A DIFFERENT STREET

The GOALS Center Erie Community College 45 Oak Street Buffalo, New York 14203
A Quarterly Newsletter Summer 2014

Be Safe and Healthy this Summer

How do you do that? You want to be sure to enjoy the nice weather...it was a long hard winter, so the nice weather is especially welcome this year! Here are some things to consider for summer safety and fun:

- **Get outside**—enjoy the fresh air and sunshine! Avoid the hottest part of the day (typically between 10am and 5pm) if you are doing strenuous activities outside. Remember to wear sunscreen, UVA/UVB protective sunglasses (not that expensive and readily available, check the label when you buy) and a hat to protect you from too much sun. Seek shade when you need to.

- **Be sure to wear a lifejacket**—if you are going out on the water in a canoe, kayak, any kind of watercraft. Lifejackets safe lives!

- **Stay hydrated**—water is the best thing to quench your thirst!

- **Stop by a farmers' market**—enjoy fresh seasonal local produce that our region has to offer. Summer fruits and veggies include strawberries, blueberries, peaches, cherries, lettuces, peppers, tomatoes, and corn among others. When you buy from the markets, you are supporting local farmers—and most accept food stamps.

- ***Enjoy* your free time** and pay attention to your leisure needs! Take advantage of the "Festival Season" in Buffalo. Each weekend offers a different festival—check the GUSTO in the Buffalo News, the ARTVOICE, or bestofwny.com for events.

- **Go for a walk** in one of the local parks—or take in a free production of Shakespeare in the Park.

- **Go down to Canalside** and the Erie Basin Marina (always free to walk around). It is a beautiful place to enjoy the Buffalo waterfront and historic terminus of the Erie Canal. Be sure to "stop and smell the roses" at the well maintained flower gardens at the marina.

Free Concert Series

Live at Larkin
745 Seneca St.
Wednesdays 5-8p.m.
June 18—September 17
Don't forget Food Truck Tuesdays

M&T Plaza Event Series
1 M&T Plaza
Main St downtown
Mon.-Fri. 12-1p.m.
Every weekday, ends Aug 29th

Gateway Harbor Park
On the canal in the Twin Cities
Webster and Sweeny Sts.
N. Tonawanda Wednesdays 6p.m.

Elmwood Village
Where Bidwell meets Elmwood
Tuesdays at 7p.m.

For a comprehensive list of events check out **www.bestofwny.com**

Poetry Reading with Sam

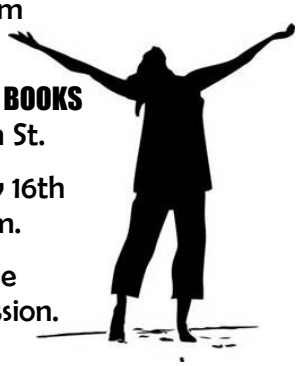
(GOALS Alum)

In the back room of:

RUST BELT BOOKS
202 Allen St.

Wed. July 16th @5:30 p.m.

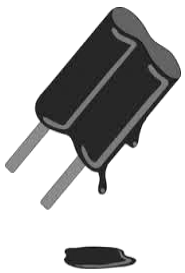
No charge for admission.



Dog Days Word Roundup

Find and Circle:

- Five chilled "bound" salads ☑☐☐☐☐
- Five synonyms of "muggy" starting with S ☐☐☐☐☐
- Five amusement rides ☐☐☐☐☐
- Four ungulates at The Buffalo Zoo ☐☐☐☐
- Four picnic pests ☐☐☐☐
- Two frozen treats ☐☐



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A Fond Farewell To David Clark...

When not serving in Afghanistan and Iraq Dave embedded himself here at GOALS for the last 10 years. He went above and beyond to make even the most reticent student an independent user of public transportation, an empowered internet citizen, or just made to feel valued. We are sad to see him go, but happy for his new opportunities.

Leaving GOALS and all of you has been more "stirring" for my heart than anticipated. I miss each one of you—individually, and all of you—as a whole, wonderful, group of friends improving your lives in very beautiful ways. When I think of GOALS,...all I ever do is smile.

The first part of my journey was to work with Gary to transform a regular flat trailer into a moving trailer for hauling my things to our new home. I even brought the KITCHEN SINK!!! We covered the trailer in a blue plastic tarp, in case I ran into the rain. My wife and I mapped out the route to the new house. I ended up taking our four cats, I came back for a second load, and brought down our two dogs (a St. Bernard and a Siberian Husky).

I started training for the new job as a security guard by learning how to be very polite, and yet keep our area safe. I work at a place where trucks, trains, and ships bring resources in and out of our facility. Our job is to make sure everybody has the right documentation and that they are there for a valid purpose.

The house that we bought was an older home. It needed a new "well" put in and new septic system. I am still unpacking whenever I have time. I had to buy a used refrigerator and stove. I don't have a washer or dryer yet,...so it's off to the laundromat I go.

It is reassuring to me that Janine and Gary are always there whenever you need. I know that Dr. Keller will be a great addition to GOALS. I hope to set up a time and day to Skype with you soon!!! Take good care of yourselves and "each other." ***-David Clark***

A Warm Welcome to Dr. Chris Keller...

Dr. Keller is a psychologist who will be coming over to GOALS as the new Site Director. He is transitioning from his current position at the Butler Clinic. GOALS is very pleased to have him coming on board!

I am extremely excited to be chosen as the Director for the GOALS Center. Since starting on June 11, I have met many committed and capable students, and look forward to meeting the rest. I feel fortunate to be a part of such a wonderful program. My door will always be open. Please do not hesitate to stop in to say "hello" or to share any ideas, suggestions, and concerns you may have.

Sincerely,
Dr. Christopher J. Keller, PsyD

The Best Things About Quitting Smoking

The first thing about quitting smoking is the fact that it is not really easy. You can keep your mind off of it and think of other things to fight the urge of wanting to smoke again. There are many ways you could do it if you have supports that can be there for you every step of the way.

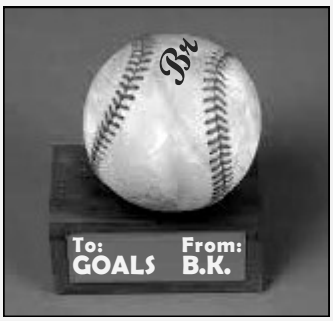
I had a couple of people who wanted to help me quit smoking, such as my counselors and doctors who were giving me pointers. The steps they gave me were to use gum or the patch, but chewing the gum never helped me. What I am trying to say is the gum or patch could help you in a ton of ways. While I was using the patch I could breathe a lot better. My chest does not hurt anymore. When I was smoking I always had a sense like I was going to choke or puke.

I want to wish you good luck and also keep pushing yourself to quit because your body will thank you and you will live a normal happier life. *-M.T.*

Karmic Double Play

I was at the baseball game May 20th with a group from BPC and a foul ball was hit in my section. Staff encouraged me to grab it. I ran down the stairs to catch it. Two boys also ran to the area the baseball fell. I got there before they did. I felt bad and gave the closest boy to me the baseball.

A couple minutes later the boy's father got a baseball from the players and gave it to me and said thank you. I shook his hand and felt good about myself. Then I signed my name on the baseball and gave it to Gary Mulrain a GOALS staff at ECC because patients can't keep baseballs at the psychiatric center. It now resides at the GOALS Center.



GOALS students in Leisure Education plan monthly trips to nearby communities in Western New York. Corroborating the territory with one's maps, frontiers recede, new experiences are had; one inherits a richer, more dynamic sense of what our region has to offer.

The GOALS program attended a book sale on Niagara Falls Boulevard on May 30, which was sponsored by the American Association of University Women. Admission was a dollar and the price of books ranged from fifty cents to two dollars. Proceeds from the book go sale to scholarships for women.

It was the first time I attended the event, and I didn't know what to expect. There were aisles upon aisles of books; so I was given a map to find my way. I immediately went to the "literature" section. All the classical novels I read in high school and college were there. (Everything from The Great Gatsby to The Three Musketeers.)

I wanted more recent books, and stumbled upon John Grisham's A Painted House in the fiction section, and collected short stories by Joyce Carol Oates in the short story section. I also found The Heart Is A Lonely Hunter by Carson McCullers. I'm also into Greek mythology and came upon a book on Greek mythology by Edith Hamilton in the mythology and folklore section.

Altogether, the books cost me two dollars and fifty cents. I thought they would cost around seven or eight dollars. Had I known they would have been cheaper, I would have stocked up on more books. Next year I'll know better. The GOALS program is planning on making the trip annually.

Everyone found something that satisfied their taste.

-John W.

On May 21 our group from the GOALS Center took a walk from the ECC building downtown to Lafayette Sq. for the Mental Health Awareness Flash Mob. There we met up with other people from different locations to give support for mental health awareness.

It was a beautiful day for the event. People wore lime green shirts and brought lime green balloons, which was the color for mental health awareness. Music started to play and the flash mob started to dance and do their thing to the song "Happy" by music artist Pharrell. When the music was over people with balloons released them and they sailed high into the sky.

Next year our group plans to go all out with lime green shirts, hair and balloons. ***-Jay***

On the chilly last Wednesday of March we visited the Buffalo and Erie County Botanical Gardens. It's always a treat upon first walking into the Palm Dome, the malaise of a winter overstaying its welcome hip-checked to margins of the mind. The mature growth of this house nearly fills the limits of its confines. The palms of one tree, I swear, must have been a long as I'm tall, width-wise as well!

Moving on to northern dome I encountered the centerpiece waterfall and pond complex, populated by majestic koi. I could've gazed at those meaty guys for the entire time.

Being my second visit here, I would have to say the exhibit that I had new appreciation for was the succulent and cacti house. Having on the order of 100 specimens, one can appreciate the diversity of flora of a biome characterized by privation.

During our visit many members of the Niagara Frontier Orchid Society were proudly maintaining the collection.

After completing the circuit, poking around in the Palm Dome, getting ready to leave, I thought it's disappointing a place like this has to be an exception to our public spaces.

-anonymous

The Leisure Education class decided to experiment with something new. Instead of holding class, they showed a movie. Members from other groups were invited. The movie they picked was Silver Linings Playbook.

The movie stars Bradley Cooper as someone who is bipolar, who just gets out of the hospital. Robert De Niro plays his father, who is also bipolar, and who is banned from Philadelphia Eagles games because of his behavior. Jacki Weaver plays the mother.

The acting is exceptional and the movie has highs and lows which drive the comedy. For example, in one scene the characters complain humorously about having to take medicine for a lifetime. Then the scene's energy perks up as the characters compare medications.

The movie was crowded and popcorn was handed out. I give the move a "thumbs up."

-John W.

Things I have accomplished since coming to GOALS

What I have accomplished was living in SOCR learning how to take care of myself making and keeping appointments. I also learned how to cook by watching the staff while I was living there. I made new good friends that helped me get my mind together and get everything figured out about wanting to come back to school.

After I moved out of SOCR I got the chance to take care of myself a lot more. I mean I was still learning how to use the buses, but I kind of started to get a hang of it. The place that I was living at by then was called Apple Blossom.

There I got a little more freedom to spread my wings. I found a higher power and that greater strength got me through the tough times. By then I was still learning how to take care of the apartment. The staff at Apple Blossom wanted to see if I was ready to move out on my own and I got through that really easily.

The place that I am now living at now is called DePaul Riverside. I am now living out on my own and seeing how the world really is with a helping hand. What I am doing now is taking care of the apartment and I do everything by myself.

This is a big accomplishment that I am here at GOALS working on getting my GED. I am happy to be back in school. It is fun for me because I am learning many new things. *-Magarrett T.*

I am an ECC independent study student. I would like to be an LPN. I am interested in the medical field. I like to independently research medical information on the internet.

I like to play basketball—it is challenging and physically demanding. I also speak French.

-Michael Monfils

Creative Writing *Extracts*

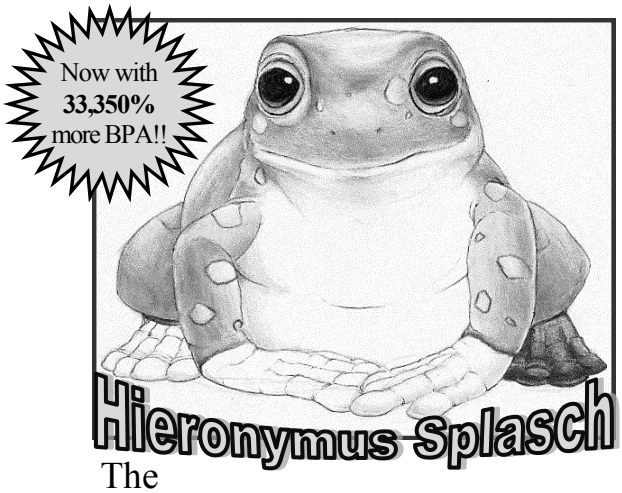
Klingons

The evil antithesis of the United Federation of Planets.

During the Cold War of the 1960's and 1970's, Klingons were used politically to represent Soviet Russia on Star Trek.

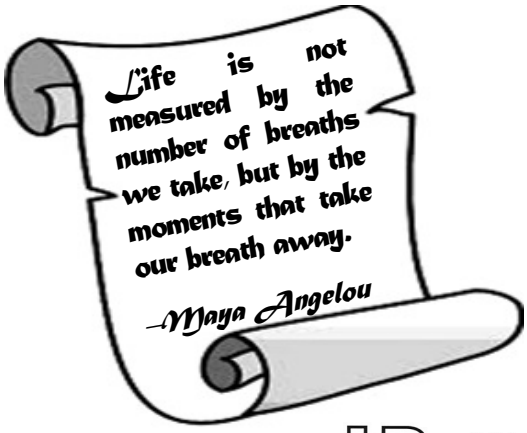
The lesser known Romulans were considered to symbolize Red China. Star Trek would use the show to push hidden politics.

R.B.



The **HAPPIEST**, healthiest, hippest frog this side of the koi pond.

Portrait and nano-hagiography by Bretten



Call any of the staff if you believe GOALS classes could be a part of your recovery…or if you know someone who may be interested:

Janine Ortman, CTRS	851-1298
Gary Mulrain, Voc. Instructor	851-1283
Christopher Keller, PsyD	851-1297

Buffalo Psychiatric Center — Dedicated to partnerships in hope and recovery

New York State Office of Mental Health

SUNY ECC

Solution to word search clues

Chicken, Egg, Ham, Potato, Tuna / Soggy, Stifling, Sticky, Stuffy, Sultry / Bumper cars, Carousel, Pirate Ship, Tea-cups, Tilt-A-Whirl / Antelope, Giraffe, Rhino, Zebra / Ant, Fly, Mosquito, Wasp / Fudgesicle, Snow cone