3rd Street Beat

Produced by Clients of
The Recovery Center
8 East 3rd Street 10003
February 2020

FEBRUARY IS BLACK HISTORY MONTH!

Ruby Bridges: the first African-American child to desegregate the all-white William Frantz Elementary School in Louisiana
Original Painting by Camaleon / Yunierki Felix-Hodelin

FROM HOMELESS TO HOPEFUL
BY CAPTAIN OMAR
Go to page 4

OVERDOSES ARE EVERYWHERE!
Ask for naloxone training & kits, fentanyl test strips at TRC

Table of Contents:
Memes! p. 2
Word search p. 2
Mi Corta Historia…… My Short Story p. 3
Recovery Playlist p. 3
From Homeless to Hopeful p. 4
Dear Addiction Poem p. 5
Art by J.L. p. 5
Freak!! By Black Lav p. 6
A Letter from Eddie p. 7
Addiction Doesn’t Discriminate….
Poem by Johnny Jungle p. 8
Baking club! p. 9
Sudoku p. 9
Art by Edgar p. 10
Art by Bengia p. 10
Art by Catalino p. 10
Music by Darwin p. 10
Evil Genius Ways by Dorsey p. 11
Sudoku Solution p. 11
TRC Schedule p. 12
The 3rd Street Beat Mission Statement

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 Editorial Team

Omar Chandradatt, David Johnson, J.N., E.C., Johnny Jungle, Dorsey. The paper is produced by The Recovery Center clients with assistance from the occupational therapy team.

WORD SEARCH

MUSIC!!

BEETHOVEN
COLTRANE
FRANKOCEAN
JAYZ
MADONNA
OWL CITY
SLIMSHADY
BEYONCE
COUNTBASIE
JACKSONFIVE
KENDRICKLAMAR
MARYJBLIGE
RHYTHM
USHER
CELIACRUZ
ELVIS
JANELLEMONAE
KOFFEE
ONEDIRECTION
SHABA

When a rehab commercial comes on and everyone in the room looks at you

when they ask what my drug of choice was

me pretending to be shocked after i ruin my own happiness through the same self destructive behaviors i've been repeating my whole life

When your sober and cute but still have that thug life attitude.
Greetings to all...😊

I’d just like to introduce myself. My name is Gregory P. Pretlow. I’m a first time client of Project Renewal. I am currently staying in the fourth floor rehab, under the guidance and direction of a wonderful counselor. I am grateful to be a part of Project Renewal. My word for the day is ENCOURAGEMENT and my phrase of the day is “THE MESSAGE IS HOPE, THE PROMISE IS FREEDOM FROM ACTIVE ADDICTION”

Peace out until the next letter ~ Gregory Pretlow

Everything negative - pressure, challenges - are all an opportunity for me to rise.

- Kobe Bryant

Mi Corta Historia / My Short Story

(En Espanol and English)

by Benjie Rivera

Hace 25 años comencé a usar drogas como la marihuana, luego experimenté con la cocaína. En el año 2000 comencé a usar crack/cocaina. También comencé a abusar del alcohol. Todo me hacía sentir bien. Yo sentía que todo estaba bien hasta que me olvidé mi depresión. En el año 2011 me diagnosticaron con bipolar 2 (funcional). Luego usando crack mi vida empeoró; se rompieron los lazos familiares, me causó problemas en mi trabajo. Yo he sido barbero por 30 años y el abuso de drogas llegó a ser mi nueva profesión. Aunque nunca abandoné la buena alimentación ni mi cuidado personal.  

(next page/siguiente página→)

Recovery Playlist

By the Team

1. Sympathy for the Devil - The Rolling Stones
2. The First Day Of My Life - Bright Eyes
3. Sad Eyes - Robert John
4. Needle and the Damage Done - Neil Young
5. Pure Energy - Information Society
6. We Die Young - Alice in Chains
7. Starting Over - Macklemore and Ryan Lewis
8. Gravity - A Perfect Circle
9. Running to Stand Still - U2
10. One Way or Another - Blondie
My name is Omar C. and I am homeless. I am currently awaiting approval for my 2010E housing package. While I was in a group here at Project Renewal, I noticed that several of us all have the same problem. We identified that even after long term treatment - or even significant time in the shelter system - it is difficult for us to get housing so we don’t have to go back to the streets. This is one of the biggest barriers to long term recovery, so I did some research into the issue and this is what I was able to come up with. Hope you enjoy it! Supportive housing is intended to help residents secure long term or permanent housing. It is either lottery (random) or referral-based due to certain criteria that the resident must meet. It is designed to provide safe and affordable housing options for residents who aren’t quite ready to be completely independent. Its basis is to ensure community support for residents to succeed in maintaining housing and meaningfully reintegrate them into the community. More importantly, it gives residents choices and services as their situation changes to meet their varying needs. The residents’ participation plays an integral role in supportive housing - including active involvement in the choice of housing type, frequency and intensity of services needed - and the ability to exercise our rights and responsibilities as tenants. What this basically means is that, as residents, we get a choice of location and living arrangements. We’re also entitled to services that will teach us to make better choices and develop skills to remain stably housed. Outreach services are provided to prospective residents to ensure that they are properly informed and to encourage participation. There is a formal system in place known as Supportive Housing Guidelines that allow residents to perform chores and make needed changes in their communities by taking surveys and having resident council meetings. It also gives us a place to file and address grievances as well as to address and update policies. A large part of the policies is that support staff has the right to visit the tenant periodically and also reassess the annual income verification. There are a lot of different places we are able to go in our process and plenty of services to help us along the way. WE HAVE A PLACE TO CALL OUR OWN AND LEAVE THE STREETS BEHIND US FOREVER... AS LONG AS WE CONTINUE TO MOVE FORWARD. ← how housing is prioritized By population...
Dear Addiction

© Zeb Edington

I'm writing this to you,
Telling you we're through.
I can't take you anymore,
Don't know what I liked you for.
All you did was wear me out.
Now I know what you're all about.

You came to me with promise and joy,
Now look at all the things you destroy.
Families, lives, bank accounts, you see.
You ruined it all with one little tease.
Look at the way you make me feel.
Then you take it all and want me to steal.

Why can't you just go and hide
Somewhere far away where I'll never find?
Everyone at home doesn't understand
How you rip me apart then lend me a hand.
I keep coming back thinking inside
Maybe this time I'll make you my bride.

Then I sit and wonder why,
Why do you really want me to die?
Thousands and thousands come to you
Hoping and praying you'll help them through.
Then they fall for your lending hand,
Only to realize you're nothing but a scam.

You promised me heaven and sent me to hell.
You ruined my life and then wished me well.
Watch me now as I go on my way.
I'm washing myself of all your pain.
So you and your power can just leave me be.
I'm taking my life and setting it free.

Think Positive

MEETINGS

Sports

STAY CLEAN

SPEND TIME WITH FAMILY

TAKE IT ONE DAY AT A TIME

LOVE
Here I am, after 3 years in the shelter I am within 2 weeks of having my own place. Now my disease of addiction shows up in its hardest form. Ever since I found out there was a possibility of me having my own place, I’ve been having intense thoughts of a big bowl of fruit loops, crack cocaine, and a woman with a big booty. Why is the thought of this occurring, when I know these thoughts lead me to self-destruct - especially when I am close to accomplishing something so productive in my life?? Am I some kind of freak?? Truthfully, 9 out of 10 Americans that use my drug of choice, the goal is to have the drug with big booties. Even though after 20 years of using and chasing this goal, it has never been accomplished. If this is too graphic, then maybe I will not be asked to write no more damn newsletters. But, that’s not the purpose of this letter. It is to let all the people with crack cocaine and big booty fetishes know that you are not alone, and there is a way to maintain these thoughts without self-sabotaging yourself and everything you have worked so hard to accomplish. At first, I was so ashamed to talk to my psychiatrist about the core of why I use. I thought I would be judged, like I’m some kind of freak. After several meetings with my psych, I finally had gotten to a breaking point and told here the core of why I keep chasing this illusion - and it wasn’t so bad after all. She understood and I wasn’t alone. Now, when I have thoughts of this kind I have people I can share them with who don’t judge, but try to help me with a solution to not react on them. You must be honest to really address your addiction. If not, you are wasting time and hurting yourself with not being totally honest - no matter how other people may perceive it. This is your life, so do what needs to be done to get your life back.

~Black Lav

**ENGLISH VERSION...**

25 years ago I started using Drugs like Marijuana, then I experimented with cocaine. In 2000 I started using crack cocaine. I also started abusing alcohol. Everything made me feel good, I felt that everything was fine, that I forgot my depression. In 2011, I was diagnosed with bipolar 2 (functional). Then, using crack made my life worse; Family ties broke,
MI CORTA HISTORIA / MY SHORT STORY ENDING....

it caused me problems in my work. I have been a barber for 30 years, and drug abuse became my new career. Although I never gave up good nutrition and my personal care - like cleaning, dressing well - but I abandoned my family relationships, especially the relationship with my children. Finally, I started at the Recovery Center. I feel that although I am just taking baby steps, I am still coming to the program and striving to change my lifestyle and I am trying to reconnect with my children. I hope this summary of my history helps you and me to be better human beings without the use of drugs. Thanks for reading my short story ... until next time ... (the end)

What you are capable of becoming:
I have come to the frightening conclusion that I am the decisive element. It is my personal approach that creates the climate; it is my daily mood that makes the weather. I possess tremendous power to make life miserable or joyful. I can be a tool of torture, or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situation, it is my response that decides where a crisis will be escalated or de-escalated or a person humanized or de-humanized. If we treat people as they are, we make them worse. If we treat people as they ought to be, we help them become capable of becoming. - Johann Wolfgang von Goethe
-ADDICTION DOESN'T DISCRIMINATE-

~(In Honor of ‘BLACK HISTORY MONTH’~

Malcom X had a hate/ for hate./ Through his life’s experiences couldn’t relate/to what certain systems had for a people’s fate/ but before that he had a taste/of substance abuse and it’s waste,/ realizing that this fast life was fake/that led him to institutions locked behind iron gates./

He soon became a man as he pulled up his pants above the waist/ line/ in time/ realized that some afflictions go beyond race./ X realized…

-Addiction Doesn’t Discriminate-

Savings lives to this so called disease has to be a race./ I know all too well how one wants to wait/ but don’t let it be too late./ ..good thing is as long as one is above ground, not/ in a box,/

It’s not/ ever too late./
I know the rush usually feels great/ until it feels like swimming in a lake/ Of fire./ Clean the plate/
of those ill desires,/ climb out the mud, dirt, and mire/ before a life expires./ Some think the government are liars/ who hired/ liquor, crack/ and smack/to get the hood higher/ and young mothers of color tired,/ to decrease the mortality rate/but…

-Addiction Doesn’t Discriminate-

In My on going situation, I’ve been stuck in a state/of should I stay or should I go; moving from state to state/from northeast to southwest/ as if/ this/ monster will slip up and make/ a mistake./

While I stay mentally in an idle place;/
sober or not, this thing is only getting built to a stronger shape./ I forget it’s not My body but My Soul it wants to take/ so I gotta’ shake/The monkey off My back and do like a Disciple with discipline/ and Meditate,/ Look within because there’s no debate/ nor may I hesitate;/ that’s why I can’t judge or rate/…shoot, you could be a multimillionaire with much real estate/ Or a single Momma’ of eight/ on Section-8./ It doesn’t matter because…

-Addiction Doesn’t Discriminate-

I just Hope to see the Light from dusk til’ dawn and be fully awake./
I Love My God who has shown Me He is Full of Grace/
But I must push because this is for My Sake./

By Johnny Jungle 7
Above: The Bakers!
Baking bread is a big deal - it take a lot of time to do, and a lot of attention to detail. The results are amazing, though. We will be doing this once a month while we can. Gotta get a slice!

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.

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Music From the Past
5 decades is the best ever - by D. Young

I personally love Disco music from the 70’s. Things were well-sung, and they had real instruments, which made it enjoyable. I missed the disco-skating too. If I had the money, I would open up an Oldies-but-Goodies Roller Skate Disco Rink and I would supply people with Afro-wigs and costumes and hire bouncers. Even the cars were of much better quality. The 1970’s Cadillacs were my favorite, and all the Buicks - which had very powerful and full-speed engines. They were cute and beautiful cars. Soul Train was an Iconic dance show that I will always cherish, even until this day. Old buildings are fun memories of my childhood. The rooms, the paint, and the windows are fascinating. If I could turn back the hands of time, I would definitely relive the early to late 1970’s decade. ~ Darwin
by Dorsey

A lot of people can’t do this, but it’s simple. You just stop doing it and your whole existence will come back into place. You stop getting high, you’re eating right, you shitting right, you’re sleeping right, and it’s up to you if you wanna go back out there. My recovery story is not a recovery story, because I am not in recovery. When I use, I go all out. When I stop using I go all out. I don’t believe in going into rehabs and detoxes, because going to a detox won’t do anything but give me the watered down version of the drug that I use. For instance, if you drink they are going to give you librium. If you deal with dope, they give you suboxone. It’s all getting you high, but Medicaid is paying for it. So if you are in recovery, that means you stop getting high. So for me, to go into a detox, I don’t use those substances. I have indulged in crack cocaine and PCP. There is no detox for crack cocaine or PCP. So, in order for me to get into a detox, I have to drink a beer and blow numbers, for them to turn around and give me a librium that will get me high - but it is not the high that I like. Now, I’m not saying anything bad about detox or rehab, because I have used PRI’s detox and crisis center to get through (what I call) the “scrape-up period.” The scrape-up period is, I come in broken, tired, dirty, hungry, and malnourished. The scrape-up period consists of this: eating, sleeping, bathing, and gaining your weight back. I did not take that librium, so I dried myself out. A cocaine user and a PCP user needs three to ten days of straight not-using the substance. After that, I am back to myself within 30 days. It’s on me if I go back out and use, which statistically 98% of the people will do - including myself. I have done it. What keeps me from using is that I put all my energy used up looking to get high to get myself back on track: job, clothing, food, and shelter. The basic essentials of life. I just got tired of looking unlike myself. I have family, kids, career, goals, skills, that I am trying to get to. Let’s face it - everybody and they momma use in some type of way. So, society labels it ‘bad’ to use drugs. But here it is, that you have a liquor store on every corner in the neighborhood and it’s legal. They are legalizing marijuana. But cocaine use and opioid use - per society - is nasty, degrading, and disgusting. You label us dope fiends and dust heads, but a drug is a drug - which is something that is mind-altering. So I just stop using everything, because I can. And if I choose to pick it up again, Oh well. I just have to run the cycle again. And that cycle is long, hard, tiring, and nothing gets accomplished. You just keep walking through the same door. And that’s the evil genius way.
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.