

THE HOMELESS VOICE

Part of the North American Street Newspaper Association

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to help us provide shelter...

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*Does not work with Metro PCS

Let's Change and Convert

Sean Cononie

As all of you know we have been selling our paper for almost 15 years on the streets of South Florida. Each and every city in South Florida either directly or indirectly uses our services and shelter to take care of their cities homeless population. Yes these cities that send their homeless to us know that we can take them from their city because we sell a newspaper in the street. But instead of offering assistance to us they try their hardest to make a law in the city to get us off the streets. Where is their brain? The funny thing is when they stop us they continue to send their homeless to us as if they owned our shelter.

The cities claim is all about safety however the reports they use to show just how dangerous it is to sell a newspaper on streets corners actually shows selling a newspaper is much safer than riding a bike, crossing the street, using a crosswalk and of course then the construction crews making repairs or mowing the grass on medians also get killed more than any newspaper vendor. Yet the cities do not make any of those actions illegal. It is only the action of the homeless person they try to outlaw.

We have been fighting the cities for almost 15 years and if I had to add it up I would say that I bet you we have spent close to over \$200,000 in legal bills to win the battle so our shelter can stay open as well as us educating the public. This is worth repeating; we had to spend \$200,000 to sell our paper to educate the public, to give a job to a homeless person and of course to help with donations to our shelter system. Some cities have kicked us off the streets and made it illegal only to have their fireman out on the same streets collecting money for MDA. Those same cities will continue to call and ask us to take a homeless



person or just drive in our parking lot and drop them off to the shelter and leave. That is just so sad. Here we are letting the cities send their homeless to us and then when we go out and sell the paper they try to arrest our vendors.

It gets worse than the above, the hospitals and their ability to think they own our shelter by them just sending people to us without calling us to see if we can take their client. Do you know why they want us to take their client? If we do not take the client then the hospital has to keep them in costing them about \$2,000 a day. When we run out of beds we must create beds to fit the needs of the community which means we have to expand to help get the person out of the hospitals so they

During tragedies such as the Earthquakes in Haiti, Homeless Voice vendors gave up their own earnings to voluntarily raise money to help others in need~

can save their \$2,000 per day. If we do not help them the hospital will simply discharge the person to the street and note in their chart that the person refused shelter. They will say they do not do this and we will say yes some of them do. Or they may send them to county outreach, which is a team that is funded to get the homeless placed in a shelter. Your tax dollars pay for this team so they can place them in county shelters. One problem is in most cases there is not room. So now the newly discharged person was not placed safe and is now in the streets. However the outreach team that gets paid to place them now places them

(Continued on pg 6)

10 Ways to Save Money This Summer

By Carmen Wong Ulrich

Sunburns aren't the only summer "ouch!" to avoid. It's also time to steer clear of wallet burn. Thankfully, when the weather gets warm, deals abound. Follow these tips on the best ways to save this summer and pocket more cash before back-to-school season rears its pricey head.

Pay Less for Entertainment...Taking one child to a 3D movie these days, plus a drink and popcorn, can easily sting your wallet by almost \$50. But with a AAA membership, (as long as you go after the first two weeks of a film's run), you can save \$2 to more than \$4 a ticket at your local theater. Find out more by entering your zip code at aaa.com. If you're heading to a theme or amusement park, AAA also offers deep discounts to Disney, SixFlags, and a dozen other parks — sometimes 50% off! Not a member of AAA? Use my other favorite discount device — gift cards. Head to PlasticJungle.com to nab discounted gift cards for your summer thrills.

Eat Better...Organic food tends to cost more, but over time, unhealthy eating can cost you much, much more. Your personal bill for being clinically obese can be as high as \$1,429 or more a year. Saving money

shouldn't mean skimping on fresh food. Find a local farmer's market at LocalHarvest.org, where you can buy fresh, local produce, baked goods, cheese, and meats at competitive prices. Snag some great organic coupons at RedPlum.com, and don't forget to check manufacturer's sites. You may have to sign up to get coupons and offers, but it can save you a bundle. Not to mention the healthcare savings over your life that result from eating fresh and healthy.

Sell Stuff...Saving money is great, but making money is even better. Late summer is a great time for stoop sales, yard sales, and selling bigger items online. Clean out the storage bin, get rid of that bike you never get to use, and that flat screen monitor you've set aside for your tablet. Key to your pieces actually selling: Setting the right price. Head to the free site Pricenomics.com and type in what you're selling. Have an old iPhone 3G? The site

suggests setting your asking price to \$150, with an acceptable range of \$114 to \$186.

Refinance Your Mortgage...Let this be the last summer you pay on a 5.5% mortgage. Historically, the rates for borrowing to own a home haven't been lower in two generations. For perspective, in the 1980s folks with great credit were paying in the teens! So, especially if you have equity in your home (own 20% or more of your home's value), steady income, great credit, cash in the bank, and plan on staying put for five years

(Continued on pg 5)

Saving money shouldn't mean skimping on fresh food. Find a local farmer's market at LocalHarvest.org

Stand Up for Your Health

Sarah Kehoe

Are you sitting down? Perfect. Please take a moment to check in with your body. Is your rear kind of numb? Do the backs of your thighs feel smushed? Is your lower back all crunched? This is your body crying out for help! Really.

A wave of new research indicates that sitting all day is actively damaging your health. By forcing a body designed for movement to hold a crushingly immobile position, sitting strains muscles, slows your metabolism, increases your risk of heart disease, and even shortens your life span. "Sitting is a health hazard on the order of smoking," says Marc Hamilton, PhD, a microbiologist at the Pennington Biomedical Research Center.

I was once like you: I sat 10 to 11 hours a day. And then, in 2008, I was researching an article about new-fangled chairs and learned that few of the designers actually sat on chairs because of the ill effects on their health. Tired of that glommed-up, dull feeling I got at my desk, I shoved my chair to the side and tried a standing desk. Over the next six months, I slowly rid my home of chairs. I couldn't believe how my body responded. My back pain disappeared, along with my poor posture. And 15 pounds nearly fell off my frame. Need more incentives? Here's why over-sitting must—and can—be stopped.

Sitting makes you fat...When you park your butt in a

(Continued on pg 5)

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Our Homeless Voice readers:

About the COSAC Foundation

About the COSAC Foundation

The COSAC Foundation was originally established in May 1997 to partner with other social service agencies, in the area, that provided help to the homeless population. COSAC also independently feeds the homeless. We have grown into a multifaceted agency that feeds, shelters, and arranges for each homeless person



to receive the necessary access to social and noncompulsory religious services to enable a return to a self-reliant lifestyle. And for the small percentage of people incapable of living independent lives, we provide a caring and supportive environment for their long-term residency.

Our Philosophy

COSAC believes that to remain effective we must strive to remain flexible, and be ready to evolve to meet the needs of the homeless with equivalent services.

Our Mission Statement

To provide the homeless population access to shelter, food, employment opportunities or referrals, as well as access to social services all toward the aim of enabling their return, if possible, to self-reliance.

To accomplish this COSAC is the hub organization. We developed the Homeless Voice newspaper, a COSAC funding tool, which has been responsible for employing homeless people and therefore giving them income to survive on the streets. Also, the "The Homeless Voice" is the means by which we advocate on behalf of the homeless population and to educate the public as to the true nature of homelessness and ways we can all work to eliminate the bias against this sector of our population and to help empower those affected by homelessness to regain or maintain their self-esteem and sense of self-worth during their transition through difficult times. The Homeless Voice became the official name of our homeless division, which operates four facilities in Broward County. We created the COSAC Quarters Hotel for the poor, a hotel with 21 rooms that serve the indigent or people with limited income. The clients receive three meals a day at Arnolds Café, named after the great homeless advocate Arnold Abbott. Another agency is the Day Labor Company, employees of which match an outside company labor request with a suitable shelter resident. Lastly, COSAC Foundation decided to become the South Florida County Food pantry. This service helps us provide food for those "nearly homeless" families.

Our Vision

To end discrimination against the homeless population and to develop such an effective network of services that we greatly reduce the time a person or family emerges out of homelessness back into self-reliance.

- * Robert Tansey
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Cathy's Prayer List

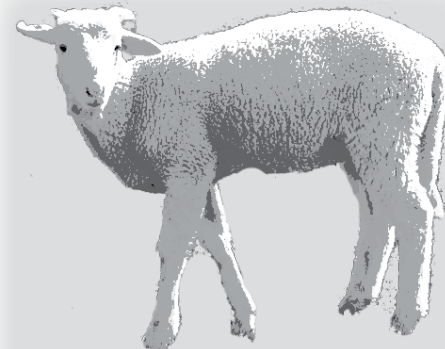
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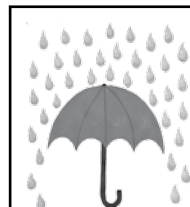
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4 “Time to Check Vitals”

It is now 7:35 PM on this Friday night and things are crazy. Over the P.A., the words came out, “Time to Check Vitals.” In walks Hubert to the operations office. I was at my desk and the First Responder came into my office and said “Sean, Hubert’s Blood Pressure is at 183 over 114.” I told Chris, the Public Safety Officer who is also a first responder to take the Blood Pressure (BP) in the other arm and come back and tell me what it is. It was even a little higher. I told Hubert that he had to go to the ER and he said he did not want to go as of yet because he did not take his night time meds yet. We asked him to reconsider because he already had one stroke and that is how he ended up homeless and became a resident of the Homeless Voice Shelter.

I then said “fine,” we will take your BP again in one hour after your meds get into your system. His BP was fine in the early AM so we agreed. Then about one hour later Joe, the Public Safety Officer now on duty who is also a first responder came in to my office and said “Sean his BP is now 191 over 123,” which meant his BP was climbing. He also told me that he was calling 911 and I told Hubert we were calling them and they need to tell him if he needs to go to the hospital or not. They then responded and took him to the hospital.

As EMS was in route both PSO’s, (our Public Safety Officers) decided that we would put Hubert on our Vitals Monitor Program knows as the VMP four times a day instead of the two times a day we had him on. We then emailed the Nurse Practitioner and Registered Nurse that monitors and treats Hubert’s health in case they wanted to alter his BP Meds. They have done a great job of getting is High Blood pressure down but then again like all BP meds they need to be adjusted every now and then. His old Blood Pressure always used to be high. It was in the 200’s many times. We have this suspicion that Hubert is not always taking his BP meds or perhaps he’s using too much salt.

In the homeless population there is a tendency for High Blood Pressure. When we take our Ambulance out to do outreach we check the BP of the homeless on the street and in some cases if we have the proper staff a prescription can be written and then taken to the local CVS to get it filled. We try real hard to get them to go to the ER but in the chronic population it is hard to sometimes convince them to go to the emergency room.

We also educate our overweight population about the risk of high blood pressure. Sometimes I have to remind myself and advice myself it is time to diet. Then for our African American Population we let them know that there is a good chance they may have high BP because they are predisposed to that condition. By the way if you are reading this story and you have not had your blood pressure checked get up and go to CVS and take your BP for free. You should also monitor your BP at least one time a month if you are not in a high risk group. If you have high BP or other risk factors that puts you in the high risk category then weekly BP checks should be done.



!!! Work from Home !!!

...securing Names for our Friends Column. We’ve found a way to secure funds for the shelter while providing new jobs. Every time they pay their fee to have their name in our friend’s column, *you get paid!* We are setting up Networking Marketing for this Friends column because we need your help. We need it bad. With the cities trying to remove our street vendors from the street and then the rain we must now think differently, said Sean Cononie. All you need to do is get your friends to sign up and become our friends. Better yet, if you get them to do the same thing where they start to sign up their friends you will also get \$2.00 per month off of their sales.

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People can call 954-924-3571 and ask for Ginny in Operations.

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10 Ways to Save Money This Summer

(Continued from pg 1)

or more, don't delay for even a day. A 4.5% rate on a \$200,000, 30-year mortgage means paying around \$135 less a month. Yes, refis take a lot more time and paperwork these days but patience and diligence can save you a bundle over decades! Shop around at Bankrate.com.

Fuel Up for Less, and Make It Last...If you're like me and you're nostalgic for a time when a gallon of gas was \$.99 (!), and your summer plans now involve lots of road time, don't put the key in the ignition without knowing the best ways to save. Before you leave, check your route for gas prices (GasBuddy.com) and tolls (maps.google.com, choose "Avoid Tolls"). Then, use cash at the pump. In many areas, gas is cheaper (by a few cents a gallon) if you pay with cash, rather than a credit card. And avoid one of the biggest summer road-trip gas-guzzling culprits: your lead foot. According to the U.S. Department of Energy, every 5mph that you drive over 60mph costs you another \$0.21 to \$0.71 a gallon.

Save on Sunscreen...If you're spending \$9 twice a week on a family size bottle of sunscreen, you could be out a couple hundred dollars by summer's end. To

save, always use coupons (search manufacturers, retailer sites, and coupon sites like CouponCabin.com) and don't be tempted to spend more to specialize, one bottle for your face, another for your body. If you're using the same SPF, just look for an oil-free lotion so you can also use it on your face, zit free!

Flight, Meet Budget...Summer flight-deals abound. But, how can you make sure you're saving the max? First, opt to have your budget determine where you go and when. Kayak.com/explore lets you enter your flying budget, preferred locations (worldwide) and flight times, then shows you just where you can go on what dates for your money. If you're flexible on travel days, take advantage of Google's Itasoftware.com where you enter your desired airports to see what days on the calendar are cheapest to fly. One trip from New York to California showed me \$380 on a Sunday, but \$611 the day before, and \$469 for flying the day after. Twenty-four hours means

some serious savings!

Say No to Add-Ons-How well do you know your credit card perks? Some folks at the counter (or online check-out) are betting against the fact that you may already have rental or travel insurance with your credit card. Examine your card agreements for built-in coverage and be clear about your own personal auto coverage (which usually extends to rentals). Save anywhere from \$13 to more than \$30 per day or ticket by saying 'no

thanks' at the rental or airport check-in counter.

Ban Baggage Fees...Your airline ticket might be cheap but if you're paying for each bag, flying a family can double your ticket prices. Don't be surprised by new baggage fees. Know before you book your ticket who charges what for checked bags or even carry-ons. AirfareWatchDog.com has a chart for the top 10 airlines. Pack lightly and make this expense a part of your budget. If you're sensible with credit cards (never carry a balance) and fly often, you can save with an airline-branded card, such as the Delta SkyMiles American Express, which always allows for first bag checked, free. Compare cards at NerdWallet.com.

Compete with Your Neighbors to Save Energy...What's a little healthy competition between friends if it means saving money? Facebook teamed up with the Natural Resources Defense Council (NRDC) and Opower to launch a social energy app for Facebook users that lets you gauge your home's energy use against friends and neighbors in similar homes, and share tips and play games to save. Ten nationwide providers have signed up but you may have to enter your kilowatt usage manually. It can be worth it, especially if you open windows at night, use ceiling fans instead of air conditioners, and change your bulbs to LEDs. Then you get to watch your neighborhood ranking rise, and your utility bill shrink!

Your airline ticket might be cheap but if you're paying for each bag, flying a family can double your ticket prices.

Stand Up for Your Health

(Continued from pg 1)

chair, your metabolism comes to a screeching halt. It's all because of an enzyme called lipoprotein lipase, which resides in the blood vessels of your muscles. "Lipoprotein lipase captures fat in the blood and incinerates it," says Hamilton. When you're standing, the postural muscles that support your weight, mostly in your legs, release the enzyme, which goes to work burning fat. But when you're sitting still, and not shifting every 30 to 90 seconds as the body does naturally, "the fat stays in the arteries, and can be stored in adipose tissue—also known as body fat," Hamilton explains.

A typical day of sitting lowers lipoprotein lipase activity by 90 to 95% (in animals), which is why when Hamilton takes blood samples of his human subjects while they're sitting and eating, the plasma—ideally clear—is white and chunky, filled with fat, the sign of a sluggish metabolism.

Worse yet, experts say that 60 to 90 minutes of daily exercise may not counteract the effects of sitting all day. In fact, Hamilton says, the biochemical reactions slowed by sitting are completely different from the ones that are activated by your daily workout. The biggest difference between thin and fat people is not how much they eat or exercise, but how much they sit, according to James Levine, MD, an obesity researcher at the Mayo Clinic.

In a now famed 2005 study, Dr. Levine placed mildly obese and lean participants with similar, fairly healthy diets in sensorized "magic" underwear that recorded their body position every half second. The thin people spent a whopping 120 fewer minutes every day sitting, and the overweight people would have burned an average of 350 more calories if they'd engaged in as many non-exercise-related activities (i.e., puttering around). The take-home message: Sitting can have just as great an effect on your weight than eating or exercise, all because our metabolism engine is fueled by constant little movements.

Sitting messes with your back...Your powerful abdominal, pelvic, and leg muscles evolved to do the work of supporting your 100-plus pounds of organs and bones. "But when you sit, you're placing most of your weight directly on the spine and pelvis instead," explains Andrew Hecht, MD, co-chief of spinal surgery at Mount Sinai Medical Center. You're also forcing the natural S-curve of your spine into a C-shape, which isn't strong enough to take the pressure. "Imagine resting a heavy weight on top of the let-



ter S or C," says Galen Cranz, PhD, author of *The Chair: Rethinking Culture, Body & Design*. "Which is going to collapse more easily?"

Sitting shortens your life...How's this for a case against being on your bum? A long-term study published in the *American Journal of Epidemiology* in 2010 followed nearly 70,000 healthy women and their daily habits for 14 years. After adjusting for risk factors including body mass index and smoking, researchers found that women who spent six hours a day sitting had a 37% increased risk of dying versus those who spent less than three hours a day seated. Also, death rates from cardiovascular disease were 2.7 times higher in women who sat six or more hours a day, regardless of how much they exercised or weighed. Yes, sitting literally kills.

On Spirituality

Gods' will be done on earth as it is in heaven. A line most all of us are familiar with from the timeless and beautiful prayer the Our Father. I had some vacation time coming so I booked a trip to Colorado to visit my son. Two days before I was scheduled to leave, this lunatic opens fire in an Aurora movie theatre and kills twelve people and injures fifty more. I was staying one town over from Aurora and naturally it was constantly on the local news. There were prayer vigils and flowers and people just trying to find answers to this senseless horrible act. They had a man on the news one night who was behind the gunman as he was showering the theatre with bullets and as he was turning in his direction the gun jammed. While the gunman struggled with the weapon the young man was able to escape. The reporter asked how

he felt about that and he said the gun jamming was an act of God and that saved him.

My dear friends if God was in that movie theatre and could jam that weapon why would He wait so long? I am sure He was there screaming and crying as He watched His little precious children being slaughtered. God does not take away our free will

God does not take away our free will even when He should. God only gives, never takes.

even when He should. God only gives, never takes. If The Almighty were to interfere in our lives to make our world like heaven then it would not be our world. I think many of us would like God to step in and remove hatred and violence from our world, but it doesn't seem to be set up that way. Like it or

not, we make Gods' will be done. God has given us this planet and all that is upon it and a commandment to love one another.

I ask you to pray my friends that Gods' will be done, and that you and I can be given the courage to make Gods' will a reality on earth. Peace, Deacon Bob



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6 Let's Change and Convert

(Continued from pg 1)

here at your shelter free of charge. Did I mention that 95 percent of the hospitals do not give us funds to save them money? Not once did any hospital just call up and say, "Hey thanks for savings us millions throughout the year." Not one CEO took a newspaper and a bucket and helped us raise any funds so we can continue to save them \$2,000 per day per person they discharge.

It gets worse than this. The county funds a telephone line that I Sean Cononie created back in the late 90's titled "211" for homeless people to get help by ringing our cell phones. The county asked for the number back so they could use it for all social services to work in conjunction with a Federal Program. Of course we allowed the process to take place by giving up the 211 number. Let's see how it works. A person in the hospital is homeless and the discharge planner now calls 211 to find them a bed. They are told by 211 to have the homeless person meet under the tree. I repeat, under a tree, in two locations of the county. Outreach then meets the homeless person and they try their best to get the person a bed but for some reason they cannot get them a bed. Outreach then sends them to us. Now we have them and now we must expand but no one pays us to expand but the people who buy our paper. Everyone gets paid to treat them and shelter them with all of your tax dollars but us- and we are the ones who have to stand on street corners. Don't get me wrong, no matter how you put it our main focus is to distribute our paper and educate the public- that is why we always give a paper out even if people can't afford to buy one or make a donation. However when people give us donations for the paper it also pays for Broward Counties only true emergency shelter that takes people 24 hours a day.

When we opened our shelter up it was for the people who could not do the county shelters or for those who were so frail or mentally ill that no ALF or Shelter wanted them. We were a GAP agency filling the needs of the community. Then when the county was short on beds and there were just too many homeless we took them in and I will blame myself for this one. I could not say no to some elderly person who could not live on their retirement income because their check was too small. I could not look a mom in the eyes and say you need to go to a county shelter because we are for the ones who are very chronic and who could not get a bed anywhere else. These others who were just homeless people without issues were still homeless and that meant to me I needed to give them a bed no matter what.

These others who were just homeless people without issues were still homeless and that meant to me I needed to give them a bed no matter what.

The next issue is the one that sickens me worse. Broward County does not help us with a single cent. Let me take that back. When they closed tent city none of their shelters would take couples so the county did pay us to take tent city couples. Then we get the ones who have no ID for the county shelters won't touch them or for the ones who are not Broward County residents they cannot get in to a county shelter but they are sent here by the county. Here it is, here is what sickens me the most. Broward County does a package grant meaning the county applies for the governmental grant from the Federal Government, then the agencies, the current county shelters apply for the grant from the county and they get all the money. The way it works is simple. The federal government wants to see what the county does on their own, what other not for profits are helping the homeless. If others are helping the homeless with no governmental help that makes their grant look better. So each year the county calls us up asking us how many beds we have so they can show there are beds in the community that are not being paid by them. This helps them get more funds.

All this has caused us to run in the panic mode and I am just not doing well medically and truthfully I think I am falling apart. We have gotten so many families that I Sean Cononie, will never turn away a mom or a baby. I just cannot figure out how we can figure out how to take a mom and a few kids when we are full but the county can't. I think that the county shelters space just for their common areas are much bigger than our whole main shelter. We do not have big rooms that are just used for meetings and nothing else. If we are full we place the family on mats on the floor in our administration/medical building. If we can do it, so could they. It should not be up to us but

my DNA makes it our business because I will not turn them away. How could anyone look at someone and say we are full when we are not because we all have space that can be used. Last month I put the county on notice, if they send a person to us we will start to bill them unless they can show me another way to take their referrals for free. We do not need to get paid unless they overload us or if they can show me another way to continue to do this without any help from others. It is one thing if I overload our shelters but for them to overload us with not even a call is just totally not the right thing to do on their part. They know if they knock on our door we will not turn them away so they just send them without a call and this is known as a dump. They claim they want to help them and that is why they send them to us. Some of these people come from other parts of the state just to get a bed. I do not think they would like it if we did outreach in North Dade and dropped the homeless off to their locations for outreach and demand they take them. We are Tri County and we do outreach in the tri county area but when we do outreach we are looking for sad cases. Cases where if the person did not come off the streets they would essentially die in the streets. However when we do outreach we place them in our shelter in our beds knowing we can take them. If we are full I make the decision to overload us but we can plan for the overload in our time period. When they, the county sends them to us we have to plan in 30 minutes because by the time the sun goes down we have them coming in from all parts of Broward County. We need to move rooms around, beds around, our outside area and sometimes we have to rent rooms or drive them to another one of our shelters all because the county sneaks them in to us but the county takes credit for it.

By the way you do not have to believe any word that you read in this story but if you pick up a phone and see just how hard it is to get placed in a shelter ran by the government and then call us and see just how easy the process is than you will not only believe in what we say but you may want to read the next few statements and join in. We need you to join in so we can be here taking those who need help. As stated from the last few months the rain has hurt us very much and we are still holding on and trying to make it and we are. Many of you have been so good to us by sending in your check to the emergency rain fund. Many have been so good by buying our newspaper on the streets for 15years. But now we must think past the rain and past the cities and them trying their best to remove us from the streets and plan for what I call two themes. We the COSAC FOUNDATION AND THE HOMELESS VOICE will not become a bankrupt agency of the bad times. If God wants us in business we shall be in business and there is no stopping us. I pray for wisdom and the wisdom I received has enabled me to come up with these themes. "A Time to Change" and "A Time to Convert." These two plans will be in place until we expand our paper with advertisements and develop new business that will create jobs and more income for the charity. We also will be expanding beds for those who cannot afford to live on their retirement checks. Some people are expected to live on fewer than \$600 a month all by themselves and in most cases they cannot and end up being homeless so we are creating another 100 beds for affordable living. We will save the retirees funds and at the same time have a profit that will pay for our non-paying



emergency beds for those new homeless people or for the ones who have no checks and cannot work at all. We will be able to open another 50 or so beds for free just by the 100 beds that pay. How can we do that? We will raise the funds to buy new property and therefore the cost will be very low to offer a bed and a tv, phone, electric, three meals a day and services and even offer some of them part time jobs. This is, "A Time to Change." We will still keep our paper and try our best to distribute it. Now let's discuss the "Time to Convert," this is where you all come in. All of you buy our paper, I know that because you are reading this story. All of you make some kind of donation when you get our paper and we thank you and thank you again. We still need those street donations but we need those monthly checks as well. When we know checks are coming it allows us to run things better. A lot of our day is trying to figure out how much money has to still come in for the month. But if we had monthly checks coming in month after month it really does help out so much. We will take any amount. Let's look at it this way. Last month we sold over 80,000 papers on the street. Now if each of those people who bought our paper also sent in a one dollar check a month we have made our budget. Just one dollar a month goes a long way. Now we know not everyone will do that so that is why we are asking for a little more than one dollar so it off sets for the ones who forget or don't have a checking account. However the plan goes beyond this. We need you to gather your friends and ask them to come and see your shelter. I say yours because it is yours because you pay for it. It belongs to the homeless and the supporters. Once your friends come here, they will want to do the same and also give us monthly support. We need to be prepared so if they get rid of us in all the streets we are still here to help the ones who need help more than anyone else. I promise you we will and can do this. Instead of going to the movies one night come here and enjoy us and see what we are about. Go to any other shelter and I have a feeling you will want to help us before anyone else. Try to get into a shelter and see what happens. I am not saying these other programs are no good, all I am saying is we are the true emergency shelter that takes the ones who do not qualify for the county shelters. I believe as a shelter you need to take people when they come to you and if it is 3:22 am and a family is homeless we need to react right then and there. So I ask you to please remember it is "A time to Convert" in sending in a check each month to help our shelter and as a team we will help God's people.

As a shelter you need to take people when they come to you and if it is 3:22 am and a family is homeless we need to react right then and there...

7 HERE WE GO ONE MORE TIME...

Written by Sean Cononie

It was Friday night and a mom and three small children become homeless so what do they do? They called 211 for assistance which is the emergency county help line for homeless people. They took her call and told her to call back every Wednesday and she would be placed on a list. When a family unit opened up they would try to get her in to that shelter. She was in the city of Pembroke Pines and left where she was staying which was with her husband. The Pembroke Pines Police Department called Women in Distress for help. They could not help her because she was not in immediate danger. The Police Officer called us for the referral for her to get in to our shelter that is supported by this paper, "The Homeless Voice."

At that time we informed her we were not a family shelter but we could figure out something for her and she would be safe. We told her that if she could make some other arrangements it was better for her because family shelters are designed to help families better than we are. To this day I cannot figure out how Broward County cannot figure out how



to use their nice big fancy shelters for real emergencies. They have five times the space we have and their hallways and classrooms could be used, but it is what it is. The Homeless Voice and The John McCormick Homeless Shelters have always been secret family shelters. We just do not let lots of people know that because we want what is best for the family and that is a shelter that is designed for families. These programs are ten times better than we are and they do their job well. It is not the shelters that do not want to take families and place them in a classroom or on the floor with mats. It is because they have their rules established by the cities who allow them to open up so many beds because the cities do not want their community negatively impacted by lots of homeless people hanging out.

At this time all I can say is that I Sean Cononie, thank each of you who buys this paper. This paper and you the supporters allows us to do what others won't do. Your donation took this family when no one else did and gave them a secure place off the streets. You need to be thanked because you saved this family. Could you



imagine if we were not here and there was no Homeless Voice these precious children would sleep somewhere on the streets.

You have to love this place. When the family came in the homeless people here at the shelter (which are now part of our staff) got their family unit up and running. The family unit is the floor of our administration buildings. It is a place where I have slept in the past when I did not have a bedroom at the shelter. The mats are thick the blankets are nice and it has its own bathroom. You should have seen them going into action. One formally homeless person got the kids ice and water for the middle of the night. Another one got the kids juice so they had something right away. One got diaper sizes and another one did the paper work. Just to think most people think the homeless are bums and don't want to work. Not true. Most homeless people want to give back to those who need help.

!!! Work from Home !!!

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O GOD OUR CREATOR,
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You have called us as your people and given us
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in our vigilance for the gift of religious liberty.
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to readily defend our freedoms when they are threatened;
give us courage in making our voices heard
on behalf of the rights of your Church
and the freedom of conscience of all people of faith.

Grant, we pray, O heavenly Father,
a clear and united voice to all your sons and daughters
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in this decisive hour in the history of our nation,
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for the sake of our children, our grandchildren,
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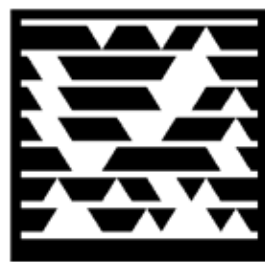
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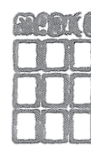
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10 Absolut & ShoMi Bubble Drive

The Homeless Voice | August 2012

ShoMi Entertainment and Absolut partner to create the EP entitled "Our Voice" to support the work of South Florida nonprofit, The Homeless Voice. Within just over 2 weeks "Our Voice" has risen to the number 1 political hip hop album on cdbaby.com. Absolut's music is powerful, relevant and current, and often features emotional



outpourings and pleas for social change. The new hit featured on "Our Voice," "99%," demonstrates his support and shows solidarity for the majority of people, who are cornered by lack, corruption and misuse of power by politicians, leaving them, the 99 percent of the population, to struggle. In the anthem "American Soldier" Absolut describes his support for America's freedom fighting heroes, whom he has great respect for and honors with his music. "Our Voice" was created to help those less fortunate and anyone in the process of rebuilding their life. If you would like to support a great cause "Our Voice" can be purchased at www.cdbaby.com/cd/absolut17 and asiamrecords.com.

"Our Voice" continues the musical journey I began at the beginning of my career, and it's my hope that music once again can galvanize people and benefit causes," said Absolut. "Through this album, I stay true to myself, my music and my fans. I hope they recognize themselves in some of my work, and realize that by standing together, social change is possible, and dreams can be accomplished."

ShoMi Entertainment has also partnered with local churches to collect items that are donated the least. ShoMi entertainment calls this the "Bubble Drive" and has already collected thousands of items for the homeless. ShoMi Entertainment would like to give a special thanks to Weekes and Callaway, and everyone who's given thus far. If you would like to participate in the "Bubble Drive" please contact ShoMi at 305-330-0224 or ShoMiLoveFL@gmail.com.



Bubble Drive

ShoMi ENT. and recording artist ABSOLOOT have partnered in raising awareness for the homeless.

We believe that all should unite in helping The Homeless Voice in continuing to do such an amazing job in helping our homeless brothers and sisters.

Donations Needed:

(un-opened items)

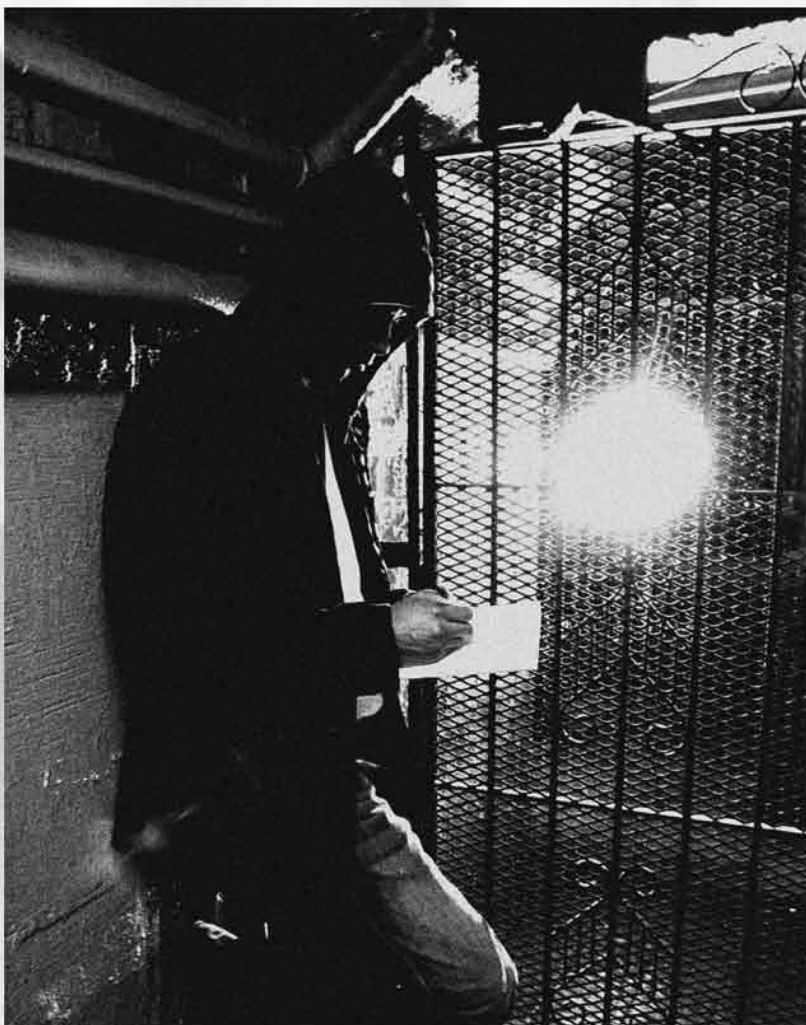
- Detergent
- Shampoo & Conditioner
- Body and Bar Soap
- Towels
- Cash Donations

Please Contact at
ShoMiLoveFL@gmail.com

THE
**HOMELESS
VOICE**

ShoMi
ENTERTAINMENT

OUR VOICE



Well who isn't stressing over fears of recession
Got close to the great depression
Really hope you learned a lesson
Always expect the unexpected
When these thieves talk investing
I can't even trust the news
There's too many different views
Too easy to get confused
Then these commentators
Claim they got the latest
If we listen they can save us
Even though some still blame us
Some claim they got the facts
Make up poll numbers just to show you they have stats
So if these politicians paying then their rising in the polls
Hope you buying what their saying cause their selling their soul
It won't take a change of weather just to know that their cold

It looks green on their side as I look over the fence
I got my back against the wall I'm on the 99%
99% I'm the 99%
Got my back against the wall
I'm the 99%

THE
**HOMELESS
VOICE**

1-800 NEED HELP

6 3 3 - 3 4 3 5



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Rick Superstein CPA



Tribeca Corporation



American Ambulance

OutOfOrderOrganizers.com

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AWARDS & SPECIALTIES

THE
HOMELESS
VOICE

HomelessVoice.org

Thank you to our wonderful sponsors of our 2nd Annual 5K Race To End Homelessness! Thanks to your support this year was a huge success!



saving money today!
to lower your waste bill and start
Analysis and I can show you how
Contact me for a **FREE** Waste

If you are a commercial business that is struggling with higher waste bills, WSI can help you **SAVE MONEY** on your current invoice.

savings program!

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Waste Services of Florida has done it again!!
COSAC Foundation in Hollywood, FL has saved over



"We specialize in helping to save Social Service Agencies \$\$\$\$ on their waste bill!"



sdoherly@wsi.us

305-345-9334 Cell
305-759-1094 Fax

Waste Services
of Florida, Inc.

Sr. Account Executive

Sally
Doherty

THE

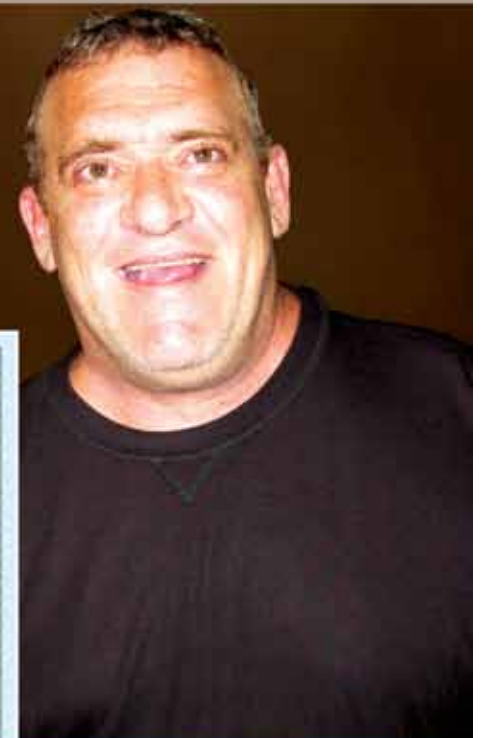
HOMELESS VOICE

www.HomelessVoice.org
Helping the Homeless
Help Themselves

Your Donation Makes A BIG Difference!

Read inside
to see how and
who your
donations help!

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| Ten dollars + 0/100 | | DOLLARS |
| FOR To Help The Homeless | | Your Name |
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