BLACK LIVES MATTER

Juneteenth is June 19th! p.11

YOU CAN PREVENT OVERDOSE DEATHS
Ask for naloxone training & kits, fentanyl test strips at TRC
The Third Street Beat is a newsletter written by and created for people with addiction. Our mission is to validate that experience so people know that they are not alone, and to emphasize the many unique roads that we take to recovery. This is an opportunity to share our experiences to creatively support each other. We are non-political, non-denominational, multi-racial, and gender neutral. Our mission is one of recovery and harm reduction, and all experiences are welcome. All the viewpoints herein are personal in nature and related specifically to our contributors’ recovery.

The 3rd Street Beat Mission Statement

The 3rd Street Beat Editorial Team
Shams, Adam K, Johnny Jungle, Stephen M., and Noyes. The 3rd Street Beat is produced by The Recovery Center community with assistance from the occupational therapy team. xoxoxo

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SUDOKU (solution p. 9)
The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.
The Man that Changed my Life by Frankie G

For some people, their father is the most important man in their life. For me, it was a maintenance man in my complex named Stan. He taught me the value of hard work and that the trash man was just as important as the politician. We all have a place in this society. Some work with their minds and some work with their hands. He told me that not all of us are book smart. There isn’t a guarantee that you will get a job after college so learn a trade.

He saw that I was selling drugs and stealing so he took me under his wing. He showed me general maintenance and how to use tools. When I was 18, he got me a job framing. He called me from Massachusetts and asked me if I wanted the job. New state, new people, and good money...not to mention new skills. Most importantly, though, he taught me how to find a new teacher.

Not all men that are good at something can teach. First you have to see what they know. Then, look at their temperament and weigh the pros and cons. Is this knowledge worth the time and possible stress? Some men teach with ease, some teach with an iron fist. Some men will take the time to learn how you learn so they understand how to teach you. Some will curse your entire bloodline and ask how your family got out of the caves. Each has something to learn, so you can go with either. One will teach you a skill and one will teach you a skill and patience.

The bottom line is that hard work is just as important as smart work. Pick a skill, pick a teacher, and there is nothing you can’t do. I’ve had many teachers and I’ve learned many trades, but that man was my first teacher and the man that changed my life. Thank you Stan...and rest in peace.

Recovery Playlist
1. "scapegoat" - Atmosphere
2. "here For You" - eyedea
3. "little acorns" - the white stripes
4. "crack pipes" - sage francis
5. "hit the switch" - bright eyes
6. "pursuit of happiness" - kid cudi
7. "all the above" - maino
8. "simple man" - Lynyrd Skynyrd

Photo by Noyes
Sketchbook Nation
I was doing some research and came across this information from the Coalition for The Homeless’ website and it appears that much of what they have said and are suggesting are the same as what I have been saying and suggesting for months. I shouldn't be surprised but I am because when I mentioned these things, I got a bunch of excuses as to why most of what has been suggested is not doable. Perhaps the Coalition has gotten the same response. In short, our shared desire is in seeing an emergency response from the Federal, State and City governments, their agencies and vendors, to proactively combat the Coronavirus pandemic. While I’ve seen some considerable changes taking place in the most recent weeks, it seems most of the changes are a little too late. It appears that the Federal, State and City governments, their agencies and vendors have gotten so much wrong and we, the homeless, are still in peril.

According to the Coalitions’ website: “As of June 1, the overall New York City mortality rate due to COVID-19 was 200 deaths per 100,000 people. For sheltered homeless New Yorkers, it was 321 deaths per 100,000 people – or 61 percent higher than the New York City rate.I’m very troubled by these figures because clearly the ball has been dropped in terms of protecting the homeless during this pandemic. With the opening of the city, I’m seeing people take for granted the seriousness of this virus and negating the fact that we are all still susceptible to catching it. To date, there’s no vaccine, there’s no cure, and there’s no medicine proven effective enough to combat this virus. Despite that, I see that people’s masks are coming off; social distancing is being disregarded and some of us are going back to picking up those substances we were trying to put down.

After several months of lockdown, and with the recent protests against police brutality and systemic poverty, oppression and racism, many of us are willing to risk our...continued page 10.
STRONG AS A HOUSE OF ROYALTY STONES

SAY, SOME THINK I'M HOPELESS/ BECAUSE MY SITUATION IS OF ONE THAT IS HOMELESS./ THE BOTTOM LINE IS THAT WHAT I'VE BEEN THROUGH, I HAVE TO OWN IT/ AND LOOK DEEP INSIDE TO WHERE MY HOPE RESTS./ I WAS BORN IN THE EAST; IN THE SEASON THAT THE WEST/ CALLS SUMMER TIME/ WHERE THE SUN SHINES/ SO HARD, IT MADE MY SKIN DARK SO SMOOTH, IT'S FINE/ SMILING DOWN ON ME WHERE MY HEART BEATS INSIDE./ THIS PLACE HAS BEEN KIND/ TO MY SOUL/ THAT I CAN FORGIVE WHAT HAS BEEN STOLEN/ BUT THEN/ THROUGH, I CANNOT FORGET WHICH LEAVES A HOLE/ OF HURT/ WHY COULDN'T THEY HAVE FOUND SOMEWHERE ELSE ON THE GLOBE OR EARTH.../ AHHHH... I KNOW; BECAUSE OF IT'S WORTH./ THIS HOME OF MY BIRTH,/ ONCE WAS A KINGDOM NAMED Mashona Land;/ WHICH IS WHY I SPEAK THE LANGUAGE OF THE SHONA MAN;/ COMPOSED OF MODERN DAY MALAWI./ I DON'T SAY 'WHY ME.../' MOZAMBIQUE...'/ I MUST SEEK/ MY PEAK.../' BOTSWANA...'/ I WANNA' REACH MY PEACE.../' MODERN DAY ZAMBIA...'/ WHERE BABA (FATHER) AND MY MAI/ (MOTHER) MADE ME AND I/ LOVE THE CAPITAL OF MY HERITAGE,/ TODAY'S ZIMBABWE/ WHICH COMES FROM A SPELLING OF... DZI WHICH MEANS THE/ MA MEANS OF/ BWE MEANS STONES./ IF I HAD A MEANS TO GO BACK IN TIME,/ I WOULD BE ON MY THRONE/ BUT NOW MY MIND/ IS BUGGING ON A TRIP/ AS IF/ I'M ON A SHIP/ GOING ACROSS THE ATLANTIC/ AS A SLAVE/ ANTICIPATES A WHIP/ OR HIS MATE/ AND KIDS/ BEING RAPED/ SENT OFF ON A TRADE/ HAVING TO HOLD BACK A TIRADE/ OR GOING INTO RAGE/ SO SOME TRIED/ TO HIDE/ BEING ALIVE/ BY COMMITTING SUICIDE/ OR WERE QUICK/ TO HAVE THEIR SEEDS' NECKS SPLIT/ TO SEE THE GRAVE/ SO THEY WOULDN'T GET A LICK/ BECAUSE IT MAY HAVE SEEMED THEY COULDN'T BEHAVE...'/ WAIT:/ LET ME GET A GRIP./ IS THE WAY I THINK/ BECAUSE I COULDN'T QUIT/ THE SHIT/ I SIP/ LIVING GODLESS/ AGAINST WHAT HE FORBODE./ I'VE BECOME WHAT I HATE: PLACED/ MY MIND, BODY, AND SOUL EMBRACED/ BEHIND BARS AND GATES/ THAT ARE NOT PEARLY./ I DON'T WANNA' DIE EARLY./ SO JUNGLE MUST ESCAPE/ THIS FATE/ AND REALIZE I AM SOLELY TO BLAME/ BECAUSE OF THE POISON THAT I CRAVE;/ KNOWING WHERE I'M FROM HAS THE ELIXIR TO SAVE/ SO I NEED TO GET MY HEAD OUT MY ASS AND CAVE...'/ COME CLEAN AND GROW A GREEN SLATE;/ THROUGH THE WORKINGS OF FAITH./ --------- JOHNNY JUNGLE 7

ROCK BOTTOM DREAMS

I went up north to sacrifice to a paper and pen, express the words how I feel about my pain,

mentality of the brain can make us go insane, rather it drugs, stress, or anger, or rage,

We all learn from mistakes that we make every day, so much war, so much pain police brutality,

Politician promise us that the world would change, brainwash by the lies we told over again,

Intrigue by the news when it's full of sin, can we make in the world without falling again?

By ANDRE HORTON AKA NOODLES.............

I went up north to sacrifice to a paper and pen, express the words how I feel about my pain,

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By ANDRE HORTON AKA NOODLES.............
Covid-19 is so meaninglessly painful that people invent fictions to replace the unbelievable reality. These conspiracy theories come in many flavors: that 5G is the true cause of the new sickness, that the virus was manufactured on purpose by the Chinese, that Bill Gates is using the vaccine to implant tracking microchips in the population, and my personal favorite, because of its sheer ridiculousness, the QAnon theory that deep state pedophiles including Barack Obama, Tom Hanks, and Hillary Clinton were busted for hiding child sex slaves underneath Central Park.

The first thing I wanted to know is: who or what is QAnon? It is based on the website 4chan, a bulletin board for anonymous posting, where a user named Q began posting his theories on the deep state, a secret organization of politicians and powerful people who …

...MOLE CHILDREN CONTINUED P. II
BURN BRIGHT LIKE MALCOLM X

I HOPE I DO WHAT’S RIGHT;/ EVEN WHEN I WRITE,/ I MAY TAKE IT TO THE LEFT./ I WANNA BURN BRIGHT/ AS THE LIKES/ OF MALCOLM X./ AND WASN’T HIS FATHER A GARVYITE/ WHO’S LIGHT/ WAS SMITE/ BECAUSE OF THOSE THAT DIDN’T LIKE/ WHAT HE WAS FIGHT/-ING/ FOR;/ PEEPS OF COLOR,/ RICH, WHITE ,/ BUT MOSTLY POOR./ AND HIS POOR/ MOTHER’S END IN AN INSANE ASYLUM MENTAL SITE/ LOOSING HER MIND’S STRENGTH AND MIGHT/ BECAUSE SHE LOST HER LOVE IN A NOT SO GENTLE SIGHT/ TO SEE./ LOOK, I DO THIS FOR/ MY FOLKS DROPPED IN CEMETERIES/ LOCKED IN PENITENTIARIES,/ THE BREANNA TAYLORS/ WHOM COPS/ SHOT/ SEVERAL TIMES OR MORE/ BEHIND HER OWN CLOSED DOORS,/ YOUNG AHMAUD ARBERRY/ WHO’S KILLING WAS ARBITRARY/ WHERE AN EX-AGENT/ CHASED HIM;/ TALKING BOUT’ STANDING HIS GROUND. NOW THAT’S CONTRARY/ IF YOU’RE AFTER ME/ WHILE I JOG/ WHY SHOOT ME DOWN WORSE THAN DYING DOGS../ THIS BREAKS MY HEART;/ SEEING GEORGE FLOYD LAYING AS STIFF/ AS A LOG/...KILLED NOT BY THE BADGED PIG/ BUT THAT BITCH/ IS A HOG./ SAY; I DON’T WANT ALL ’POLICE’ TO GET CLAPPED AND CLIPPED/ BUT NOW I GET KAEPERNICK./ IS THE SHITSTEM, TAKING IT BACK TO WHIPS/ WHERE BLACKS GET BIT/-TEN BY PITBULLS AND SNAKES/ STRAIGHT/ KNEELING ON NECKS/? SO ARE PLAYERS/ WRONG WHEN THEY KNEEL TO AFFECT/ THE CRIES/ VS THE LIES,/ PAIN LIKE A BUNION,/ TEARS IN MOTHERS’ EYES;/ NOT FROM ONIONS/ BUT THERE’S LAYERS/ TO BE PEELING THEN SQUEEZING FOR/ SOUR/ NECT/-OR FEELING EFFECTS OF/ SEEING THE WRECK/ CAUSE/ FREEING THE LESS/ FORTUNATE/ FROM BEING THEIR BEST/ COULD LET/ MAN, WOMAN, AND CHILD KNOW THEY HAVE IN THEM;/ MORE FORTUNE THAT/ HAS THE ABILITY OF TEACHING THE REST/ OF THE MASSES/ DIVINE CLASSES/...USING PRIOR KNOWLEDGE AND WISDOM/ TO GET AN UNDERSTANDING/ WHERE ONE DOESN’T HAVE TO STUDY FOR THIS TEST/ OF LIFE; JUST STAND IN/ ONE’S PLACE./ SHOOT; IT’S NOT REALLY BOUT’ RACE/ JUST ERASE/ THIS THING CALLED HATE;/ SINCE MANKIND HAS EVOLVED TO DIFFERENT FORMS AND SHAPES./ I KNOW WHERE I’M FROM. I DIDN’T EVOLVE FROM THE FORM OF APES./ BUT WAIT/... THE GOVERNMENT OF THE STATES/ SAID I WAS ⅗ OF A MAN./ DAMN,/ NOW YOU WONDER WHY THE YOUTH/ LOOT/ WHILIN’ GOIN APE/ SHIT;/ TELL THE TRUTH/ IF I WAS TOLD I AIN’T SHIT/ I MIGHT ACT BELOW MY WORTH IN WEIGHT/ OF GOLD/ OR DIAMONDS FROM COLE/ IN ITS’ RAWEST STATE/ FORGETTIN’ GOD SAYS I’M GREAT/ BUT WHO DOES THE EDUCAT/ING /TIME TO REBUILD A WHOLE NATION/ AND SINCE HE’S IN ME, I HAVE TO SHARE MY INNER FAITH FROM/ ME TO YOU AND YOURS AND I HOPE WE MAY SETTLE THE FINAL SCORE/ AND RESTORE/ THE MOTHER-LAND OF CREATION/ TO A HIGHER PLACE OF/ WHAT WE HAD BEFORE./

- JOHNNY JUNGLE 7
Sometimes the most spiritual thing you can do is tell someone to fuck off.

It's fun pretending we know each other from somewhere besides AA.

My brain jumping from happiness to self destruction

Me, 5 years sober on a Friday night, living a life beyond my wildest dreams

When you get sober at age 30 and don't even know who you are, so you pick up where you left off as a teenager

I was going to tell a joke about sodium, but Na.

I know 2020 has been traumatic and scary in so many ways but...has anyone been like "this isn't even my worst year, personally"

When you start getting all your feelings back now that your sober.

AM I THE ONLY ONE AROUND HERE WHO DOESN'T FUCKING CROSS TALK

STAYING SOBER THROUGH 2020 SHOULD COUNT AS TWO YEARS

When you get sober and realize you are still crazy with or without the drugs/alcohol.

"I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was."
Coming up as a child, who would have ever thought that I was going to become wild, running and ripping thru the streets of The South Bronx, sliding thru Hunts Point watching the women wanting to pounce a piece of an ounce. Never did it occur to me that I would wind up being a thug, hooking up with the fellows leading a life full of drugs. Getting high and thinking about that sensation running thru life with a false presentation up until my incarnation. Coming home walking down the block with all the coolness not realizing that I was looking like a bunch of foolishness. Today I find myself in Project Renewal looking forward to stepping back into Society looking like a precious Jewel.

- Tone Roc
I SURVIVED CORONAVIRUS continued ... lives and the lives of our loved ones for some sense of normalcy. The reality, however, is that we will never go back to what we consider to be our normal way of life. There must be a “new” normal and that new normal must be clearly discussed, defined and embraced. We have to accept that the Coronavirus, along with the calls for justice and the fixing of a broken United States which has thrived off of slavery, systemic poverty, oppression and racism, has created for us, whether we like it or not, the necessity to submit to a “social” paradigm shift.

It is incumbent upon us to look at all that has happened during this crisis and study the good as well as the bad that has come out of it. Many of us have lived through it and many have died but all of us now suffer the burden of some degree of trauma because of it. No one has been immune from this deadly virus and its after effects. After 100 days of lockdown, life for many of us has changed. When it comes to the homeless, however, it seems that very little has changed.

We, who are homeless, remain powerless in our ability to fight this virus and combat years of systemic poverty, oppression and racism perpetuated by our federal, state and city governments, their agencies and vendors who implement policies and make decisions that are not conducive to our growth and development as individuals. I purposely group the pandemic issues with the issue of systemic poverty, oppression and racism because I believe these things are intertwined and have negatively affected those of us who are homeless, in particular those of us who are Black and Latino.

Furthermore, I hold accountable those entities that are charged with providing services to us, which on the basic level includes those vendors who are contracted through government and city agencies to provide services to us, for the inhumane way in which we have been dealt during this pandemic. All of those entities have blood on their hands and should use the universal call for an end to systemic poverty, oppression, and racism to inspire them. They should reform their organizations from top to bottom and bring about change suitable to the times that we are living in so that we all can have a more sustainable society rooted in freedom, justice and equality.

We, despite being homeless, having mental illness, suffering from substance use disorder, years of trauma, and any excuse you may think is suitable to define us, would like our voices to be heard and to have a seat at any table where there is a discussion about us and what should be done to benefit us. We are tired of simply being told what to do without consideration for our individual needs and desires. How can we ever actualize our full potential as individuals when a “cookie cutter” approach is taken to deal with us? On the most basic level, if you truly want to be part of the solution to systemic poverty, oppression and racism, you can start by listening to those who no longer wish to be powerless and voiceless. That is us, the homeless individuals who reside in your shelters and those of us still in the streets.

I survived coronavirus, but... I realize that there is so much more work to do beyond putting down a drink, getting a place to live and paying taxes. I have to do my part to change the world of systemic poverty, oppression and racism that has negatively affected my life. So, on this day, June 10th, my Birthday, I hereby pledge to no longer be part of the problem but to be part of the solution. I will work to spread love and impact humanity in a positive and progressive way.

I Survived Coronavirus But...
Empower Me, and I will Empower Others.
MOLE CHILDREN CONTINUED... secretly control the American government. Q claimed to have classified information on the deep state, who actively oppose Donald Trump and his followers. The deep state, according to Q, are a cabal of Satan-worshipping pedophiles who rule the world. They control politicians and they control the media, and they would have continued ruling the world were it not for President Trump.

QAnon followers believe an event called “The Storm” is coming, when the members of the cabal will be arrested and sent to Guantanamo Bay, and what they call “The Great Awakening” will occur and the world will have salvation and become a utopia. Supporters of QAnon include broadcasters, police officers, and politicians. The FBI has declared QAnon a source of “domestic terrorism”, which has never been done for a source of conspiracy theories.

What makes the QAnon posts so appealing is that instead of directly claiming their beliefs, they post clues to let readers conclude on their own what is actually being said. One Facebook post was more explanatory, “Central Park hospital tents housed thousands of abused children released from underground captivity.”

Much like other conspiracy theories, the so-called “mole children” story has no evidence to back it up, save the posts of anonymous Internet users claiming to have classified information on powerful people. What they believe, no matter how crazy, gains steam when pro-Trump websites and organizations pick up the story and report it as news. What we see of the results is nothing but damage, as with the case of the 5G cell towers in the UK being burned and destroyed. In an era of fake news, it has become necessary to rate every report on what evidence is being used to back it up, so nothing should be taken at face value.

What stories you believe is ultimately up to the values you hold as a person. When stories emerge that are outrageous enough to be labeled conspiracy theories, we must do our best to maintain disbelief as we read them for the little entertainment value they contain. These strange times breed strange ideas, but we must remember that conspiracy theories are just that, otherwise you might be interested in a bridge I have to sell you...~ the end
Thanks for reading our newsletter, we hope you enjoy it!

The 3rd Street Beat

The Recovery Center
212-533-8400 x144 for Intake
8 East 3rd Street
Outpatient Substance Use Treatment Program

Please be safe....Ask for TRC or the 2nd Chance Program if you need fentanyl test strips or naloxone kits & training!

Are you in need of crisis services or medically supervised detox?
24 hour intake hotline
212-763-0596

Every life is worth saving!

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>9 A.M.</td>
<td>Preventing Recurrence (Brian/TBD)</td>
<td>Healthy Relationships (Brian)</td>
<td>Health &amp; Wellness (Sania)</td>
<td>Substance Use Education (Brian)</td>
<td>Look Out for #1! (Lee Ann)</td>
<td>9:30am Open Discussion (Joan)</td>
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<td>10 A.M.</td>
<td>Back to Work (with OT)</td>
<td>Anger Management (Joan)</td>
<td>Values (Aida)</td>
<td>Spanish Speaking Group (Aida)</td>
<td>Weekend Planning (Joan)</td>
<td>10:30am Health and Wellness (Nahal)</td>
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<td>11 A.M.</td>
<td>Meditation &amp; Relaxation (Lee Ann)</td>
<td>Cooking Club (Lee Ann)</td>
<td>Creative Writing (Katie)</td>
<td>Recognition Mtg and weekly raffle</td>
<td>10:45-11:00</td>
<td>Baking Club (Lee Ann)</td>
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<td></td>
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<td>Free Time</td>
<td>Every other Thursday</td>
<td>11:00 – 12:00 Garden Group Pending weather</td>
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<td>Check with Lee Ann in morning for start time</td>
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<td>After</td>
<td>Continue Free Time Through and After Lunch</td>
<td>Continue Free Time Through and After Lunch</td>
<td>Continue Free Time Through and After Lunch</td>
<td>2:00 – 4:00 Newsletter Team (with OT)</td>
<td>Continue Free Time Through and After Lunch</td>
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<td>Lunch</td>
<td>2:00 pm Staff Meeting</td>
<td>Leadership Meeting 1:00 – 2:00 pm</td>
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<td>2:00 pm Clinical Meeting</td>
<td>3:00 pm Road to Recovery (Maxine)</td>
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<tr>
<td>5:15 P.M.</td>
<td>Road to Recovery (Carli)</td>
<td>Preventing Recurrence (Aida)</td>
<td>What’s On Your Mind? (Brian)</td>
<td>Trivia Thursdays (Lee Ann)</td>
<td>Trivia Thursdays (Lee Ann)</td>
<td>Additional Garden Groups are held throughout the week on sunny days! (Ask Lee Ann)</td>
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Recovery Center Weekly Schedule for June 2020

3rd Street Beat

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Every life is worth saving!

Thanks for reading our newsletter, we hope you enjoy it!

The 3rd Street Beat is accepting submissions!

If you would like to submit a piece of art, your recovery story, or other work, see OT in the Recovery Center or attend the Newsletter Meeting at 2:00 pm on Thursday afternoons.