

**Contact:**

Pamela M. Covington

1-800-909-4660

[pamela@pamelamcovington.com](mailto:pamela@pamelamcovington.com)

**FOR IMMEDIATE RELEASE****Author Launches First-Person Account of Welfare Success Story  
*A Day at the Fare* on Amazon****Former assistance recipient and journalist reveals  
personal poverty experience in new book**

**Hampton, Va., December 5, 2016** - Pamela M. Covington, author of [\*A Day at the Fare: One Woman's Welfare Passage\*](#), announces the online launch of her memoir on Amazon. The book provides insight into the complexities of poverty and demonstrates the importance of having a sufficient social safety net to aid the United States' low-income families.

Covington's plunge into deep poverty was years ago, but recent Census Bureau data shows that in 2015 nearly one in seven Americans and one in five American children lived below the federal poverty line.<sup>(1)</sup> Government programs such as financial assistance, food stamps, Pell grants, and subsidized childcare, combined with determination, enabled the author to lift her family above that line as quickly as possible.

"Adversity can strike anyone at any time." Covington said. "I share my hardship story to provide an accurate portrayal of what being on welfare is like, to inspire others facing difficulty to not adopt futility, and to stress the importance of keeping such aid available to those in genuine need."

The author reconstructed her story's timeline based upon agency documents obtained in the 1980s using the Freedom of Information Act. The 332-page book especially appeals to women, persons interested in public policy, social service organizations, and individuals in transition.

[\*A Day at the Fare: One Woman's Welfare Passage\*](#) is available on Amazon in both paperback and eBook formats, with distribution as an audio book also planned.

<sup>1</sup>U.S. Census Bureau, [\*Income and Poverty in the United States: 2015\*](#)

**About Pamela M. Covington**

A former journalist, Covington worked in communications for over 30 years. Her articles have appeared in city lifestyle magazines, daily and weekly newspapers, and numerous company publications. She holds an associate's degree in television production, a bachelor's degree in communications, a master's degree in management, a master's degree in human resources management, and serves as both a poverty and literacy advocate.

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For more details about *A Day at the Fare: One Woman's Welfare Passage*, to request a review copy, schedule an interview or book a speaking engagement, call 1-800-909-4660 or e-mail [pamela@pamelamcovington.com](mailto:pamela@pamelamcovington.com). A book cover image and photo of the author are available at <http://www.pamelamcovington.com/media>