: 1:30pm – 3:45pm
Women's clothing and showers:
W: 12pm – 2pm
Medical and Optical Services:
W: 6pm

Clothing

St. George's Episcopal Church
209 E 16th St
M, T, Th, F: 10:30am

Low cost dental care

NYU College of Dentistry
345 E 24th St
Sept – June
M – Th: 9am – 7pm
F: 8am – 3pm
Sat & Sun: 9am – 6pm Emergencies only

Free Healthcare

Low cost health care

Ryan Center Annex
160 W 100th St
212.749.1820

T, W, F: 8:30am – 4:30pm
M & Th: 8:30am – 7pm

Clothing Thrift shop

Riverside Church
91 Claremont St
M – F: 1pm – 5pm

Clothing

Soul Saving Station
302 W. 124th St.
M, T, Th, F: 1pm – 2pm

Low cost dental care

Columbia University
College of Dental Medicine
Vanderbilt Clinic
622 W 168th St, 7th fl
M – F: 8:30am – 2pm

Clothing

Epephesus 7th Day Adventist Church
101 W 123rd St
T: 10:30am – 1pm

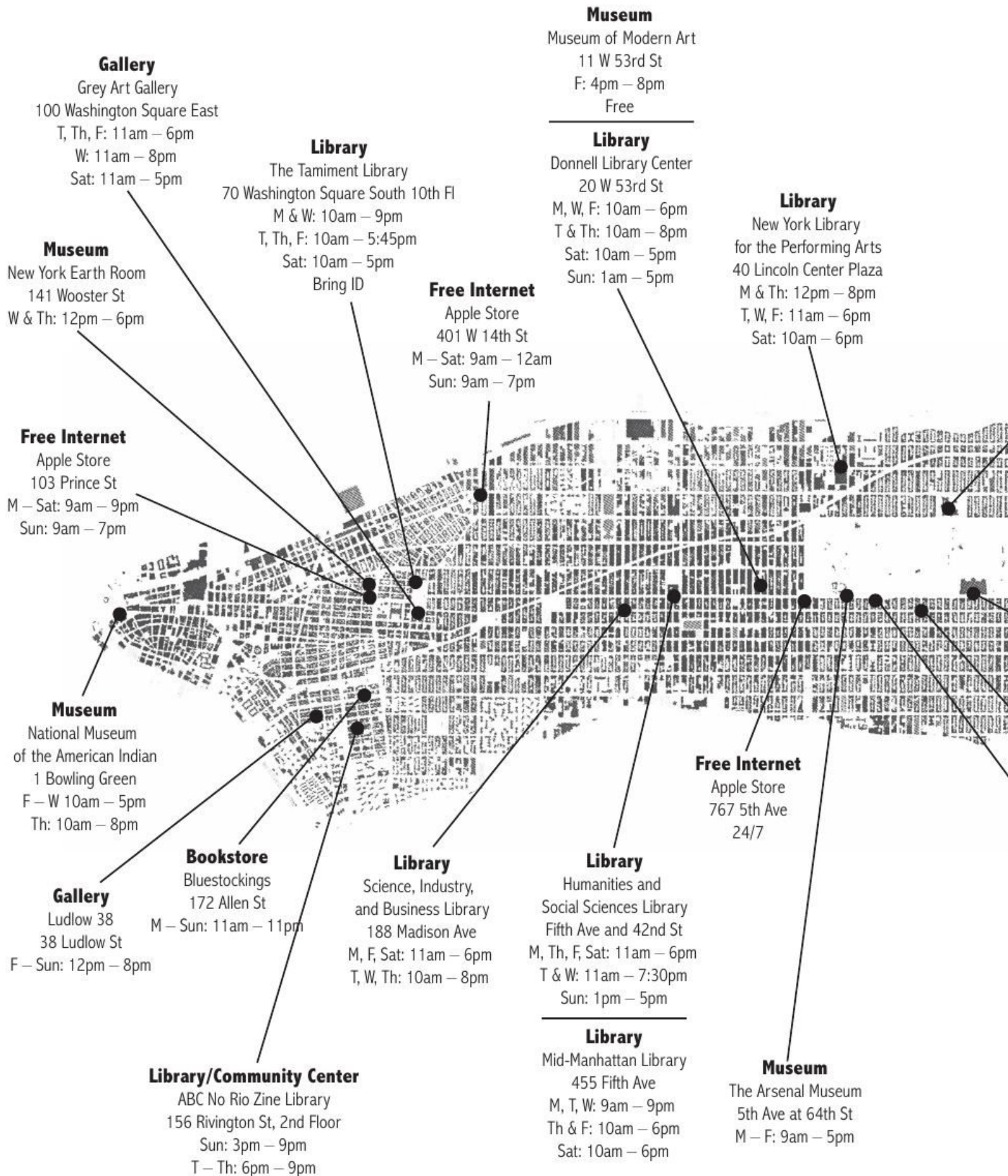
Low cost health care

The Institute for Family Health
Amsterdam Center
212.865.4104
M – F: 9am – 5pm

Health Clinic & Laundry Services

Yorkville Common Pantry
8 E 109th St
Laundry Services
T, W, F: 8:30am
Clinic
M – F: 9am, Sat: 11am – 1pm

Healthcare costs in this country border on criminal. In New York, you see the rich/poor divide in all its glaring injustice—a man in a wheelchair pulling himself across the street with his one leg while fresh-faced heiresses walk into day spas for hot stone massages and seaweed wraps. I don't think everyone needs such luxury, but we all deserve clean clothes, a hot shower, and a doctor's insight when we don't feel well. Above that, get yourself some free chiropractic care for that bad back (whether it's from sleeping in a chair all night or sitting in front of a computer all day), and don't let the high cost of dentistry keep you from getting that toothache looked at.



Gallery

Grey Art Gallery
100 Washington Square East
T, Th, F: 11am – 6pm
W: 11am – 8pm
Sat: 11am – 5pm

Museum

New York Earth Room
141 Wooster St
W & Th: 12pm – 6pm

Free Internet

Apple Store
103 Prince St
M – Sat: 9am – 9pm
Sun: 9am – 7pm

Museum

National Museum
of the American Indian
1 Bowling Green
F – W 10am – 5pm
Th: 10am – 8pm

Gallery

Ludlow 38
38 Ludlow St
F – Sun: 12pm – 8pm

Library/Community Center

ABC No Rio Zine Library
156 Rivington St, 2nd Floor
Sun: 3pm – 9pm
T – Th: 6pm – 9pm

Library

The Tamiment Library
70 Washington Square South 10th Fl
M & W: 10am – 9pm
T, Th, F: 10am – 5:45pm
Sat: 10am – 5pm
Bring ID

Free Internet

Apple Store
401 W 14th St
M – Sat: 9am – 12am
Sun: 9am – 7pm

Library

Science, Industry,
and Business Library
188 Madison Ave
M, F, Sat: 11am – 6pm
T, W, Th: 10am – 8pm

Museum

Museum of Modern Art
11 W 53rd St
F: 4pm – 8pm
Free

Library

Donnell Library Center
20 W 53rd St
M, W, F: 10am – 6pm
T & Th: 10am – 8pm
Sat: 10am – 5pm
Sun: 1am – 5pm

Library

New York Library
for the Performing Arts
40 Lincoln Center Plaza
M & Th: 12pm – 8pm
T, W, F: 11am – 6pm
Sat: 10am – 6pm

Free Internet

Apple Store
767 5th Ave
24/7

Library

Humanities and
Social Sciences Library
Fifth Ave and 42nd St
M, Th, F, Sat: 11am – 6pm
T & W: 11am – 7:30pm
Sun: 1pm – 5pm

Library

Mid-Manhattan Library
455 Fifth Ave
M, T, W: 9am – 9pm
Th & F: 10am – 6pm
Sat: 10am – 6pm

Museum

The Arsenal Museum
5th Ave at 64th St
M – F: 9am – 5pm

Free Culture

Museum

American Museum of Natural History
79th St and Central Park West
M - Sun: 10am - 5:45pm
10am - 8:45pm first Friday every month
Suggested Donation

Museum

Guggenheim Museum
1071 Fifth Ave
F: 5:45pm - 7:45
Suggested Donation

Recreational Equipment Loans

North Meadow Recreation Center
Mid-Central Park at 97th St
M - F: 9am - 6pm
Sat & Sun: 10am - 4:30pm
Free with valid photo ID

Museum

The Cloisters
Fort Tyron Park
T - F: 9:30am - 4:45pm
Suggested Donation

Library

Shomburg Center for
Research in Black Culture
515 Malcolm X Blvd
M - W: 12pm - 8pm
Thurs & Fri: 11am - 6pm
Sat: 10am - 5pm

Museum

El Museo del Barrio
1230 Fifth Ave
W - Sun: 11am - 5pm
Suggested Donation

Museum

Metropolitan Museum
of Art
1000 Fifth Ave
F & Sat: 9:30am - 9pm
Sun, T: - Th: 9:30am - 5:30pm
Suggested Donation

Museum

The Frick Collection
1 E 70th St
Sun: 11am - 1pm Suggested Donation

Museum

Whitney Museum
of American Art
945 Madison
F: 6pm - 9pm Suggested Donation

There's a lot to be said for the School of Hard Knocks, but you can't dispute the value of study. Manhattan has a lifetime's worth of information to consider in its free libraries and museums. Even the galleries that charge usually have free days, and they're worth experiencing an hour or two at a time on the institution's dime. Bookstores are reading rooms with plenty of new magazines to browse. If you've got research to do and can't wait in the libraries' lines, head to the Apple stores. They've got rows of computers connected to the web, and no time limits for usage. Ignorance is a form of oppression. Free your mind—for free.

Freedom

You have the right to shelter. Callahan v. Carey (1979) guarantees all New Yorkers the right to decent shelter from the elements. The City must provide emergency shelter to individuals in need.

It is legal to sleep in bus and train stations. Courts have ruled that it is not loitering to sleep in bus or train stations and you should not be prevented from doing so.

Panhandling is legal. The police do not have the right to stop you from asking strangers for money. Panhandling is a form of speech protected by the First Amendment. Courts have ruled it no different from charities asking for money and if you are panhandling you should not be accused of loitering.

WHAT TO DO IF YOU'RE STOPPED BY THE POLICE

Stay calm and in control of your words, body language and emotions.

Don't get into an argument with the police.

Never bad-mouth a police officer.

Remember, **anything you say or do** can be used against you.

Keep your hands where the police can see them.

Don't run. Don't touch any police officer.

Don't resist even if you believe you are innocent.

Don't complain at the scene or tell police they're wrong or that you're going to file a complaint.

Do not make any statements regarding the incident.

Ask for a lawyer immediately if you are arrested.

Remember **officers' badge and patrol** car numbers.

Write down everything you remember ASAP.

Try to **find witnesses** and their names and phone numbers.

If you are injured, **take photos of the injuries** as soon as possible, but make sure you **get medical attention first**.

Legal Clinics

Battered Women's Rights Clinic
718.575.4300

American Bar Association Referrals
M-F: 9am-1pm
SHIELD Hotline 212.626.7383

Medicare Rights Center
1460 Broadway, 11th fl
800.333.4114

Westside Campaign Against Hunger
263 W 86th St
W: 1:30pm - 3:30pm
must arrive by 1:30 pm
212.362.3662

Catholic Charities Community Services:
Immigrant and Refugee Services Dept
1011 First Ave, 12th fl
212.419.3700

St. Mary's Episcopal Church
521 W 126th St
M: 2:30pm - 5pm
212.222.3043

Cardozo Bet Tzedek Legal Clinic
55 Fifth Ave, 11th fl
For the elderly & disabled
212.790.0240

New York Legal Assistance Group
Public Benefits Law
130 E 59th St
212.750.0800

St. Peter's Church
346 W 20th St
Sat: 11-11:30am
212.929.2390

My Nanu is
 Homeless — Stephanie D. Ellis I would have
 never every thought this would happen to me.
 But it has. I'm in a homeless shelter, but
 everyday I make my clothes are clean and
 presentable to the public and for work.
 (Oh my GOD, what would my family think?)
 But who cares? At this point I push out
 of the BRC shelter system. Some of
 the attendants make sure they say my name
 correctly "Stephanie or Ms Ellis have a nice
 DAY." I dance and wait one ^{second} minute and
 say Thanks And thats all I need
 for that moment. Every Day as I
 walk out ~~see~~ side of BRC I'm so scared
 of bumping into ~~me~~ and some one that I know
 and look ^{for someone} at ~~my~~ that sign BRC "Steph Is
 that you?" Is that were you stay?"
 I could look around and find another
~~and~~ address But all I could say is yes

Stephanie D. Ellis

Looking out the Window,
I saw the cry of the
City people Walking Scare
from the terrorist attack
Some were afraid
to help others.

Others I saw of any
police shoot out

from my Window,
I saw people selling
drugs to young and
old. I smell Rotten
polluting the air of
the City and there
were a few hands
reaching out for
help.

I started Wandering
What's gonna be
of this Great City

then I came to the
conclusion that only
God can change all
this first God's love
and then love for
one another.

the friend doesn't
trust on his friend

Some are taken behind
bars to be forgotten
by society and friends

But, Guess What,
hang in there, it
will get better.

Easy does it, keep
coming back, get go
and let God. Or else
we will die.

Jose Montano

In Love with Sun Shine

I'm In Love with Sunshine

light From the Sun that Can be all mine

I'm In Love with SunShine

When the Day Can be Sublime

I'm In Love with Sunshine all the Time

Because the Sun Shines on my body and mind

Im In Love with SunShine

that makes the Flowers bloom

Sunshine Keep my body and mind in tune.

Im In Love with ^{Sunshine} you See

Because I love it and it Love me

written by Alazia nicole
Scripter.

10/17/07

Life is funny. My earliest memory is Christmas, a lonely train set Christmas Eve 1969, and my dad. Naturally, I was a beautiful baby boy in those days. My dad was, no is, an alcoholic, but at that time I just thought of him as happy and smelling funny.

We played with that train set for what seemed like hours and momma was sittin' in her chair laughin' and watching us. That was a perfect Christmas and the last such of those. Don't get me wrong, momma always made the holidays wonderful, but the reality of my Father not really liking me became evident years later. Oh please don't pity me. I never noticed for a long time; money does soften the blow of life's little harshness.

Momma and Danny, as I call him were married on and off for the better part of thirty years. Momma and Danny were married three times and divorced four. Every summer I'd go away with grandma and come home to no Danny, but have a room full of new toys and games. I began to believe divorce was Christmas.

But like a boomerang he'd be back. I asked Momma why she'd take him back; she said, "I never loved him. You, my baby, are what I now know as a product of date rape." Well, that was a blow, but she explained that to have your natural father was better than no father or a stepfather.

Life is funny, isn't it?



Distribution: Plantain species occur in all 50 states.

Habitat: Plantain can be found on lawns, roadsides, and playgrounds, and in vacant lot and sidewalk cracks.

Joe Austin

highway air washes through the Chevy.

"How much further?" I ask.

"Only in Virginia yet," Daddy says.

"How far's Trenton?"

"Far," Momma answers.

Her knitting needles click-click-click.

"Gotta pee."

Daddy pulls over to the side of the road. All I can see is rows and rows of corn in the dawn.

"Don't go too far. Can't see too far."

All in front of me – nothing but sky and corn and size and air and Trenton far far ahead.

PURSLANE
Portulaca oleracea



Distribution: Purslane grows in all 50 states.

Habitat: Purslane grows in gardens, cultivated fields, and other areas of fertile, dry soil.

12/19/07

Parenting (to my child)

You conceive a child. You become a parent. You are scared. You are filled with joy. You think: "How am I going to pull this off?" You're not sure that you are up to it. You hold the child and become an adult at last. There is no greater sound than when the child first says "daddy." You have enormous responsibilities to this child. You want this child to know how much you love her, that you will always love her, that you will be her protector and teacher. You will falter in your responsibilities and hate yourself when you do so. You will remind her that when you fall you must get up. You want her pain to be your pain, her illness to be yours. You beam with pride when she achieves. You cry inside when she does not. You do not want her to see you cry because you think—maybe foolishly—that you must always be a source of strength for her. Parenting: it is always the hardest thing to do. It is the best thing we do.

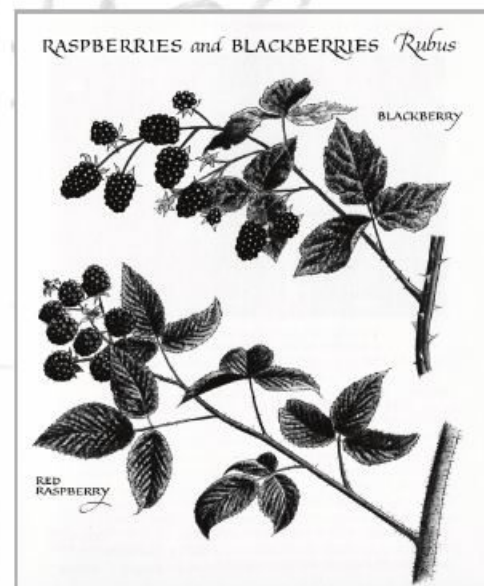
You believe that you will live on with your child.

You hope that you will never be a burden to this blessing.

Do not plan on visiting my grave. Scatter my ashes so that you know that I will be with you forever.

Tony Tagliagambe

I am not sure I would want to even consider how I am most misunderstood or mispercieved. However, I am very interested in the concept of homelessness, since we in the shelters are homeless and not. Sleeping in a dormitory with only a locker for your true personal space...it's certainly not a home, but probably not worse than a barracks (don't know for sure, haven't been in)... but it's certainly not sleeping in the street is what most people out of the shelters would think of when you say homeless, and there are plenty of people doing that...at least around here (Washington Square, Tompkins Square). I wonder about them, the people pushing their lives around in a supermarket cart or canvas cart from the Post Office. They seem so self-sufficient, but aren't they condemned to a kind of stasis, once you're in that place how would you ever get out of there?



Distribution: Wild raspberry species grow in all 50 states. Blackberries occur in the Northeast, south to Tennessee and North Carolina, west to Minnesota and Indiana.

Habitat: These grow best in overgrown fields and thickets, along fences and edges of forests, and on roadsides.



BAGGAGE



To be able to sit down, to be able to see the truth, to be able to show love. Why do we carry baggage, the pain, the hurts, the confusion, the lies, and also betrayal. Do we ourselves desire such things or is it a weight press against our life. No matter what there is one thing that must be understood. If we don't take time out in your life to understand to reach a deeper self to control your emotions to accept the fact of things that will hurt you. Then you yourself have allowed the baggage to be dominating in your life. We have to start allowing ourselves to enjoy the true good thing that help us and move us forward and grow and stop allowing ourselves to dwell in things we understand that will distort us.

~~BAGGAGE~~



Distribution: Sheep sorrel grows in the original 48 states and in Alaska. Habitat: Sheep sorrel grows in open, dry areas such as fields or lawns, along roadsides, and along the edges of gardens where the soil is acidic.

From the mind of Minolta I took a couple of snapshots in my head of things I did as a kid in my life. Somehow when I look back at the snapshots it's not the pictures I thought I took. If I could do it all again I probably would. But would be the beauty in catching a moment in time. It's a new day the pictures in mind are now digital cameras. And through all the change, I can still say I am the person I thought I was.

Society as a whole attempts to dictate a world-view. Some people are prayed on, and some are just swayed wrong! Emphatically I tell you I'm still the man I thought I was. The man I think I am. The man I know I am. Matter of fact, I implore everyone to take the reigns of their mind and be master of their hide. So when you look back in the photo book you can enjoy every picture. And get down what you intended to capture. And you'll enjoy it to the last
Click.

11/28/07

Details of Logic AND REASONING

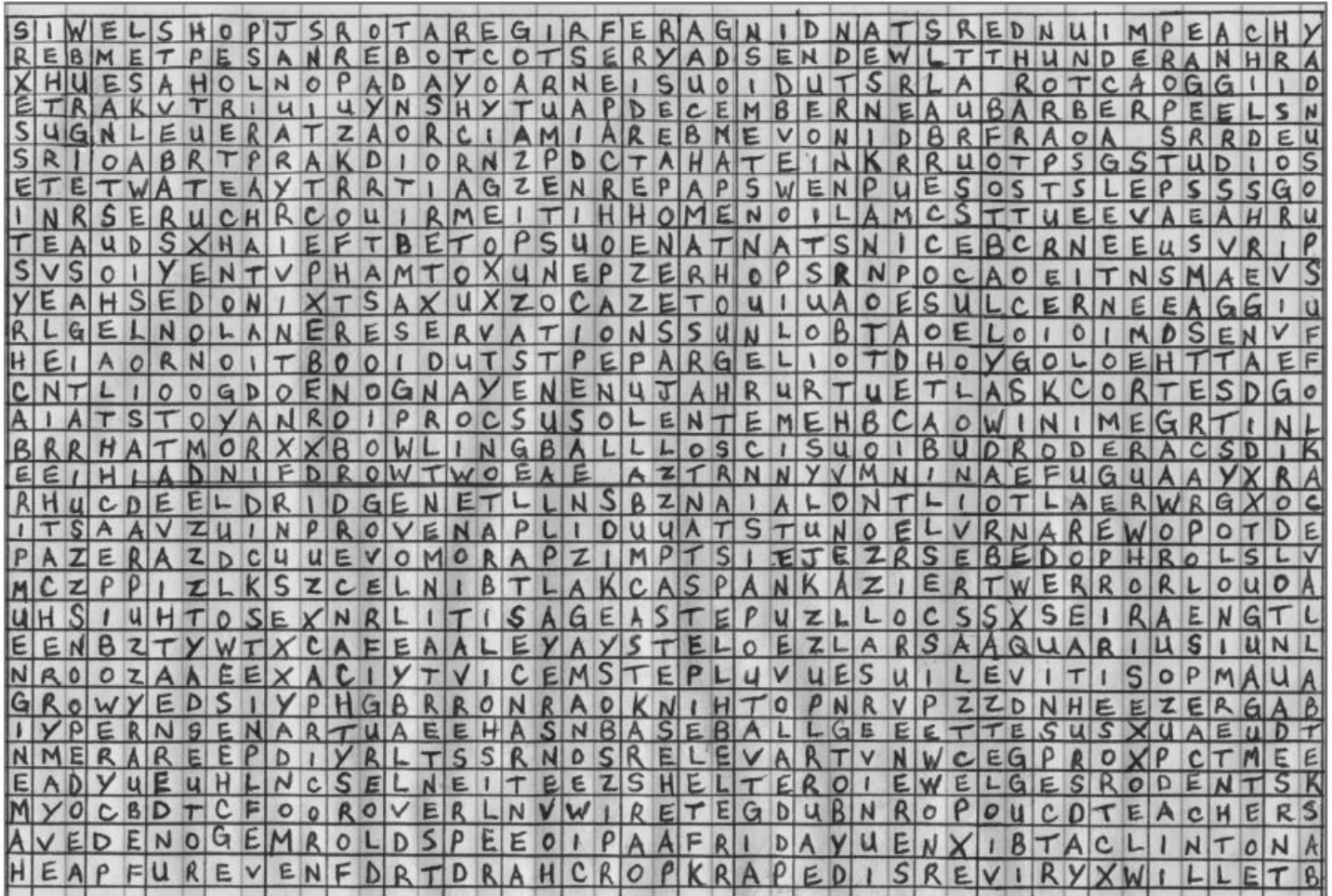
Logic is the study of the principles of REASONING. REASONING is good judgement, sound sense. What ARE the details of these ideologies? What ARE the details of Logic? What ARE the characteristics of REASON? Can we once again utilize them to our fullest potential? Many do not! In my opinion Dr. Spock (S.P.O.C.K.) WAS the only person real or fictitious that had the ability to remain constantly logical and reasonable at all times beyond a shadow of a doubt, and regardless to whom or what. Can this level of logical thinking and reasoning be attained in this day and time? In order to achieve this do we have to become non-emotional and narrow-minded? These questions can only be answered by paying attention to the details that made Spock the man to go to for answers.

"Shakwest"



Figure 6 Avoid Silhouetting

The Streets Are A Puzzle



...find all the streets in the Lower East Side, all the days of the week, some assorted technologies, celestial bodies, the zodiak, exclamations, truth, beauty, the meaning of life, etc. What you'd normally find on a day in Manhattan.

Writers:

Aidan White, Alazia Nicole Sumpter, Chris Shaw, Danielle Rhoden, Dexray A. Campbell, James Watson, Joe Austin, Jose Montanez, Knowledge, Luis Molina, OXTOBY, Nabu, Shakwest, Stephanie B. Ellis, Tony Tagliagambe

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Shakwest: I'd like to thank the Bowery Residents' Committee for their tolerance and patience. I also would like to thank Alazia for her support and endless respect.

Knowledge: To my trials and tribulation for leading me to this road. And my daughter, Natalia Andrews.

Tony: Thanks to those who came and contributed and explored their souls.

Aidan: Thanks to those who believed in me and those who didn't. You helped me know who I am.

James: I want to thank the Captain, my friends, my family, my enemies, and the Great Mystery. Viva Red Team.

Homeless Rules

1. You must be or get street smart quick.
 2. You must learn to improvise, adapt, and overcome like a marine.
 3. You must get physically fit to the best of your ability.
 4. You must use insight, intelligence and ingenuity most of the time.
 5. You must be able to find, make, or humble yourself and ask for shelter.
 6. You must get to know all surrounding areas, blocks, neighborhoods, and subway stops.
 7. You must analyze self to remove yourself from your predicament.
 8. You will learn the true value of a penny in order to appreciate truly the value of a dollar.
 9. You will recover.
 10. You will forget all this!
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