

WORDS OF WISDOM FROM
THE CRAZY OLD WHITE MAN
FROM THE HOOD



WRITTEN BY LEE W. GAYLORD
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Forward

At the end of the *The Crazy Old White Man from the Hood* I had a section with words of wisdom. Those are repeated here along with others I have written. After I had the book published I felt that I should write a book with words to live by and to help improve a person's life. The idea is that we need to help ourselves.

Hopefully this will help those who are addicted to drugs or are down to find the road to recovery and/or happiness.

I have not had a bad day in over eight years because I follow my Father's main rule in life, "If you can't do anything about it, don't worry about it."

I do not have training in psychology or psychiatry. My training is in the streets and a 50 years of studying life.

I may disagree with some of the studies you have read. Studies are done in controlled conditions and the results can be affected by those controls. To me the only valid study is the study of life in the real world.

In the real world marijuana is addictive and it is a stepping stone to crack and other harder drugs. In the real world there is marijuana that is laced with cocaine or may have chemicals that can kill or drive a person crazy. I have seen it.

The following pages are a result of my study of life. Not in the lab but in the streets and the drug houses. The people are addicts, dealers and others in the drug world.

It is my purpose and hope that people will find the road to recovery in these pages.

Addiction

Over the past few years, except for 4 or 5 joints, I have not done illegal drugs.

At one time I was a drunk and now I am now a reformed drunk. I was not an alcoholic because I totally stopped drinking on my own 17 years ago. In the last 17 years I have had 3 glasses of champagne and 2 beers. I have tended bar and lived in bars and did not even want anything stronger than cola. I also use nicotine and caffeine.

I have never used cocaine, heroin or any of the other illegal drugs except for "bud."

As I mentioned above, my life has been affected by it. I have lost friends to drugs and I have lost women I have cared for to crack and alcohol.

My second wife and I took my children from the first marriage to the ethnic festivals on the Detroit River quite often when they were kids. One time there was a man in his early 30's eating out of garbage cans. A couple with no sense or compassion teased him with a cup of beer. They would act like they were giving it to him then take it away. They then threw it in the garbage and he dove into it to try to get the beer before it all came out of the cup.

My son asked me why he was that way. I said drug and alcohol have fried his brains.

Another time we met a friend of the wife's family. His hands were swollen grotesquely and one of the kids asked why. I told them the he was a heroin addict and he shoots up in his hands. The last time I saw him he had recovered from his addiction and was living happily. He was jogging and he and his wife were going back together. He had 2 heart attacks and soon after I saw him he died of a heart attack. Heroin killed him.

A few years ago, after my divorce, I met a young lady who was a joy to be with. Then I found she was cross addicted with drugs and alcohol. When she was sober and not high we had a great time together. When I got money in

she would disappear and the drug dealers would start calling. The first had her pager and would sell it back to me. The second would have a ring or two. When she ran out of things to trade she would be back.

She finally went into detox for a week. She came out and was waiting for a 30 day program. She went a month drug and alcohol free. We were going to take a long weekend off and I had \$700 together for the trip.

She helped me with my accounting business and the night before the trip she decided to spend the night at my place above the office. She told me to go to bed and she would come up later after finishing some work.

In the morning I found my wallet on my desk with a note asking for forgiveness and it was missing \$350. The next day the dealers started calling and by the end of the day the money was gone and a dealer was holding her until I came up with the money she owed him.

When she came back she asked me to lock her in the office for a week and she would have the same diet that she had in detox. After the week she was straight for a week. Then she was locked up for a week. Then she ended up leaving me for a dealer.

She now has a beautiful little girl (not mine) she is doing well. I saw her the other day and she seems to be clean and sober.

She came in the bar while I was shooting pool. I was winning until she walked in and I lost my concentration on the game. She was slender with extensions. Her skin was a beautiful medium brown. I knew that we would be together within a week.

She came to the juke box and looked for the quarter slot. It only took dollar bills. I put a dollar in and said, "If I had the money I would take you out on the town but I don't so I won't"

I started losing in pool because my mind was on her. I went to her and bought her a beer with my last \$1.50 and we talked. She said she was waiting for a blind date and if it did not work out she would call me. I gave her my number and went home.

Five minutes after I got home she called and said she had corned beef and

cabbage for me and asked how long it would take to get there. I said 15 minutes and she asked why because I was only about 4 blocks away. I said I had to shave. She said in 5 minutes I would not be let in. I was there in 3.

In three days I had a fire at my office. My office wasn't damaged by fire, it stayed in the business in the front of the building, but the smoke smell was bad so she asked me to stay with her for 3 days. It lasted 6 months. The rent, utilities and food were covered by her welfare.

I ended up paying for her crack and 40 ounces. Before I knew it I was buying her drugs. The dealers would stop me on the street when they got new houses and take me to introduce me to their sales people. (Being an older white man I had to get an intro because they would think I was NARCO.)

If I got caught I would go to jail for sale of crack. I didn't use it so I had to be buying for sale. She gave me a place to stay and sex and in return (according to the law) I gave her the crack. I lived with her 5 times. Each time was better but she could not shake it. The last time I thought it would work.

She got pregnant. She had a miscarriage in the second month. She blamed me. She was still drinking and using crack on weekends when she would go to Detroit. (We were living north of Detroit.) There were complications and they did ultrasounds weekly. One week the baby was there and alive and the next we went in for an ultrasound and the baby was gone. The doctor said that it was at the stage where when it died it disintegrated in the sack. (I know this is sickening but I feel that it has to be known.) After we split up for the last time my doctor told me that the crack and alcohol caused the death.

It takes 5 years after a woman stops using cocaine for the system to clear and for it to be safe to have a baby.

Almost a month after her 40th birthday she had a stroke. As of this writing we are good friends and she is recovering from a second stroke. She knows she can no longer use drugs or alcohol. I think the stroke saved her life.

In between times with the last one I was seeing another young lady. She did not drink and that made me happy. I soon found out that the money she made was gone too fast and the money I made was going to pay her bills.

She was on crack. Until I became homeless I was paying her bills.

Good ending to this one. She has been drug free for 9 years and will stay that way. She did it on her own and it is something she is and should be proud of. She is working hard and long hours to get a place for her and her daughter.

I still have strong feelings for all three of them.

As I said before I have seen a lot of drug use and I have seen many lives ruined. I have had friends die because of drugs. The strange thing is that in the first 2 cases the dealers asked if they could help me in getting the girlfriend off the drugs. They offered not to sell to them but I said I would rather have them buy from them than someone that may harm them.

I feel that the penalty should be life for selling drugs to minors. When adults buy the drugs it is on them not the dealer. The users have the choice when they start. They know the danger and if anyone says they don't that is bull.

Until recently the feds helped them pay for their drugs with SSI. If they used they were crazy and could not work so SSI paid them. I think one idea was that if they got the money they would lead to less crime to get the money for drugs. I say that gave them more drugs because the next day it was gone and they were out trying to get more drug money to feed their habit.

What can we do? It takes people with experience with drugs to help keep others from making the mistakes they made. I had a client who worked for GM's drug program. He was a heroin addict, white but raised in the Black hood. If you did not see him but heard him talk you would swear he was black. One morning he woke up with his gun in his bed. A bullet was fired and he didn't know where. For all he knew he may have killed someone. Too this day when the door bell ring he worries it may be the cops to get him for murder.

Someday I want to open a rehab center for drugs and alcohol. The building I want is going to be destroyed of the stadium and or casino projects. It is on a pie shaped lot and looks like a castle. I wanted to call it the castle of hope. A man I knew, who looked like Santa and many thought he was Santa because of the miracles the performed, knew people who could help and he said he would help. I knew a preacher, who was in love with the mother who with her 2 kids stayed with me (see my other sites for their story), was going to

help. When she and the kids disappeared (drug related) he could no longer help.

If you are in love with a person who is an addict, I feel for you. I am in love with one now. I think she is kicking the habit but it takes time. There are times when tough love is the way to go. There are times when you have to cut them loose. **DO NOT LET THEM DRAG YOU DOWN!!!** They have to decide when to quit. If they are not ready, no rehab in the world can help. The only way you can help them is to convince them to help themselves.

I have had a lot of friends who were addicted to drugs and/or alcohol. Some quit on there own and some quit with the help of NA and/or AA.

Until recently it was thought to be a poor black problem. It is not and was not a black problem. It is a human problem that affects all races, nationalities and ethnic backgrounds.

It is in the schools in the city, in the suburbs and in the country. All of us know people who have been hurt or killed by them. When I was in high school I lost 6 friends due to accidents that were caused by their or someone else's drunkenness. I have lost many friends in the last 20 years to drug addiction.

As time goes by the drugs get worse. Heroin is back and it is worse than it ever was. We now have the date rape drug.

What can we do about the Drug Problem?

Good question. I wish I had a good answer. The government can't get the drugs off the street. Every time they make a bust the people are back on the street or someone else is there in their place. We have to fight the addiction.

For this article addiction will be to drugs and alcohol.

What I am going to say is all based on what I have experienced over the years. I have no formal education. I was not an addict but I was a drunk and woke up one day with a new life and quit getting drunk. I haven't had a drink in 10 years because I don't want to drink.

We have to start with the children. My kids from my first marriage saw first hand what drugs can do. They said no every time.

I have seen children walking around with a contact high from crack. For them the contact high is like what the adult gets smoking it. What can we do for the children of the addicts? How do we keep them from following in their parents' foot steps?

We have to do what is best for the children. As long as the parents are addicted the children are in danger. That is child abuse. Children of addicts are beaten, sold, left at home alone and in some cases abandoned.

We have to save the children. We have to remove the children from the home until the parents get their act together. If the parents are not together and one parent is clean and sober that parent should be given custody of the children. If the other parent can not or will not take the children try to find a relative. If no relatives come forward the only thing left is a foster family until the parent is clean and sober.

Once the parent regains custody they should have random drug tests for at least a year.

The schools should have continuing drug education programs starting in elementary school and continuing through college.

There should also be evening classes for parents to help them deal with the problem.

What do we do about the addict? Based on my experience the addict has to want to quit. No program will be able to get them to stop unless they want to stop. Most of the people I know on drugs that have gone to rehab went back to drugs within a month. They go back to the old neighborhood and so called friends who drag them back into addiction.

NA and AA tell you that once an addict always an addict. This gives many a defeatist attitude. Why should I quit when I will never be free of the problem? Why should I go through life worrying every day about having a drink?

I changed my attitude and I have not had a drink in 10 years. I go to bars. I tend to bar. I have no urge to drink. Nothing makes me want a drink. I get high on life.

For some people AA and NA work. Some people may have an illness that causes them to lose control. I feel that in most cases you need an attitude adjustment. Hypnosis may work for some.

First of all the addict has to want to quit. If they don't want to quit they will not. Even hypnosis will not work if they do not want to quit.

Why do they have the problem in the first place? What made them start using?

In most cases they have low self esteem. They feel unwanted and unloved.

You have to find the root of the problem and try to ease the damage done by the problem. If it was a death in the family or another loved one you have to help them deal with it. Convince them that the person would not want them to be addicts. Convince them that the person is watching over them.

You have to build their self esteem. Convince them that they can do anything they set their mind to and that they can quit.

You have to make them understand that drugs can not cure any problems but

will only make them worse. I do not let anything bother me anymore. If lose a woman no matter how much I cared for her I am not going to go to the bottle. Life goes on and it may get better with her gone.

Show them what drugs can do.

1. The homeless who can't find a job because of their addictions.
2. People missing arms and legs because of drugs.
3. Women who are 30 and look 60.
4. People who had strokes because of drugs.
5. People whose hearts exploded because of drugs.
6. People who fried their brains with drugs and go around on the streets talking to themselves.

You have to convince them to care enough about themselves to want to stop before it happens to them. You have to show them love and give them reasons to love themselves enough to save themselves from themselves.

They are lost souls and you have to help them find themselves. Their whole attitude about life, themselves, their loved ones and their so called friends has to be changed.

This is not an over night process before rehab it may take a year or more for them to even go to rehab. Once in rehab it may take 2 to 6 months in house and 4 to 6 months outhouse. Then you need to give them a 24/7 support line for when they need help.

You can not tell them that they are doomed to a life of addiction. You can not tell them that only God can save them. God gave us the power to reason. He gave us the power to help ourselves and he gave others the power to help us help ourselves.

The key is that the person has to fight addiction from within. The only one that can win the war against addiction is the addicted one. They may need help but in the end they have to save there own asses.

As I said I have no formal training on this subject. I did not go to school for this. I learned at the best place to learn about the problem and the cure. I learned from the streets.

All of the high priced studies, all of the books, all of the classes and all of the highly educated doctors can not save the addict. You have to learn from the biggest school. You have to learn from the streets.

Yes you need the doctors to help during the cold turkey part of the process. The rest of it takes those who have been there, former drunks and drug addicts. After rehab they need support. They need someone they can talk to when they are down. Someone they can get a hold of 24 hours a day.

NA and AA will say I am full of shit. You may say that I am full of shit. I know a lot of addicts. Some never went to rehab and are now off drugs and alcohol they changed their attitude. I changed my attitude and quit using alcohol.

NA and AA have helped many. I say that an attitude readjustment program will save the souls that they can not save. They treat an illness. This program would treat the soul.

Legalization of Drugs

I am in some clubs on the internet. There are people that say that drugs should be legalized. I wonder what their motive is. Do they feel that the legalization of drugs will make it cheaper for them to use drugs? Will they be able to use drugs more? Do they care about anyone other than themselves? Do they think about the effect on their children?

I feel that enough people die from drug and alcohol abuse as it is. Many are innocent victims of drunk drivers. The drunk drivers usually live through bad accidents because their bodies are relaxed when the impact occurs. They may go to jail but the victims are gone forever.

If you legalize drugs you will have more people driving under the influence of drugs. Now many to the up scale users do it at home or at a party. Legalize it and you will have bars for drugs. That will mean an increase in auto deaths.

The legalization people say that when they are legalized the people that do drugs for the excitement of doing something illegal will quit. That's BS. They are already addicted so they will not quit. Cheaper drugs will also add to the usage.

Alcohol is not as addictive as the illegal drugs. Most can have a drink every once in a while without overdoing it or getting addicted. Many times you can have a designated driver when you go out for alcohol. I really doubt that would work with cocaine or heroin.

Granted Alcohol is as bad when abused. Cigarettes are probably more addictive because of the nicotine than the illegal drugs. They kill people as does alcohol. The other drugs can kill quicker. One time can kill. The cigarette companies add more nicotine to make them more addictive. They add more to the menthol brands than the others.

A few years back a lettuce leaf cigarette came out. It did not sell because it did not have nicotine.

Why make the more addictive drugs legal and add to the problems the legal

drugs cause? Do we have the right to fry our brains?

What about doctors, pilots, bus and truck drivers and other people that can take a life if they are high on drugs? The answer the legalization people have is that alcohol has the same effect. Random drug and alcohol tests will take care of that. The only way drug tests will work is if we have them every day possibly twice a day. How about before each patient, flight or when the busses and trucks start moving.

Do the parents think about their children? The children may get into their stash. If they smoke it around the children they will get a contact high. How can they tell the kids not to use it when they do? "Do as I say not as I do," does not work.

It will still be illegal for the kids so the dealers will still be active selling to the kids. The legalization people say that is the parents problem not theirs.

Addicts say, "As long as I am not hurting anyone else it is my right and I should be able to use my drugs." If you have children you are hurting them. If you or your mate gets pregnant you are hurting the baby.

Stopping as soon as you know you are pregnant may not save the baby. If you get pregnant within five years after you quit the baby is in danger.

If you just have to have your drugs and you buy them illegally you are an addict. If you were not an addict you would not take the chance. Why should the government help you kill yourself and your children?

Should marijuana be legalized? It is not nearly as bad as smoking or alcohol. I disagree. I have seen marijuana lead to the use of other drugs. The effects of marijuana diminish as you use it so when you reach the point where you're high is diminished you lace it with other drugs in order to get the desired high. Marijuana and driving do not mix just like alcohol and driving.

If the children are around when you smoke it they will get a contact high. The same arguments regarding the children and drugs apply here.

In Michigan if you are in an accident with your car, go to the hospital and there is any alcohol in your system it is considered child abuse and you will probably be investigated. If illegal drugs are in your system you may end up

having to take occasional drug tests. You may lose your children if you are a drug user.

Of you use drugs and want help to kick the habit most cities have a wide range of facilities to help you. I would recommend calling the Salvation Army. If your parents use drugs you can call them for help too. If you have access to the Internet you can use a search engine and find many sites that may help.

Drug Addiction

Disease or Choice

Cure or Change

I was a drunk. I was not an alcoholic but a drunk. Alcohol was a crutch that I chose to drown my sorrows and to escape from a situation I put myself into. Then I met someone who cared for me even though I was a drunk. She picked me up off the floor and cleaned me up. I left the situation I was in and I quit getting drunk. I still drank but I cut way down and knew when to stop.

I had 10 years of sobriety until I ended the relationship. I then went about six months getting drunk often. I then decided to quit drinking completely. In the last 12 years I had four drinks. I have no urge to drink. I lived in a bar and did not relapse. I tended bar and did not relapse.

Everybody's addiction is different. The recovery is different for each person. Some turn to God for help. Some go to AA or NA. Some do it on their own with some help from others. I did it on my own without help. I just decided not to drink anymore.

One thing is true in all cases. Recovery is from within. The addict has to want to recover. The addict has to make that first step and realize that they need to change. Then they may need help from friends, family, God and/or a support group.

What about rehab. For some it works but only if they make changes when they get out. They still have to make up their mind that they will recover and they still may need help from friends, family, God and/or support groups.

AA and NA say that addiction is a disease. There is no cure. The addict must abstain and never have another taste of the drugs or alcohol. Many use the disease as an excuse to relapse. Based on my observations it is not a disease but a character flaw that can be changed.

Maybe in some cases it is a disease or a genetic defect. Addiction can run in families. Is it genetic or environmental? In many cases if the parents are

addicted one or more of the children will become addicts. In the case of smoking crack or other drugs the children will get a contact high which can lead to an addiction. If a child is around other addicts the same thing can happen or peer pressure may lead to addiction. What I have seen is environmental.

When I was a child a girl I knew well had a father who was an alcoholic. She did not go to alcohol. She did try suicide a few times and then changed her religion. Her father was Jewish, her mother was Protestant and she became Catholic. Her family environment formed her life's choices.

My dad's ex-partner and his wife were alcoholics. Their son was schizophrenic and died at a young age from rheumatoid arthritis. Was the son's health determined by the parent's alcoholism? Could it have been from the effects of alcohol before and during the pregnancy? I do not know. His mental state could have been caused by the stress he was under from his parent's alcoholism. A parent's substance abuse does put the children at risk. There is no doubt about that.

In many cases if the child sees the damage caused by drugs and he or she is turned away from drugs. When they see the down side of drug use before they are under the influence of others they have something to fight the urge to use drugs. Peer pressure can be very hard for them to fight. The urge to be accepted is a strong one. A parent needs to know what the children are doing and who they are doing it with. They need to talk to their children not tell their children what to do or not to do. Telling them not to do something may make them rebel. Giving them reasons not to do something will give them reasons to not do it.

The prospective addict has to say no to drugs. The more the parent says no the more they want to try it. I have found that telling someone they are wrong can make an enemy and if it is your boss it can cost you your job. You have to show them why they are wrong so that they decide that they are wrong.

You can not stop a person from using drugs. They have to see that it is not the way to go. What makes it harder to help a person stop using that they only see the good side? The bad side is hidden by the good side.

The physical addiction is hard to fight. Cigarette smokers see that. When you are away from it you get antsy. You start to shake. You start withdrawals and the only thing that will stop them is a fix. Eventually the pain of withdrawals will go away. The urge to use may be with you for a long time and may never go away. Years later there may be times when you think that you want a fix. The longer you say no the easier it is to say no. There is hope if you realize this. You have to be strong and you can be strong.

The only one that can get the addict to stop is the addict. No matter what friends and family say the addict is the only one who can put a stop to the addiction. The place for the friends and family is to help them realize that they can do it and that they will be better off if they stop. Most have given up on life or are trying to cover up the pain of a traumatic experience. It is a crutch to forget.

Self esteem is usually the key to success. I have never seen an addict who cares for themselves. They feel that they deserve the problems they have. They deserved to lose that job, home and family. They deserve what is happening to them. They use the drugs to forget their problems. When they are high they are not thinking about problems but enjoying the moment. They are not thinking about the fact that they are killing themselves. They do not care about anything but that high.

You have to give them a reason to care. You have to show them that they are worth saving. You have to get them in touch with themselves. You have to show them that they are someone to love. You also have to find the underlying reason for their addiction and work to either eliminate it or to find a way they can deal with it and set it aside so they can live without it bothering them.

I have found that you can deal with anything if you do not worry about it. If you can not do anything about it you have to realize that and work around it. When something bad happens you have to look for a way to make it bring about good. All of the bad things that happened to me throughout live have made me what I am today. I used the bad to strengthen my resolve to improve my life. I realized that if I can take care of my need and limit my wants I can have a happy life.

In order to quit drinking and to do away with the urges I had to institute a total attitude readjustment. I had to change my priorities and I had to start living my life for me. Once I did that I found that helping others helps me. Writing the book, *The Crazy Old White Man from the Hood*, showed me what I am today and gave me reason to stay sober. Helping others find themselves and find the good inside helps me to remember who I am and what I am.

You have to live life, love life and love yourself before you can love others and before others will love you. You have to sell yourself to yourself before you can sell yourself to others. Life is great if you live it to the fullest. This does not mean to go wild but to make what you do enjoyable. Everything that happens to you has a good side if you use it for good.

Stay clean and sober.

Get high on life not drugs.

Women and Drugs

If you read my previous articles you will notice that I not only like women but I usually end up with women who are addicted to drugs. It seems like I find a woman that is attractive and intelligent that also has a drug problem. I try to show them what they are doing to themselves and those who love them.

They have the potential find a good job. Some of them had a good job before they became addicts. They went from good lives to the streets because of their addictions. The sad thing is that they not only hurt themselves but the also hurt their children.

I have seen children walking around with contact highs from smelling the second hand smoke from crack. I have seen hyperactive children who are very intelligent but can not sit still and listen in class. I have seen intelligent kids drop out of school after giving up on their parents. ("Why should I get good grades when my mother is too high to notice.") I have seen teenagers become drug dealers and their mother becomes their best customer. I have seen these drug dealing kids get shot in drive by shootings.

I have to give some of these mothers credit for not putting their children through it. They are the ones who love there children enough to let them go with a family member or give them up for adoption. They give their children the gift of life and a chance at a good life without drugs.

The only way a drug addict can kick the addiction is for them to realize that it is doing them more harm than good. They have to realize the only way to change their future from bad to good is to kick the addiction. They have to want to stop.

One day the elevator was stuck on the eighth floor. Sometimes when you got off at the eighth floor the only way it was going to move was for the person getting out on that floor to hit the first floor button. The security guard when to the eighth floor, opened the door and Carmen was standing there in a trance with her finger just touching the button but not enough to make it move.

She had been in that position for at least 10 minutes.

She knows that she no longer gets a high from crack. It puts her in a trance. She will just sit or stand in one spot without moving for many minutes or even an hour. Sometimes while in the trance she will go and knock on doors at 2 or 3 in the morning. Other times she may come to me with paranoid delusions. That time is lost forever she never remembers what happened. She is now banned from every apartment building in the area.

If you want to help, give to the Salvation Army. They will take addicts in for no charge. There are hospitals that have rehabilitation but they normally require insurance coverage or money.

When I sat down to write this it was going to be women and how to treat them right. I guess I was thinking about Carmen.

12 Steps and Comments

The following are the famous 12 steps used by AA. These steps and the program used by AA are good programs and work for many. There are those however who do not succeed using their program. I feel that the program is one of negative reinforcement. It scares the alcoholic or addict into following the rules.

After each step I will tell you what I think. Am I an expert with a formal education in the field? No I am a reformed drunk that used my method and I have no urge to use drugs or alcohol. I have control over my use of drugs and alcohol.

Do I smoke tobacco and drink coffee. Yes I do. I smoke little cigars which are cigarettes wrapped in tobacco not paper. They cost less than half of the cost of cigarettes. The coffee is not always bad for you. Cigarettes are always bad and they are more addicting than any other drug.

I have quit drinking alcohol and I did not get hooked on drugs because I realized that they were life threatening to myself and others. I do not smoke in non smoking areas or around non smokers except in my own home. I do not inhale. I frankly do not want to quit.

After each step I will show my comments. Addiction refers to drug addiction and alcoholism. Alcohol is a drug addiction the road to recovery is the same.

Our brain has two control centers. The old center is where our instincts control our body. The other is our soul. The soul controls our thoughts, our personality and our actions. Our soul limits the activity of our instincts. If our self-esteem is low our instincts are stronger. Our addictions are instinctive and if our self-esteem is low our resistance to the addiction is low.

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.

We have to look into ourselves and find ourselves. We have to rebuild our self-esteem and we have to find the love in our hearts for ourselves. We

have to realize that we are killing ourselves and that we are too important to let addiction run our lives. We must regain control.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

This is a help but not a requirement. Atheists and agnostics can recover. If you do not believe in God your belief in your inner self has to be improved. The power to recovery is within. The greater power helps if you believe.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

We can look to God for help but we still control our lives. We have to convince ourselves that we are too good to be controlled by drugs. God gave us the ability to run our own lives. He does not want to care for us. He does not have time to care for us. He may help but we must find the strength within ourselves to beat the addiction.

4. Made a searching and fearless moral inventory of ourselves.

This I have no argument with. Addiction causes us to do immoral things. If we look back and realize how bad our morals became under the influence we may find the extra strength needed for recovery.

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Here again those who do not believe are left out. If you are a religious person confession is good for the soul and will help you. If you are not religious and can not mean what you say prayer doesn't help. God does not want to waste his time on insincerity.

Look in side yourself and talk to yourself. Remind yourself of what you have done and seek your forgiveness of yourself.

Go to those who will help you with their support in your recovery. Confess your screw ups to them and ask them for their help when you are down.

6. Were entirely ready to have God remove all these defects of character.

You must remove the character defects. When God gave us our soul he gave us control over ourselves. He will not change us but we must change ourselves. We can pray for help but we must do it.

7. Humbly asked Him to remove our shortcomings.

We must work on our bad points and improve ourselves. Again this is not what God is here for. The problem is ours not God's.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

This I totally agree with. Even making the list will help. Talking to those you have harmed and asking for forgiveness is good. Sometimes they will not forgive but do not let that get you down. Prove to them that there is a new you and someday they may come to you and forgive you. They will not forget and you will not forget. Strength comes from remembering.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Sometimes the person may be too hurt to talk to you about it. If they see that you have truly changed they may come to you. If they don't they may at least realize that you have changed for the better.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

I am noticing some duplication here. It sort of makes me think that the person who created this likes the number 12.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

This is good, but we must remember the changes must come from within. God will not change you, that is up to you. The knowledge and power is within. Pray for help and support.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Spread the word about your recovery and help others find the road to recovery.

AA has done a good job at aiding the recovery of alcoholics. For many their methods work and they have saved many lives, not only the alcoholics' but those who would have been their victims in auto accidents.

All I am saying is that there are other answers. There are those who will not be saved by their methods. Based on my experience my methods will work in many cases. With some there is an event that makes them realize that they must become clean and sober and they do it.

When I quit I decided that I did not want to drink any more and never wanted another drink with alcohol.

The Castle of Hope for Lost Souls will be there for all of those who need support. When we have meetings they will be open to all. It will not matter what religion you belong to or if you belong to a religion. No one will be turned away unless they cause problems for the others and their recovery.

We want to help you find yourself and learn to love yourself.

The following are my steps to recovery. You may add some or make changes if those changes help you. Let me know if you have any suggestions.

To Do List for the Addict

1. We have to look into ourselves and find ourselves. We have to rebuild out self-esteem and we have to find the love in our hearts for ourselves. We have to realize that we are killing ourselves and that we are too important to let addiction run our lives. We must regain control.
2. The power to recovery is within. The greater power helps if you believe. We have to convince ourselves that we are too good to be controlled by drugs. God gave us the ability to run our own lives. He does not want to care for us. He does not have time to care for us. He may help but we must find the strength within ourselves to beat the addiction.
3. We have to look at our morals and what we have done against those morals. Addiction causes us to do immoral things. If we look back and realize how bad we became under the influence we may find the extra strength needed for recovery.
4. If you are a religious person confession is good for the soul and will help you. If you are not religious and can not mean what you say prayer doesn't help. God does not want to waste his time on insincerity.
5. Look in side yourself and talk to yourself. Remind yourself of what you have done and seek your forgiveness of yourself.
6. Go to those who will help you with their support in your recovery. Confess your screw ups to them and ask them for their help when you are down.
7. You must remove your character defects. When God gave us our soul he gave us control over ourselves. He will not change us but we must change ourselves. We can pray for help but we must do it.
8. We must work on our bad points and improve ourselves.

9. Make a list of those you hurt with your addiction. Talk to those you have harmed and ask for forgiveness. Sometimes they will not forgive but do not let that get you down. Prove to them that there is a new you and someday they may come to you and forgive you. They will not forget and you will not forget. Strength comes from remembering.

10. We must remember the changes must come from within. God will not change you, that is up to you. The knowledge and power is within. Pray for His help and support.

11. Spread the word about your recovery and help others find the road to recovery.

Suicide is not the Answer

Are you down, depressed, deeply troubled and in a world of hurt? Do you think no one loves you? Are you thinking that you can't take it anymore? Are you ready to say no to life?

I've been there and now I am happier than a pig in slop. Why? I have had an attitude readjustment. I do not let anything bother me. If a lady says no, I could care less. There are others out there. I don't worry about being alone. As long as I have me I am not alone. I can be sure that I will never leave me.

No matter how bad things get there is always a bright side. If you are on the top of the world, making good money and have a family, nice home and a lot of friends then you lose it all. Don't go into a shell. Don't give up. I've been there and it was probably the best thing that ever happened to me.

When you are broke you know who your friends are. When you're at the bottom everything else is a step back up. When you are at the bottom look around and meet the others that are down there with you. Take the time to smell the roses. Don't fall into the drug and alcohol trap.

Some of the best people you ever meet will be on the bottom too. Learn from them. Help them. They will help you.

Are you in a marriage that has gone bad and you don't know how to get out of it? You and your spouse is not the same people you were before you got married. People change over the years. Some of the little things that didn't bother you in the past cause a lot of problems now.

Your spouse doesn't understand you anymore and you understand them less.

You have children and you do not want to leave them but the arguing is not only bringing you down but it is hurting the children.

Maybe it is time to go. You want out but you are afraid to lose the material things you have. They are not worth it. Try counseling first and if that doesn't work start thinking about an escape plan. The grass may not always be greener on the other side of the fence but it might be. If not you may be able to use some fertilizer and make it greener.

When we date we are on our best behavior. When we live together we let things out that we hid before. When we get married even more comes out. Some times the change is for the good. Some times it is bad. I feel that the wedding vow should be, "as long as we both are who we were when we took these vows." instead of, "as long as we both shall live." Some times we are different people as the years go by and the love disappears.

It may be better for both of you to split up than to continue the charade. Even if you lose it all it is better than ending everything.

Are you young and in school? Are some of the other kids teasing you because you are overweight or for some other reason? Don't let it get you down. They are the ignorant ones. You are the greatest. No one is better than you are. When I was in grade school I was an overweight nerd. I was teased and called names. The favorite was banana barrel. I got to the point where I had to make a decision. I decided to hell with them all and ignored them. I realized that I was better than they were.

Why seek revenge when they are the ones that are fools. They are just jealous because I am going somewhere in life and they are going down. I am better than them. I started to hold my head up high and went on with my life knowing that I am me and that is a damn good thing.

No matter how bad things get or how bad other people get, you can make it better. Adjust our attitude to the situation. Always remember you are number one and things will get better. Get off your sorry butt and get to work to make things better for yourself.

Suicide is the end. No heaven, no earth, no everlasting life just hell. Change your attitude, change your life and you will find happiness. Happiness is out there for you. There are some people out there that will help you make your life better.

I have died and been close to death 3 times. I know I want to live but I am not afraid of death. I do know that if you take your own life you will find hell and it will not be worth it. Change your life don't throw it away. If you have a problem there should be organizations in your area that can help. Look in the yellow pages or use the search engines on the net. You can find help.

Down The Ladder

I have been up and down the ladder of "success" three times. This time I don't want to go up to far. I am where I want to stay financially. If the book is a success I will not benefit financially because all of the proceeds will go to helping others.

Something that people do not realize is that as you go down the ladder you find more people that are real. They do not play the game of life but they live life.

There are many who could be successful and many who were successful but they became addicts. They became addicted to drugs and/or alcohol. Some just dropped out of life and fell into the bottle.

I am not saying that it is anybody's fault but theirs. When I was a drunk it was my choice not my ex wife's. When I quit it was my decision. This is the way it is with the lost and forgotten souls.

They have to find their own way out of their hole. I am trying to help them find the way but the only way they can get out is if they want to do it.

I see them get high and come back down. I see them shaking because they need to get high but don't want to. When they are not high and are not craving the stuff they talk about quitting and they know that they need to quit. The night before they planned on going into rehab they just had to have that last high that never is the last high.

If any of you know someone with a substance abuse problem. Talk to them. Don't preach to them but reason with them. It may not work in fact it probably won't. You may save a life.

When you do not succeed it hurts. But you have not failed. They are thinking about what you have said and someday they may realize that it is time to quit and do it.

The greatest reward is to have a lost and forgotten soul find them self and be remembered and knowing you helped.

I have been hurt many times. I have thought about ending it all in the past. I thought about the bottle and drugs. Then I realized what I have gone through has given me a gift, the wisdom and an ability to help others help themselves.

The greatest gift we have is life. What we do with that gift is up to us. We can use it or abuse it. If we use it for good we will be rewarded. If we miss use it or abuse it we eventually lose. Addicts are not bad people but they are lost. They need their friends and family. If you do not know how to help look for places that can help you. If you contact the Salvation Army I am sure they can help. Check the internet search engines. Do not abandon them.

There will be times when you have to use tough love. You will have to use the word no a lot. They will tell you they hate you. Sometimes they will hate you. It is sometimes harder on you than it is on them but if you succeed the rewards are great.

Most of you probably do not know a crack addict. Most of you do know a drug and/or an alcohol abuser. Think about it. Someone that constantly has a drink, pill poppers and those that do both.

Some may not show that they are drunk or high. You may be used to their condition and not realize that they are drunk or high. This may be your child or your parent. A friend or a relative. They may need you to save their life. Excessive alcohol and drug use kills. This even includes marijuana.

If you are experimenting with drugs you are in danger. If you get addicted you may die tomorrow. Get help before it is too late. I have seen many lives go down the tubes. I have had many friends die. I do not know you. If you die I will not know. Someone will be hurt. Someone loves you. Someone needs you. There may be an unborn child, not even conceived yet that is depending on you to be clean and sober so that they have a chance at life.

I lost a child because its mother was a crack addict. It is my fault too because we had unprotected sex and even though she told me she had quit I felt she had not. We love each other and even though she is now clean and sober we can not be together. One reason is the loss of that baby. She asked if it was male or female. It was too early to have a sex. We will never know. The baby disintegrated. It was there one Friday and the next it was gone. All that

was there was the placenta. Please, don't let this happen to your baby.

I Love Life

You have probably heard people say life sucks. I guess sometimes they are right but most of the time they suck. Some people can't take the bad things that come along in life. You have to learn to go with the flow and how to change the flow when you can. If you can't go with it and you can't change it, ignore it.

The world can be tough at times. Some folks say life's a bitch and it sure enough can be. You just have to put up with it. If you play the game right you can roll with the punches and come out on top, well maybe close to the top.

Frankly as long as I am above the bottom I am happy. You get to the top and it can be a long fall. The lower you are the shorter the fall.

Some say I do not have the drive and ambition. I had it. Whenever I got to the top something knocked my butt down. Sometimes that was me. In both marriages the higher I got the worse the marriage got.

There is one thing I have learned (It isn't the only thing just one of the things.) Don't sweat the small stuff and to hell with the big stuff.

I used to have heart burn all of the time. When I decided not to let anything bother me the heart burn left.

I am self employed so I do not have to take bull shit from a boss. I am good enough at what I do so that I do not have to take the bull shit from my clients.

If you realize that the material things are not important you will have a better life. I live in a small downtown apartment within walking distance of some of the best entertainment in the world. I get buses to anywhere in the city within walking distance. Life is great for me because I do not worry about anything.

I have a good life because I make it a good life. I work at all hours out of my apartment. I have time to write. (From the end of January to April 15th I

don't have a lot of time to write because of tax season but I make time for it and the ladies.)

Of course I realize that many of you who are up there love your material things. If you are married the odds are that the wife and kids love them too. I am not saying this is wrong. I am saying that if something happens you may find yourself in a position where you will go down. It will probably be temporary but at the time you will not know how long it will be.

Be prepared. Not only you but your family too. Have an austerity plan. You do not know that your company will stay strong or that you will always be liked by your superiors. You may piss someone of that can knock you out of your job.

Always have an option in case you lose your job. Be involved in the organizations in your industry. If you are an automotive engineer be involve with the Society for Automotive Engineers.

A large number of people work for small businesses. The owner may be the only one that can keep it going. He may end up in divorce, get critically ill or in some other way find himself in a position where he will lose the company. He may have financing problems. You may have the orders but not the money to produce the product.

There are so many things that can burst your bubble. The wife may decide she doesn't like you any more. Everything can be lost in a short time. If you are ready for it you may not hurt so badly.

I have been talking about the man in a relationship but the same can apply to the working woman. The non-working (at a paying job) woman is in many cases dependant on her husband. She has to be ready in case he splits. Try to have a stash of money. No matter how much in love you are and you think he is it can change almost overnight. Be prepared to start over again.

Get a job. It can be a part time job that can be made into a full time job if needed. You may want to get into real estate sales. You may want to start a business out of your home. If your husband asks why tell him you want to have money of your own for gifts so he doesn't have to pay for his gifts from you. You are tired of asking him for money all of the time.

If you are prepared it will not hurt as much if you lose your position in life. DO NOT BE AN ASSHOLE because if you are when you go down no one will help. If you walked over people to get up the ladder they will step on you when you are on your way down. Your misfortune will be their happiness. Be nice on your way up and help others. They may remember and help you recover.

Try to have a nest egg, not for a rainy day but to save your butt.

Know Yourself and Love Yourself

The main thing I try to do in helping lost souls is to help them find themselves. The first step in recovery is to know yourself and love yourself.

Every addict I know has a low self esteem. Many are running away from themselves. They look inside and no one is home or they see some kind of monster in there.

Many times I would be at the kitchen table and 3 or more people would be getting high on crack, weed and beer.

I would sit there clean and sober (Well clean and almost sober) and watch the changes. I would see a kid walking around with a contact high.

The conversation would go from a fun game of spades and small talk, to bull shit and finally to arguing. The next day I would be the only one to remember what really happened.

The guy I physically threw out of the house would not remember why his butt was soar. The girl friend would wonder why I had a black eye and a scratched up chest.

Her son would say, "You beat the shit out of him."

I was not an innocent bystander. I was addicted to an addict. I was the one that would go buy the crack to keep her safe.

A white dude that used to live down the street moved to the suburbs. He would not let my lady know his address because he did not want his neighbors know he had black "friends". He would come to the house and want 4 nickel rocks. He was afraid to buy it so he would ask me to buy for him. (Let the crazy old white man do it)

I said, "Fine but I want an extra nickel for my lady."

I would go to the dealer and give him the money for five nickels. He would give me 4 small nickels and 2 big nickels for the lady.

I would give him his 4 and when he would ask to do it in our place I would say no and send him away. My lady would ask why. I said if you are too black to visit him he is too white to visit you. Besides if you look at your rocks you will realize I am ripping him off.

When I realized I was headed to prison for selling drugs I split. Today she is no longer drinking or using drugs thanks to 2 strokes.

When she had her stroke she finally started listening to me. Now she loves herself and she knows herself. She still lives in the same neighborhood but the addicts no longer come around except those in the family but they keep the drugs out of her house.

Now I am spending my time helping people find themselves and realizing that they loved.

Everyone I know who has found themselves and who loves themselves has not even thought about going back to drugs and alcohol.

I see a lot of good people in this group. People who are on there way to recovery and those who have years of being clean and sober. Look into your heart and see that beautiful person in there and know that you are a good person. Love what you see.

If you start to think about falling think about that person in your heart. Show your love for that person and replace the urge with a pop. Always remember that you are the most important person in your life because without you there would be no you.

Thank you for being you and to all of you I love you.

I also love me.

Why I want to help lost souls.

I believe in God and Christ. I was raised Episcopal and was going to be a minister. I became disillusioned with the church because of hypocrisy.

I think of the Bible as a history book written by men coloring the story to benefit them. Like all history books it has true and stories based on fact.

I worship by myself. I have been asked to become a preacher. If I do it will be non denominational. I would preach a way of life based on the 10 commandments. I would not preach Christianity it self.

I would preach for the lost souls of this world. I would not try to convert people to my way. I would want them to stay with their religion and use this as an addition to their lives.

I do not need the material things of life. I am happy with what I have.

I noticed in many churches the poor seem to give more than the others. I would look for money from the others and help the poor. If you are poor and want to help we prefer that you give time not money.

I have had some successful authors tell me that I have a winner with the book I am writing. I have also had people tell me that I will succeed in my rehab plans.

Many of you may think I am full of shit. Some of you may think it will work.

Every time I would go up financially something would knock me down. The first time was alcohol, the second time was bigotry and the third time was the bosses divorce. After the third time I decided God wants me to help the lost souls.

I was spared in two auto accidents that everyone said I should be dead. In one the only undamaged part of the car was the seat I was in. My glasses were outside of the car.

Lee

I was a drunk. I stole money from my son's Indian guide popcorn sales for alcohol. I was a drunk for about 4 to 6 years. I really can't remember for sure (151 rum will play with your memory.)

I quit getting drunk when my second wife and I got together. I still drank but only at parties. Even at parties I drank cola most of the time.

After number two and I broke up I ended up falling in love with women who were addicts and/or alcoholics. I did use some weed but I did not like it. It just made me tired. I never used crack or other illegal drugs.

I had a girl friend that would disappear and the dealers would come to me with jewelry and I would pay for her drugs and get back her jewelry. She left me for a dealer. I lived with an addict and bought her drugs to keep her out of danger. During this time I began getting drunk again. After a year I quit drinking completely.

I was homeless for a while and lived in a bar. The 151 rum used to call my name but the urge to drink was gone. I also tended bar with no urge to drink. No matter how bad things got I did not think about drinking.

On January 1, 2000 I was reborn. I moved downtown and began a life where nothing bothered me. I decided I was never going to have another bad day. I have no love for material things. I do not drive anymore because I fall asleep at the wheel and with my arthritis my legs hurt when I am in a car. I use the bus and when I have to I walk.

I know have many friends who are addicts. I help them by being here if they need someone to talk to. I also help them look inside and find themselves. I give them reasons to love themselves more than their addiction. I build their self esteem.

My success in quitting was an attitude change. I looked into my heart and found that I was a pretty nice guy. I realized that nothing can ruin my day. No matter how bad things get there is something good that is going to come out of it. I do not worry about anything. I enjoy life and I love helping people.

Now you have an idea of who I am, why I am and what I am.

My Dream for The Castle of Hope for Lost Souls

It must be noted that when I refer to drug addiction here and in most of my writing it includes alcoholism.

I have a dream that someday drug addiction will no longer be a problem. I have a dream that the lost souls who are addicted to drugs will find the road to recovery and stay on that road.

This is a battle that the addicts must wage with themselves. It is a battle between the devil within and the soul within. It is an inner battle between good and evil.

Can you imagine what would happen to the prison population without drug addiction? It would diminish greatly. The drug related crime would be eliminated. Instead of 2,000,000 plus we would have 500,000 or less in the prisons.

It would take years but as the addicts are finding their way they will help others along the road and eventually the war could be won. With the decrease in addicts those dealing in drugs would lose their market and they would go out of business.

The money saved could partially be used to help the mentally ill who have been abandoned by the states. Many if not most of the homeless would be able to return to the mental health system which would be new and improved. The rest of those in the streets who are addicts could join the others on the road to recovery.

Is it possible that in my lifetime that I will see an end to the drug addiction problem. Probably not but I will do what I can to start the ball rolling. This is where the Castle of Hope for Lost Souls comes in.

In the beginning we will work with addicts to help them find the road to recovery. We can not do it for them. They must find their way to recovery. We can help them find the way but they must take the steps on that road.

Many will need inpatient rehabilitation. We plan on working with rehabilitation centers and sending those who need them to the centers that are best for them. We will have support groups for the addicts when they come out of the centers and for those who do not go to the centers.

We want to have people with experience in dealing with addiction and who have recovered from their own addiction to help others recover. There will be a hotline for the addicts who need help. There will be others who can help them stay on the road when they feel that they are falling off the road.

We will need the help from professionals in the physical and mental health fields. We will need the help from professionals in the social science fields. We will need help from ministers of the different religions including Christians, Jews, Muslims, Buddhists, Hindus and the others.

I want a building that will be big enough to have the support group meetings, a place where the people in the streets can come and take some time out of the streets. There would be pool tables, televisions, checkers and chess boards, computers for research, books and facilities to feed the hungry. I want a church that would have a wheel instead of a crucifix. On each spoke of the wheel would be the symbol of a different religion. The wheel would turn so that no religion would be higher than the other.

I also want a place for the homeless to get out of the bad weather. A place for the addicts who want to get into a rehab center to stay until a place is found for them.

I want to set up a rehab center. Each addict has different reasons for their addiction. The methods used to help in their recovery also vary however there are similarities in the recovery. In most cases the addict suffers from low self esteem. They are lost. This is where the lost souls come in.

The old cartoons show a devil and an angel fighting for control. This is real life. In the case of addiction the devil (instinct) wins over the angel (our soul). The soul is lost and in order for the addict to recover he needs to find the soul. That is where the castle comes in. We have to help the addict's soul regain control.

Who am I? I am a former drunk. I am the crazy old white man from the hood. I am not a psychologist or a social worker. My education is from the streets, from living in the drug world and my own recovery.

AA and NA are good for some people but bad for others. The courts like to send addicts to them with the idea that they will help the addict recover but they do not realize that if the addict is not ready it will not work.

The addict is the only one that can decide to recover. We can help them find the road to recovery but they must take the road and want to take the road. You can help them face the cause of their addiction and to deal with that cause.

AA and NA work on the premise that the addiction is a disease. That can give the addict a cop out. If they are hopelessly addicted why recover? They need an attitude adjustment. They have to realize that their recovery is right for them and that they deserve recovery. Recovery is possible when they want it enough.

Thinking about how one drink or one fix can send them back into the clutches of addiction makes them think about that drink or fix. When my ex-girlfriend would see an anti-drug commercial she would send me out for a rock. When I would see an anti-smoking commercial I would light up a cigarette.

Instead of thinking about it we have to decide we do not want it or need it. I do not have the urge to drink anymore. I can be around alcohol and I do not want it. I found it was more fun staying sober and watching the drunks get drunk.

I love life and I love those who are living life. I want to help them find happiness in life. I have known many addicts. I have loved addicts. Today most of those I know are addicts. I have helped some find the road to recovery and I want to help many others.

Say No to Drugs and Live a Better Life

I have had a lot of experience with addiction. As most of you know I was a drunk. I also was involved with many drug addicts.

In the last 20 plus years I have lost a lot of friends to drugs and the drug world. In the last 12 years I have spent a lot of time in the streets. I have known addicts who had homes and jobs. I have known addicts who had homes and their spouses worked.

I have known addicts who would do odd jobs, beg on the streets, sell their bodies, sell drugs, sell stolen goods, steal goods and do almost anything else for drugs.

I knew a guy who was a heroin addict. His hand were swollen to much larger than the normally were because this was where he was shooting up. Years later I saw him jogging down the street. He looked healthy. He said he had been clean for three years. He had three heart attacks and lost his family and realized he was on the road to death. He quit heroin and all other drugs. He got his family back and had a good job. A month later he had another heart attack and died. He quit but it was too late but his final years were good years.

Lets go back many years. My dad's partner and his wife were alcoholics. One would quit but the other could not so the one who quit would go back to alcohol. They had a son a couple of years older than me. He had mental problems and was kicked out of school for hitting a teacher. He also had Rheumatoid arthritis. He fell in love with his nurse. His father was told he had six months to live (his liver was shot). He said he would live to see his son's wedding. When they were pronounced man and wife he died.

A year later the son died. Where his problems caused by his parents drinking. I do not know but I think the odds are that his mental and physical conditions were because of it. The mother lived a long lonely life. She was bed ridden most of the time and in pain. She was sober but again it was too late. She died in bed. Alone.

This one is many years ago too. It was in the 50s. My friends father was a drunk. I never saw him sober. He was a prominent stock broker and was wealthy. We were in a riding group but when he drove all of the kids were sick. I do not think he ever realized why. He was a Jew, her mother was a Presbyterian and after a few suicide attempts she became a Catholic. Eventually his liver went out on him and he died. Luckily she got help and last I heard she was doing well. She had a boyfriend and I heard that she got married. She was lucky she survived. She was my first love from 5 to 10 years old.

Back to more recent times. Loving an addict can be an addiction to. The brother of a woman I loved told me I was an addict. I asked him what he meant. He told me I was addicted to an addict. I was also enabling her by buying her drugs.

I was introduced to crack after divorce number two. I never used it but I was around it. I was in the drug world. I knew the dealers and the crack heads. I was in danger many times but I learned street smarts fast and I had a lot of help from friends. The Crazy Old White Man was my street name behind my back. I did not put up with BS and I was able to bluff my way though any problems I had.

The dealers liked me and they always offered to help me with the ladies' addictions. They were all good women but they had a Jones to beat all Jones. Crack was their main man. I was second.

Two of the ladies decided their lives were being ruined by crack and quit on their own. One quit when she got pregnant the other quit when I left her.

Over the last 10 years or more I lived with a lady for a few times, at least four maybe more. I still love her but I think it is too late for us. A few years ago she got pregnant. It was our baby. It died before it even was a boy or a girl. It was there one week and the next it was gone. No miscarriage. It died and disintegrated. All that was left was the placenta. Crack was the cause. She blamed me.

A few years ago she had two strokes. She is recovering well but still can not feel her right side. Her speech is almost back to normal. She is clean and sober. Even quit cigarettes.

Crack is a killer. Crack will drag you down.

What about marijuana? Based on "scientific studies" it is not addictive and does not lead to harder drugs. I say, excuse my French, BULL SHIT. I have seen what it can do when laced with crack. I have seen what it can do when it has chemicals in it. I have seen people come to the point when they no longer get a high from it and start lacing it with other drugs. I have seen people graduate to stronger and more dangerous drugs.

A young man got some bad weed. It fried his mind. He was saved twice from walking in front of moving trains. He murdered a young lady a few years ago. He was 18. He went from a 4.0 student to a dropout to a murderer in less than a year. He will spend the rest of his life in prison. Since he is crazy it will be in segregation

Some say marijuana is no worse than alcohol. Based on my experience it is worse. Alcohol can be controlled by the individual. There are some who are alcoholics and have a disease but many are not alcoholics. I was not an alcoholic but a drunk by choice. When I realized that and what it was doing to me I quit. It is better not to start. I have more fun at parties where people are drinking because I see how crazy some people get. The same goes when I go to a bar. I have not urge to drink. It is more fun when you are sober.

How do you know how much fun drugs and alcohol are when you can not remember what you did?

There is only one way to quit. That is for you to quit. You have to want to quit. You may need help but it is on you. You can ask God for help but remember God helps those who help themselves. You have to say I love myself too much to let drugs ruin it. You have to say NO.

A Day in the Life of a Homeless Person.

I am going to tell you about a day in the life of Joe Wino. Joe is homeless and a drunk. At one time he was a successful business man. He lost his family in an auto accident. After the accident he could not function. He started to drink to make the pain of his loss go away. He soon could not function at work and got fired. Then he lost his house and found himself in the streets.

During the warm parts of the year he sleeps on park benches, in alleys, in abandoned buildings, bus stop shelters or anywhere else he can lay down and go to sleep. During the winter if the shelters are full he tries to find something inside. It may not be heated he has some blankets to help keep the cold out of his body.

All of his belongings are in a plastic bag. In the morning he gets up and heads for the garbage cans and dumpsters. He looks for bottles that he can turn in for the deposit money, food or something to drink. He likes the dumpsters behind the restaurants because they sometimes have food, especially after meal times. If he is lucky he will not have to spend money on food. That gives him more for his liquid refreshment.

Joe is at the bus stop and when the bus stops he gets on and asks if anyone can help him with bus fare. If there is a sucker he gets the fare and jumps off. He can't do this too often because each driver remembers him and will eventually stop picking him up. When he gets enough for a cheap half pint he goes to the liquor store and buys the cheapest half pint he can find.

Some times someone will take him to get food. Then he sells it for more cheap booze. Many of those on the streets are drug addicts too. Some have lost a limb or two because of their addiction. You see them on crutches, in wheel chairs or hopping around on one leg. During the day they are downtown begging from the office workers and shoppers. If they aren't causing problems the police look the other way.

Joe's day is spent walking, begging, checking garbage and having an occasional nap. As night falls he starts to think about where he will sleep. He finds a place in an abandoned building. He has a bottle that he will drink until he passes out. If he is lucky he will wake up in the morning. Maybe if he is lucky he will not wake up in the morning. If it's cold he may freeze to

death. He may be killed by another homeless person or some sick killer. He may die from the cheap booze.

How lucky he is depends on his living or if his death is painless. No one will miss him. No one will care. He is a lost and forgotten soul. Maybe if he is gone someone may wonder what happened to that bum that used to beg here. Maybe one person will miss him. I may miss him.

When we go if one person realizes we are gone then we were not totally lost.

Hypocrisy and the Church.

I have a feeling that this one will piss some people off. They say do not discuss religion or politics because they lead into arguments that do not end or end in broken friendship. What I like about this forum is that I can say what I want and not listen to the people calling me a heathen.

I do not like people that go to church on Sunday and act holy and when they are out the door they talk about the other people and instead of being holier than though they are unholy than though. I don't like the way inner city preachers soak the poor and go home to the suburbs in their limos. Many don't even visit those who are in the hospital. I am not saying that all churches are like this.

I do not like it when churches protect pedophile ministers by transferring them so they can continue to molest children. Then they cover up the wrong doing in their church to protect their image.

I was raised as an Episcopal and as a teenager wanted to be an Episcopal minister. I became disenchanted with the churches and I know praise the lord in my own way. Yes I do believe in God and Christ. I also believe in helping those who are in need.

I believe in happiness and living life in a way that I will be happy and spread my happiness to others. If I become a preacher I will not preach a religion but a way of life. I will not preach damnation and hellfire but a life that will help you get to heaven, I will preach love and helping others find themselves. I will preach how you can always have a good day and a good life. I will preach a healthy attitude. I will let assholes know what they are and let them know how to change their life before their hate and the hatred that others have for them destroys them.

I will not preach against any religion but I will open my doors and heart to people of all religions and ethnic backgrounds. Though I am a Christian I will not preach Christianity but love of God and love of man. I will ask people to learn from other religions and invite guests to come and tell about their religious beliefs.

I will not preach the Bible because I feel that it is not the word of God but

the word of religious leaders many of whom wrote for their benefit. I will preach from my heart and from my experiences in life.

The world needs love and it needs to have the religious leaders through out the world tell their followers that just because a person has different beliefs they are not bad.

God is good. No one knows which religion is right. There is good in all religions that do not follow Satan. I feel those of all religions that praise God (no matter what name they use) can make it to heaven and receive God=s blessing. Even those religions that have more than one god have his love because their gods are different faces of the one God.

Instead of fearing or hating people who are different let those differences add to your knowledge of life. Even if you disagree remember that they disagree with you. Only God can judge not you. What is right may be somewhere in between.

I am me

or

What you see is what you get.

Do I care what you think about me? Not really. Since I came up with that answer I now have more friends than I ever have had for my whole life. I no longer push myself on people. I no longer put on a show. I no longer try to make friends.

I am myself and I do not put on a phony face just to make friends or impress people. If you see me in the streets you may think I am a bum. I am an accountant and have a few clients. I do not own a suit. I ride the bus. I have decided to limit my income to enough to survive.

If someone has a problem I will listen and use my years of studying life to help them. There are about 100 people in this apartment building. I have talked to all of them. I hear that I am probably one of the most respected people in the building. Some watch over me and put the word out that you don't mess with me.

Why? I am me. I do not bull shit anyone. I do not down anyone. I do not put on airs. I treat everyone as an equal. More important I think of everyone as an equal.

That is why I get along so well in the black world. A black person knows bull shit when they see it or hear it. The white man has been bull shitting them. I have been told that I am so well liked because I am thought of as a brother. Some have said that I am like no white person they have ever seen. I am the only one that does not talk down to them.

Many whites hate me. They think of me as a traitor. I am me. I am not anyone else and I do not want to be anyone else. I do not care what society says about me. I do not care what other whites think of me. I do not try to impress anyone. What you see is what you get. Me.

It may sound like I am prejudice against whites. If you lived my life you have reason to be. If you lived your life as a black man or woman you probably would be. I give everyone an equal chance.

Think about a child who sees his father lynched and has to escape from the south in order not to be killed by the lynch mob. Think about the girl from Detroit who visits her family down south and get beat up buy 5 men and boys because she was on the wrong side of the street.

It is better now but it is still bad. My friends know that I have been discriminated against because of my choice of friends and girl friends. I have lost material things but gained something more important (true friends.)

I am in a world where people accept me. Not the white guy, not the crazy old white man but me.

My clients accept me as me and for the work I do for them. They know I am a little strange. They know I am not normal. They know I am me.

So here it is my friends. If you like me I am happy. If you do not like me that is your loss not mine because I am me.

Is somebody out there?

Many years ago the people in Europe thought that the earth was the center of the universe. They said the sun revolved around the earth. They thought that they were so cool that everything had to revolve around them. Some people thought the world was flat and some still do.

There are also some people today the feel that the Egyptians were visited by aliens. They also feel that the Indians in Mexico and South America were visited. We have sightings of UFOs and the Roswell stories.

Then you have the people that think we are too cool to have any life in the universe to be smarter and farther advanced than us.

I, the crazy old white man from the hood, think that there has to be other life out there that is further advanced than we are. They may not look like us but you can bet that they are way above us when it comes to intelligence.

I think they are waiting for us to advance some more and to be willing to be taught a better way. It is too soon because they are not sure what their reception will be. Will it be violent rejection or acceptance.

Religious folks would probably say that the bible says God started it and we are the first and only humans. Maybe God created man on other planets in other solar systems long before the earth came along. He didn't tell anybody because we were not ready. He just told us about the creation of earth and man because we were not smart enough to grasp the rest of it. Who says He has to tell us everything?

There could be thousands of other planets that have intelligent life on them. Maybe heaven is one of those planets and our souls will be transported there when we die.

I think that our planet will be saved by aliens from another planet. I think we will be given technology that will be millenniums ahead of ours. I see space travel becoming as common as air travel. I see colonies on the Moon, Mars and other planets. I see us saving other worlds from self destruction.

We have explored almost all of the land on the earth. All that is left is the deepest parts of the Oceans and Seas. The earth is getting too small. We

have to go to other planets. There we will find resources that will further advance our civilization. With out space travel out economy will become stagnate and we will go into a depression.

Look at what we have because of the space program. Tang and the PC. We have all of out technological advances because of the space program. It has paid for itself many times over and if we stop we will lose out. The little green (or some other color) men may not want to come and help those who do not progress.

The Kids and the Streets

Drugs are a fact of the streets. If you get the addict off the streets will they stop? No they will find drugs. They are in the streets for many reasons. Some because of drugs and some runaways that became prostitutes to survive and started using drugs that were all around them.

Today the Detroit PD had a drug bust 5 blocks from my apartment. If I knew about it I could have watched it from my window. Where I am it is safe. Four blocks away it is the Cass Corridor.

One of the best high schools in the city and possibly the country is there. The kids are all college bound and have high grades. They waited at a bus stop while the junkies begged in the streets, bought and used their drugs. They watched the prostitutes get picked up by their Johns.

The main drug house was closed down and tonight the drugs may not be on the corner. Tomorrow they will probably be back.

The city is full of abandoned and burned out houses, apartment building and businesses. Many are boarded up some are not. Some are homes for packs of dogs and cats. Some are homes for the homeless. Some used them to do there drugs. Rapist used them to drag there victims in and rape them.

Some of these are near schools and as the children walk by the fear that they may be the next victim. Bodies are found in them.

A lady was at a bus stop with her baby. She realized that she forgot her purse and left her baby with a strange man and ran home to get her purse. She came back and the man and the baby were gone. A few days later the baby was found in an abandoned house. The man had a mental problem and did not know what to do with the baby. He just walked a way.

The city is tearing down these buildings slowly. Priority is the ones near the schools. They tore one down an apartment next to a school just before school was to start. Asbestos ended up in the school from the building. It took a few weeks to clean it up.

The abandoned buildings that are not in bad shape many times become drug

houses. Drug addicts will rob people and go to the drug house for their drugs. Women will try to trade the bodies for drugs.

For those of you who think marijuana is safe let me tell you about a 16 year old boy who used it. He was a straight A student. He got a bad batch and started having black outs and psychotic episodes. The police saved him from being run over by a freight train. He was stopped from jumping off a bridge. His grades dropped to Ds and Es.

He was 17 and working for a drug dealer. He was in the bathroom and a girl came in. The dealer refused to give her drugs for sex so she was going try to get them from the young man. She tried to pull his pants down and he shot her. He is probably in the state hospital for the criminally insane. Yes marijuana is harmless. So are guns.

The lowest scum on the earth are those who molest children. Those that sell drugs to children and turn young runaways into prostitutes.

There was this man who was in his mid fifties and worked for one of the automakers. He was also white. He approached Ne Ne and wanted her to recruit young girls. She was 14 and did not have sex or let him take pictures of her. When he was caught he had 150 nude pictures with some performing sex acts on him of young teenage black girls. He was out of jail in a year and a half. If he is caught in the neighborhood by the parents he will die.

I hope that our new mayor can speed up the demolition of the abandoned buildings. The Cass Corridor will be rebuilt so that will help solve the problem in that part of the city. We have thousands of abandoned buildings and more are being added. Hopefully the tide will turn soon.

Street People

The Cass Corridor of Detroit is like the skid row. Cheap hotels, drug rehab center, the homeless and residents of the cheap hotels. You will find alcoholics, drug addicts, prostitutes, mentally ill people and people down on their luck. Some are Vietnam Veterans who can not make it in society because of the war wounds, post hypnotic stress syndrome or drug and alcohol problems acquired during the war. Some lost their jobs and families because of their addictions. Some are were put out from the mental health facilities because the were not "a threat to themselves or society." The problem is that many can not cope with society or hold down jobs because their minds are not functioning properly.

They survive with odd jobs, begging, returning pop bottles for deposits, looking in garbage cans, prostitution and stealing. Life in the streets is survival of the fit. (not fittest but fit) The old and weak are subject to being robbed. The sad part is that they don't have anything to steal.

There is a good side. The people are real people. They are not phonies unless they are conning someone. Most do not sit there and cry about their situation but go out and do what they can to survive.

Most of the drug addicts can not be trusted but many have a good heart. I will not sit here and tell you that they are the way they are because of our society. They are the way they are because their parents were that way, they got in with the wrong crowd or because they like getting high. Crack is the worst drug around. It is the most addictive drug out there. Crack ruins more lives and kills more people than any other drug.

There are many sad stories about how they got there. There are many sad stories about what happens to them there. People found dead in alleys, dumpsters, vacant buildings and lots. People frozen, shot, stabbed, beaten or those who overdosed on drugs. Some get AIDs from sharing syringes when they shoot up.

I met many people that I enjoyed being with. Some of the best friends I have had were street people.

My first experience with the streets was in 1963 when I was in the Navy. I was in school at the Great Lakes Naval Base outside of Chicago. On weekends I would go to Chicago and stay in the Y or the Pacific Garden Mission. I spent

most of my time in the arcade (on the pool tables) and in the streets. I hustled pool with a friend who had a good stick. I was not to good.

When he was in the Army he was a martial arts instructor. He was jumped by three guys and they died in the fight. He got 3 years in Fort Leavenworth for manslaughter. He had a wife and 3 kids. He was an ex-con and had a dishonorable discharge so he had a hard time getting a job. All of the money we won went to him and his family.

I met a pregnant prostitute and he and I helped her out. We bought her shoes and some clothing. Part of my pay went to helping her out. I went to a ship at Key West, FL before the baby was born. I got a letter from her after the baby was born and she said she named the baby after both of us.

Before I go on I have this word of warning to prospective johns. If you pick up a street hooker the odds are that you will get robbed and possibly killed or seriously injured. The street hooker is always in danger of being picked up by a rapist or killer. Street prostitution makes it hard on the women who are not prostitutes. If they are in a neighborhood that is known to have prostitution they are propositioned by johns. Street prostitution should never be legalized and efforts by the police to stamp it out should be increased, especially in the neighborhoods.

I have known a lot of street hookers. Most were addicted to crack or heroin. Many were cross addicted with alcohol. Now we are in the mid to late 1990s Detroit and Inkster, Michigan streets. Many of these young women were clean and very careful not to get venereal diseases or aids. They made sure the johns used condoms and they supplied them to the johns. Since this is not a X-rated site I can not go into detail.

Many of these women were my friends. If they needed someone to talk to I was there. I was not a john. I was a person they could go to with their problems. I did not have money for them I had an ear, advice, a shoulder and I was someone who cared. Some even referred to me as their shrink. If they wanted help to get off of drugs I was there as a voice of reason. Being a reformed drunk helped. I also had a lot of experience with drug addiction. (With the exception of a few joints, I did not use drugs.)

Johns would come to me and ask me about a hooker and I would say that I had no experience with them sexually but do not go to sleep. The next day they would tell me that their money or something was taken. I asked if they went to

sleep and they did. I told them they were warned and the girl was just doing her job.

One of them took off with \$150,000 that a john had in a brief case. She had to get out of town fast but had the money for a get away. Last I heard she wasn't caught.

I was waiting for a bus a man told me that he won \$7,000 at the casino in Windsor. Why was he waiting for a bus. He picked up a lady and went to the hotel. He woke up and his money was gone. He reached for his cell phone and it was gone. He went in his pants pocket and his car keys were gone. His wife bought him the car two weeks before. No insurance. My thought was DON'T GO TO SLEEP.

I knew addicts (male and female), dealers, drunks, mentally ill and those down on their luck. They did what they could to survive and in the case of the addicts and alcoholics to keep their addictions satisfied. Many were homeless others lived in cheap hotels in the Cass Corridor. Early in the morning some would meet at a restaurant to pass out handbills. A guy would pick them up with a truck and take them to the neighborhoods. Others would do odd jobs for the businesses in the area. Some would beg and some would pick the garbage for food and bottles for the deposits. Some would steal and others were hookers.

I spent a week in Wayne County Jail. While waiting for my bail hearing I met 30 to 40 inmates. Waiting for a cell I met 30 to 40 more. I was in 2 cells while I was there and met 10 more in each cell. So I met 80 to 100 inmates. The ones that did not make bail all had one thing in common. They were poor. If they were not poor most would have made bail. If they were not poor most would not have done anything to be there.

I am not going to blame society. Many could not get jobs because they lacked education. Some high school graduates can't read. Some never finished school because they did not have the support of their parents. For some the only way to survive or take care of their families was selling drugs, conning people or stealing.

The official unemployment rate is low. That includes only those who lost their jobs and are looking for work. The street people are not included. They are among those people who are considered to be "unemployable." They are not even statistics. They are the forgotten people. They are swept under the rug.

But, alas, what can be done? More rehab centers? Might help but they have to want rehab. Some need to be in institutions. I see missionaries in the neighborhoods but I did not see them in the corridor. The Salvation Army is there and there are soup kitchens and some shelters.

I am going to end this here. If you have some stories to add, please, send them via e-mail. I would like some from Vietnam Vets. Let me know if you have ideas on how to help solve the problem. Also let me know if I can use your name. I may add your e-mail to a future web site. At the end put the name you want me to use on the site.

The Streets

Downtown Detroit is going through a rebirth. The old buildings are being rebuilt or replaced. Everywhere you look you see cranes where new buildings are going up.

The Cass Corridor is being rebuilt. The Corridor used to be the place for entertainment. Then it became the skid row of Detroit. The homeless and the hookers are being pushed out the neighborhoods.

Before I moved downtown I lived in my office in a neighborhood that was pretty nice. At night it would change. You would see the homeless and the hookers. They were there during the day but more noticeable at night.

There was a young man who looked like he was around 20. He was about 6' 6". He was quiet and really didn't bother anybody but at night he would be hanging out by a bar. When people came out they would see him and his size and the blank look on his face would scare them.

I don't think he was dangerous. He would stand for hours in one spot like a statue. The Police decided to get him out of the neighborhood so they picked him up and dropped him off out of the city. By the time they got back to where they picked him up, he was standing there.

He would go into the party stores and gas station markets and get cookies and cakes and eat them right there. He would put the wrappers in the garbage and walk out. No one would say anything to him.

One day he was found in the dumpster. The word on the street was that a store owner or owners did it.

One of the hookers used to stop and talk to me every once in a while. One night there was a knock on the door. A man said she was in his car and needed help. I went to the car and she had metal sticking out of her leg and had a wheel chair. She was a victim of a hit and run down the street. (A few hookers were lost that way.) I brought her in and called a cab for her. I gave her some money to cover cab fare and a night in a motel.

I didn't see her for a while. The cab driver brought her by. He took her in. I

haven't seen here since.

The police would have decoys. The hookers were usually not real good looking and you could tell many were crack or heroin addicts. The police decoys were good looking, clean and did not look like addicts.

I saw one on the street standing on the corner. After an hour or so she came into the Coney island. There were three of us watching her. As she walked in we all said, Hi Officer, how is it going out there?"

She said, "How did you know?"

I said, "You look to good to be a hooker. The johns look at you and know you are a cop. If you want to catch the johns you have to wear dirty clothes and go a night without sleep so you look like you are an addict."

The next night they had a Asian cop out there in hot pants and a short tank top. I saw him in uniform a few times before.

As a side note. In Inkster where I tended bar the police would set up a decoy operation. The catch car would be parked in the bar lot to penalize me. They would pull over drunk drivers and get them to plead guilty to solicitation so they would not lose their drivers license and have higher insurance rates. The figures looked great for the decoy operation. I am willing to bet that 90% of the busts were drunk drivers.

Now we are downtown:

There is a man in my apartment building with one leg. He has two wheel chairs. One is electric which is used to go to the store. The other is manual which he uses for panhandling. He lives on the 12th floor. My apartment is next to the stairway. I heard a banging on the stairs. I went to the stairway and he was crawling down the stairs dragging his chair. The main elevators were out so I told him to go to the freight elevator and I would call down to have it sent up.

This man gets around. I see him on the street a lot. He moves along and when people come by he holds his hand out for money. He is one of the lucky ones. He did not lose his leg because of drug addiction so he gets disability and Medicare. Many of the ones missing limbs are drug addicts

and homeless. When it is warm they live in the bus shelters.

I saw one man with one leg and no crutches. He would hop to his spot and sit on the side walk and beg. There is a young man with no legs. He gets around laying on his stomach on a mattress that is on a table top on his wheel chair. He gets around pretty well. I haven't noticed him begging. The sad thing is that most of them are there because of drug abuse.

There is a Desert Storm Veteran in my building. He talks to himself. He sees me in the street and will start talking to me. It would be about nothing. On the rare occasion that he talked sense you would get his story. He always asks me if I have coffee to give him.

One day he was in his room yelling and throwing things. His neighbor called the police. They knocked on the door and told him to open the door. He said no. So they left. A few minutes later he went out side and they were waiting for him. They took him to the VA hospital.

I was on the bus. There was a big guy in front of me. He had a football helmet on. He was talking into his hand. I figured from the conversation that he was a secret agent. He told the agents in a car to pick up the spies in the 69 red and white Chevy.

Many of the street people belong in institutions. They do not have the ability to live in the outside world. They do not take there medication and some seem to be dangerous to themselves and possibly others. Many are drug addicts and/or alcoholics. Some are hiding from the world.

I was waiting for a bus and an old guy came up to me and asked for a cigarette. I gave him the cigarette and he started preaching. He started off with holy roller, moved to Judaism and worked his way to Islam. Then he started complaining about how he went to prison for killing a white guy. He said that if he killed a black guy he would not have gone to prison.

The bus came just as I was starting to worry.

There was a guy walking down the street holding his pants up. I was cold and he had long johns on. He had a belt but he wanted to be in style with his underwear showing. This was on the Wayne State University campus. It is in the middle of Detroit and they have their own police force.

The WSUPD pulled up in two cars. One cop pulled his pants down to his knees and tightened the belt so he could not run away. They went through his pockets and found nothing so they left him there with his pants belted around his knees. He stood there for a while then started walking down the street with his knees belted together.

As a sidebar, Detroit has more cops than I have ever seen. They have the Detroit Police, Wayne State University Police, Wayne County Sheriff, Michigan State Police, Transit Police, US Government Police, US Marshals, Border Patrol, US Postal Police, FBI, DEA, ATF, Secret Service, US Coast Guard and maybe more.

I was in a door way of a vacant building when two drunks walked by and they did not see me. One of them tripped and said, "Jesus Christ."

I said in a deep voice, "Yes, my son. May I help you?"

I have never seen two drunks run so fast.

I was on a bus. We came to a stop and an old guy got on.

He asked, "Does anyone have a \$1.50. I have to get to the VA hospital."

One guy in the middle of the bus said, "I have a ticket you can use."

The old guy said, "I can't get a bottle with a damn bus ticket!" and he got off the bus.

The bus driver laughed and said, "I will remember him and he will never get on my bus again."

Before I went broke I lived in an upscale neighborhood of Detroit. I would go to the drug store and an older man with one leg would be at the entrance. People would say hello and give him money. He would thank them.

Whenever I came by I would give him \$5.00 and we would talk for a while. He was a diabetic and one day he told me they had to amputate his right arm. He asked for my phone number and said he wanted to call me from the hospital. He wanted me to visit him while he was there.

I didn't see him for a while and asked about him. No one knew anything. Finally he was back at his space. Because of his heart they could not amputate. A month later he died. Some of the people that helped him made sure he had a funeral and a head stone. I did not know until it was too late. I was sad that I missed it and when I think about him I miss talking to him.

The reason for this story is to let you know that these are people and many are good people. This man was a good man and I feel that he touched many people. He had a family that he had not seen in years. He lived alone but he was not alone.

Partners in Love

I have been married twice. The first time I said, "I do?" and I knew I was in trouble.

The second time was a mixed marriage and we stayed together because the outside pressure made us stronger. It also hid the fact that we should not be together.

I have learned from my mistakes and the mistakes of others.

You always have to remember that when you get married or live in a union of love without the license and ceremony that you are in a partnership. Both partners must contribute equally to the relationship or it will be doomed. I am not talking about money. It is part of the equation but everything you do for your partner, the children and the household is put in a pot and split based on what is constant.

For example, when both partners in a relationship work they should share the work at home based on the hours they work. If you work the same hours then the split should be 50/50.

As the years go by some couples start taking each other for granted. The love seems to be diminishing. The fire between you goes down.

Every time your relationship seems to be slipping do something new and romantic. At least every six months, or earlier if you need a boost, do something that will renew your love.

Go to a motel with a hot tub in the room (heart shaped preferred) and make love. Do not have sex but make mad passionate love. Explore each other and renew your relationship.

When my ex girlfriend and I did it we each put bubble bath liquid in the tub and being a big tub we put extra in. We had four feet of bubbles in the room. (Well maybe only two feet.)

When children are involved you have to try even harder to keep the fire burning. Time away from the children is important. At least once a month,

preferably more, get a sitter and go out on a date. Try to think of yourselves as a young couple starting out your relationship. Try not to think about the children.

I realize that this is a time of feminism but feminism is out here. The man should open the doors for the women. I won't say he should throw his coat over a puddle (Why ruin a good coat?) But he could lead her around the puddle or better yet carry her over the puddle.

Make each date your first date or the date you fell in love on.

Each day is the beginning of the rest of your partnership. It is the opportunity for a new beginning. If your partner complains about something you do, don't think of it as a bunch of BS. Think about it and you may realize it is a legitimate gripe. Try to change.

As time goes by we change. Some of the change may be good and some may be bad. You can not say to your partner, "You knew I was like this when you married me." when there is a complaint. You may not have been that way when you entered the relationship.

Sometimes the changes in you both can cause your relationship to suffer. When your first get together and are dating you are on your best behavior. As your relationship matures you let your hidden feelings and ways creep out. The change may be so slight that you do not notice. When you move in together more of yourselves come out. When you get married more of yourselves come out.

This is why a lot of couples that live together find that when they get married things have changed. Some get a divorce and stay together. That piece of paper may ruin the relationship.

If your change is for the bad and you can not undo the change you may lose your partner. Is your partner ready to undo the bad changes. You have to work together and either correct the problems or live with them.

Always remember what ever happens you are you. You are a number one. You are a beautiful person and you deserve a beautiful life. Your partner is tied with you as number one. When things go wrong and if your partner won't hold up their end of the partnership you are now number one and the

other is number two. If things get worse and you are abused verbally and or physically the other is zero and out.

People Watching

People watching is a science. People watching is an art. People watching is fun. People watching can be dangerous.

I have been a people watcher for 40 years. I have watched wealthy people and poor people, good people and bad people, happy people and sad people, intelligent people and not too swift people, beautiful people and ugly (worse than ugly) people, real people and phony people and just plain folks.

With the exception of maybe two people I have found good in everyone I have met. When I met a man who was number one on the FBI's most wanted list he seemed like a nice guy concerned with my second exes well being.

I have met bikers that would just as soon kill you as look at you and if you gave them respect they would in turn show you respect. Just don't cross them.

When I was in the Navy I spent time in Chicago while I was in a school at Great Lakes. Chicago was a good place for people watching.

I used to hustle pool with a guy that killed 3 men. He was a martial arts instructor in the army. He was jumped by 3 men and he killed them with his hands in the fight. He spent several years in Leavenworth Prison for manslaughter. He had a wife and 3 kids. He was one of the nicest guys I have ever known. Together we helped a pregnant hooker get out of the business. She named the baby after us.

When he was in prison he had a new cell mate. The cell mate said he was in for theft and asked my friend what he was in for. He said, "Murder three counts." The cell mate never caused a problem. After he got out he got busted in Chicago and went to jail. His cell mate was a big mean looking man. He asked what he was in for and the man said, "Murder 7 counts, I am good with an ax." My friend did not get much sleep while he was there.

One thing that is fun with people watching is experiments. Doing things to see the reaction of strangers. The pregnant hooker was in the grill on the

corner. I walked in and yelled at her (she was in on it) I took my left hand and quickly put it by her face as I took my right and acted like I was slapping her. I hit my hand instead of her face and it sounded like I hit her real hard. She let out a blood curdling scream and I walked out. No one offered her aid.

In the wild bunch you will see a couple of things done to find out the reaction of people to strange events.

I knew this mobster, Lou. Lou told me one time that if I wanted anything or had a problem to let him know. I said to him that there was no way in hell that I wanted to owe him a favor. He laughed and agreed with me.

A few days later my hustling partner and I ripped of a couple of bikers for \$500. They called there clubhouse and Lou who ran the place called the his guys. A bunch of bikes pulled up. The bikers had chains and other things to help them maim us. Then a few big black cars pulled up and guys got out in suits and with guns. The bikers left and the suits left.

I asked Lou, "Was that a favor."

He laughed and said, "No, I was protecting the place."

The feds had a camera on the sears building (Not the sears tower). They were trying to find out what who owned the strip joint, the pool hall, arcades and who ran the prostitution. A young hustler was in the diner with a couple of hookers and I.

He said, "I know who owns the places the feds are looking at."

Everybody told him to shut up but he kept talking. Two suits came in and had him go outside with them. He came in got his cue stick and said that he had to leave town. I never saw him again. He thought he was good until my partner tore him up.

As I said before the study of people can be fun and it can be dangerous. After 40 years I am still alive. I came close to getting my ass kicked a few times but I got out of it. I have also learned how to help people who are overwhelmed with problems. When I tended bar many came to me with problems. When I was in the hood they came to me. Now they come to me.

I feel that I have helped many and I hope in the future I can help many more.

Do I want to bring a child into this world?

That is a good question. I hear it all of the time. If you have to ask the question the answer is probably no. If you are an alcoholic or drug addict the answer is definitely no. If you are a smoker unless you quit the answer is no.

Sadly being a parent is a job that takes on the job training. There are many parenting books on the market and many are contradictory. I remember Dr. Spock and saw the damage done by his methods of parenting. He even apologized to the parents and children when he realized he was wrong.

The way I look at it the answer is yes if you can raise children to be good students, to stay away from drugs, alcohol and cigarettes, to respect and learn from their elders, to not bully or cut down others, to be a good leader and follower and most importantly of you can be a good example for your children.

"Do as I say, not as I do." That is the worst philosophy I have ever heard. It borders on stupidity. No matter what you say they will do as you do and you have no one to blame but yourself.

A bad environment is a bad excuse for a child going bad if the parent does there job as a parent. The kid got in with the wrong crowd is not an excuse but a cop out. I am a single parent is not an excuse.

Are there children that are just plain bad. No matter what you do there is something inside of them that makes them bad. I have heard some say there is no such thing as a bad kid. I think there is. Most of these children have a mental problem. Some have a physical problem. With medication and in some cases surgery they can be changed. The ones that have to have medication must take that medication.

We can not tell our children how to act. We have to teach our children. We have to be an example to our children. We have to care about our children and show them we care. We have to love our children and show them our love.

The material things may make life easier and more fun but love, affection and caring make life worth living and help a child become a success.

Parenting is a 24/7 job. Whenever your children need you, be there for them. Show them what drugs and alcohol do to people. Let them see the people in the streets. Contact rehab clinics and ask them if they have someone who experienced it first hand that can talk to your child. Get a group of parents together and do it in a group.

We have group therapy for people who are screwed up. Why not have groups that will help parents and the children before they make the mistakes. Talk to your friends and neighbors. Talk to your school officials. Maybe you can meet at the school and get teachers to volunteer their time to help the groups.

Why can't the PTA (PTO) work both ways, with the school and parents to improve the educating of our children. The schools teach book sense. The parents help with book sense and teach street sense. The PTA can work with both.

There was a 12 year old boy in Detroit. He kicked his parents out of the house and started selling drugs. He was murdered. How could a 12 year old become dangerous enough to kick his parents out. The first thing you think of is that the parents blew it. How could parents be so irresponsible to let a child get so bad. They probably gave up on the child.

Many cities are making parents pay for the crimes of the children. Parents can go to jail if the kids are chronic truants.

If you see that your child is getting out of control seek expert help. If you can't afford it go to the school or the Child Protective Agency. The child may need to spend some time in a home for wayward children. You may get help from the courts. Maybe you can contact Judge Hatchet.

When my ex wife and I adopted a child we had to take a parenting class. Maybe that should be a requirement for all parents. There should be a class for seniors in high school and for those that go to college a parenting class should be a requirement.

If you can not give your children love, affection and guidance then you may not want to have children. There are a lot of methods of birth control out there and if you screw up there is always giving up the child for adoption.

If you have the time and the desire to help children look into Big Brothers and Sisters and mentor programs. If you know a single parent child that needs help and you feel you can help approach the parent and offer to help. If you are seeing a single parent offer your help. In many cases you will end up helping anyway because you are getting a package deal.

Some animals the little ones are raised by the community. I am not saying that humans should do this but I am saying that we can have group help.

I am poor but I am rich.

My hair turned gray in my early 30's (my first wife's gift to me) I got my high blood pressure in my early 40's (my second wife's gift to me) I got my arthritis and skin cancer in my early 50's (my gifts to me)

Now I can't drive because I fall asleep when I drive and it is hard to get in and out of a car so I use those big long limos the local governments supply for \$50 a month.

I walk as much as I can. (some days I have to rest my legs every other block)

If someone comes along that wants to do me harm I just look at them like I will kill them if they try anything. I can't run so I have to look and act crazy and scare them away. It works because I have no fear and they realize it.

I am not afraid of pain or death. For the last 2 years I have been in pain when I walk and some times when I lay down. I died a couple of times in my life. I do not care about money. So I have nothing to lose.

I owe \$1400 in credit cards and \$15,000 in medical bills and I have less than \$1,000 in assets. I make less than \$15,000 a year.

I have a lot of friends and because of what I have I don't wonder what they want. They all know that all I have to give is my heart. (Maybe that is why it is enlarged.)

I am happier now than I ever was. I made good money, had a big houses, had 2 families. I had my ups and downs. I was happier during the downs.

I control my income. If I wanted to add clients I could but I am semi-retired.

I am financially poor but I am wealthy. How can I say that? I have good friends and I am never sad. I have touched many people and I have made a difference in their lives. I have helped people find themselves. I have helped people eliminate the hatred in their hearts for others who are different than themselves.

I am happy about my age. Every day I am a day older and a day wiser. I enjoy writing and hearing from people that have been helped by it.

I do not worry about the future. I do not worry about getting older.

Age is the number of years that you have been on this earth. It has nothing to do with who and what you are. It is what you have done with your life that matters.

I have done many things I am not proud of and I have learned from my mistakes. 1/1/00 was the beginning of a new life for me. I have wiped the slate clean and except for my business I started over. I want to help others overcome their problems and start a new life too. I want to help others out of the holes they dug for themselves. I want to help them find themselves.

My background is an unusual life. I spent my life studying people. I spent a lot of time in the streets. I have known people with high incomes and I have known people with no incomes. I have known good people and bad people. My education is not from books, surveys and scientific studies but from the real world.

The most important things you learn will not be from school but from life. Look at the world around you not just your neighborhood. With the internet you have the world at your fingertips. If you are a parent study about drugs and what they do to the addict. If you are thinking about trying drugs look it up on the internet. Find out what can happen to you.

Why me God?

I am sure you have heard people say that. You may have said it yourself. If God were to answer I would bet He would say, "Because you are always saying why me."

When God put people on this earth there were not many of them. By the time Christ came along there were only a few hundred thousand. People then had limited knowledge. For one thing they did not live long so they did not have time to get real smart. Another thing is that they did not need it because there was not a lot to know. They only counted to 40 and if there were more than forty they just stopped at 40.

Back then God could handle the load without much help. He could hear the prayers and I am willing to bet he had some help. He decided he needed big time help so he decided to have a son and train him in the business. We all know what happened next.

A little side bar here. I know a lot of you still blame the Jews for killing Christ. Remember Christ said, "Father, forgive them for they know not what they do." I wasn't there so I don't know if those are the exact words but I think that is close. I am sure God did forgive them and I think we Christians should too. After all I don't think anybody that was there is around now to persecute.

Back to my story.

As people started to multiply (luckily we did not have litters of kids) People had to get smarter. God was finding it harder and harder to keep up with all of the prayers even with the help of his Son's buddies.

The first thing he had to do was cut down the calls for curing the sick so he

gave some people the ability to find cures for the ill. I don't know who came up with the title Doctor and frankly I don't care. If God did not want us to go to doctors we would not have them.

We then had people coming up with ideas to make things to help us do our thing. This brought on the job. Soon we had to have people to sell the things we made. Then we needed stores. Some time along here we needed money. People had to count higher.

Then we had to have time off from the jobs to rewind. The vacation industry started. The space programs brought in the PC's. Then I am here telling you this and if you go to my mall I will be selling you stuff.

In two thousand years we went from a few hundred thousand people to billions. Don't you think God would like us to cut the requests down? If I need something I do not ask God. I do it myself. If I am sick I look inside and fight the illness and if needed I see the doctor. If God did not want me to see a doctor he would not have put them here.

When you are ill have faith in God but also have faith in yourself. Fight within and you have a good chance to beat it. Just say I am going to make it. When things get real bad then it may be time to ask God for help and make your promises that if He helps you will be good. Just remember if He cures you, you better not forget your promises because He sure won't.

When it is time to go though, it's time. Don't be afraid. If you are basically good you will probably go to a better place and the pain will be gone. Don't try to go before it is time because you will not go to a better place.

I was at a party after a funeral. One person said, "Be happy for her because she is in a better place." Another said she was bad and probably went straight to hell. The first guy said that is a better place than where she was.

In the future I plan to write more for this site. Please come back and check it

out again. Even if I haven't changed anything you may find things you missed when you reread it.

Viva Le Difference

The United States is a melting pot. Even the Native Americans came from Asia (Mongolia) when Alaska and Russia were connected. We are all Americans. Christians, Jews, Muslims and people with other religions who were born here or have been naturalized are Americans. People who came from (Or whose ancestors came from) Africa, Asia, Australia, Europe, South America or the rest of North America and are citizens are Americans. Citizens of all colors are Americans.

It is time that those who say that only White Anglo Saxon Protestants are the only ones who have a right to be here realize that their ideology is ignorant and has no basis in fact. Prejudice is the product of ignorance. These people are afraid of what they do not understand. Most live in poverty blame their poverty on those who they are prejudice against. They do not realize that they would be just as poor if there targets were not here.

What makes this country great is that we accept people of all religions and ethnic backgrounds. We do not force them to blend in with our society if they do not want too.

It is time for Christians to realize that they are the minority religion on this earth. It is time for whites to realize they are minorities on this earth. It is time for us all to learn about other cultures and religions. It is time for all people to accept all other people

Do not condemn all whites for the actions of a few. Do not condemn all of any race for the actions of a few. The same goes for religions and ethnic backgrounds. If God condemned a group because of the action of a few in that group we would all go to hell.

We are all brothers and sisters. We are all human. We all have to learn to live together as equals because if we don't we are doomed to more wars and terrorism.

Help stamp out bigotry. Ignore bigots. When a friend uses racial slurs let him or her know that you do not like it and stay away from them. Do not get

caught up in the ignorance of bigotry.

The attack on our country was by fanatics backed by a man who has money and is power hungry.

This man convinces his followers that they are in a holy war against the devil. He has convinced them to sacrifice their lives on earth for the cause and in return they will have everlasting life as a hero in heaven. They will go to hell and their leaders will go to hell.

The Muslim religion is a peaceful religion and they do not believe in killing innocent civilians. We have made Israel one of the strongest nations on earth and that power has gone to their leaders head. Their present leader had a Palestinian refuge camp in Lebanon massacred. He defiled their holy mosque. He is having his troops kill kids who only crime is that they want freedom. You do not answer rocks with bullets.

It is time for our country to put a muzzle on these power hungry leaders and force Israel to withdrawal from the Palestinian territory. Since they can not agree on Jerusalem then don't let any country control it. Set up a council represented equally by the Muslims, Jews and Christians to govern the city. It should be a sovereign city-state like the Vatican.

It is time for the people of the world to tell their leaders that it is time for peace. Those of you on the internet are meeting people from all over the world from all different ethnic groups. You are the ones who can work for peace and tell others that hatred is killing our world.

Talk to those who are different. Learn about their religions and customs. I think you will find that even though there are many differences there are also many similarities. We all have the same God. Even those who have more than one god are worshiping different faces of our God. Our God is the ruler of heaven and earth. Their gods have different areas or parts of life that they are in charge of.

The key my friends is this.

WE ARE ALL EQUAL BUT WE ARE ALL DIFFERENT.

Viva Le Difference.

Is The World Going To Find Peace?

The Aftermath Of 9-11

Is 9-11 bringing the world together? Will peace come to the middle east? Are the leaders getting sick of bloodshed? Can we internet junkies help by talking to people all over the world? Can people of different religions show that we all have the same goal, Peace?

God gave us the ability to think, analyze situations, decide what is good and bad, and decide whether we will be good or bad. We have the ability to love and hate. We have the ability to listen to others and to listen to reason. We also have the power to ignore the truth and chose the bullshit over the truth and what is right. We can be broad minded or narrow minded.

We have to fight hate. We have to fight prejudice. We have to promote God's law that says we must love thy neighbor.

Terrorism has to be defeated. While that fight is going on we, the citizens of the world have to fight hate. We have to let our nations' leaders know that it is time for peace.

People of Israel let your leaders know that it is time to let the Palestinians to have their country. It is time for your troops to pull out of the Palestinian territory. Have Jerusalem become a religious state (like the Vatican) governed by the religions that consider it a holy city. No country should rule the city that is holy through out the world.

People of the Arab States let your leaders know that it is time to let Israel have peace as long as they stay in their borders and leave you alone.

Americans let your leaders know that you are fed up with war. Let them know that from this date forward the only war is the war against the terrorists. If no more money or weapons will be given to Israel or any other nation to fight wars. We will help peaceful nations and innocent victims of war. If one country attacks another we will help the nation that is attacked.

People of the world tell your leaders that you want peace and that you will

not put up with aggression against other countries.

People of all religions let your leaders know that God is a god of peace no matter what his name is. Tell your leaders that you want them to mend the fences with other religions and to realize that their religion is not the only legitimate religion in the world. As long as a people believe in God, no matter what name for Him or what religion they are, they will have the same chance at heaven as the people of all other religions.

Protestants and Catholics of Northern Ireland tell your ministers and priests that it is time to realize that you are all God's children and that unless you put a stop to the fighting they are going straight to Hell.

Americans it is time to show the narrow minded bigots of this country that Americans of all races, religions, nationalities and ethnic backgrounds have the same rights as everyone. We are all Americans and we are all God's Children. We are all equal even though we are different. Try to learn about the differences and also the similarities.

People of the world do the same in your countries.

When you are walking down the street smile and say, "Hi. How are you today?" to everyone you see and if they say, "Fine how are you?" answer, "Fine thank you." Smile while you walk and watch others start to smile.

Always be happy and the happiness will spread. I make sure that every day is a good day and I make it a point to help others smile. Happiness is contagious.

FIGHT HATRED AND YOU WILL BRING PEACE TO EARTH.

An E-mail from a British Bigot

The following is an E-mail conversation I had with a British Bigot. I corrected his spelling to make it easier for the editor. He never answered my last e-mail.

From: The British Bigot
To: Lee W Gaylord

How can you befriend the most obscure race on Earth!

From: Lee W Gaylord
To: The British Bigot

I thank God that you are in the minority. What is surprising is that bigots are usually uneducated and ignorant where you are educated and ignorant.

From: The British Bigot
To: Lee W Gaylord

Unfortunately all this politically-correct egalitarian thought overlooks the fact that blacks are the lowest achieving race on Earth. It's all very well calling me plain ignorant when there is no real evidence that blacks are as intelligent as Caucasians. Indeed all research shows that blacks struggle in the academic field whereas other groups excel (not just whites by the way). Do you realize in Britain that Chinese and Indian children outperform whites at GCSES whereas blacks really screw up at this level!

Still they say the British education system is racist. If you believe such apologist leftist crap then you are not just a crazy old white man you are a plain pathetic piece of old white trash!

From: Lee W Gaylord
To: The British Bigot

When it comes to education the blacks are generally lacking because they have been held down by the white system. The same goes for the poor whites.

We all come from the same beginning. DNA wise there is not enough of a difference to say that the races are different. Our differences come from the climate of where our ancestors began. We all come from the black race and as we spread over the world we evolved into the other races.

The races are slowly merging because the differences are no longer needed. Soon we will be one race however instead of racial discrimination there will be color discrimination.

I have been wealthy and I have been poor. I have lived in a white world and a black world. I have found that in general the blacks are more real and honest than whites. Blacks have more street sense than whites. Blacks have an ability to spot a phony where most whites do not.

Yes there are a higher percentage of blacks in prison than whites but that is because of economics more than anything else. Many blacks are in prison for crimes committed by whites who can afford to frame them.

I speak from my experiences in life. My best education comes from the streets and from studying real life not academic life. I do not refer to the lab but to the real world.

The white world has most of the problems of the black world but the white world white washes the problem and ignores it until it is too late.

No matter what I say you will not change your mind and no matter what you say I will not change my mind. If you lived in my shoes your mind would be more in line with mine. I do know that my black friends are true friends. They are there for me when I need them. I can not say the same for my former white friends. They were there when they needed me.

I have nothing against you personally. I do feel sorry for you because your life is hurt by your closed mind. You will never find the happiness I have found as long as you do not open your heart to the human race and realize what makes the human race so beautiful are the differences within the race.

Bigotry is still alive

In the Detroit area we have people from all races, religions and national origins. If you are not a bigot you have a chance to learn about the many cultures. If you are a white bigot you are a minority.

I was staying with a young lady who had a teenage son. He and his friends built a basket ball backboard and hoop and a stand for it so they could play basketball in the street. It was strong, durable and regulation height. There were a couple of skin heads living down the street and they decided to stop the young blacks from enjoying there basket ball games. They ran into it with their car. The car was totaled and the kids were playing basketball as soon as the car was towed away.

Bigotry is from ignorance. If a person does not understand a group they may not like the group. It is also from fear. In many cases if a person is down they want someone to blame, even though they are really the ones to blame, so they pick on all groups that they are not a part of.

No matter how you cut it bigotry is wrong. Not all of any group are bad. You can not condemn a whole group of people for the actions of a few. I have friends from all races, religions and national origins. I have friends who are gays, bi-sexuals and trans gendered.

We are all equals in the eyes of God. We are all equal and we are all different. The difference is what makes the human race so beautiful. The equality makes the human race great.

Have you ever notices how beautiful mixed children. It has been said by anthropologists that all races will mix into one human race. We will still have color differences, religious differences and national origin differences. We will still have bigotry.

God Will Help You.

I do not belong to a church. I was raised as an Episcopal. I have seen a lot of hypocrisy in the churches I have been to and I have been to many different churches.

Over the years I have strayed from the Church. I have sinned many times and I am no angel now.

My sins are between God and me. I am trying to help others help themselves and I think that I am doing a pretty good job of it. I feel that I do have God's help and that He is supporting me in my endeavor. I know that some of those who come to the Castle of Hope for Lost Souls disagree with some of what I say and some of what I do. Some disagree with most of it. I have been called the anti-Christ, a traitor to my race and a few other things I do not want to repeat at this time.

I have been threatened but I will not stop my work. I do not scare.

The Castle of Hope for Lost Souls is non-denominational. I do not push my religious views on others. When I deal with prisoners and addicts I do not bring religion into it until they do. I am not in the business of converting people to any religion or church. I am in the business of helping people who are lost find themselves. In most cases we turn to God for help. For the Christians we look to Christ. Most non Christian religions recognize Christ as a prophet and they do look to his teachings. I do try to help people live a way of life that Christ would want them to.

I think that God looks at our lives as a whole when our time comes but he also looks at what is in our hearts at the end when our time in our bodies ends. Does a person who is guilty of murder go to heaven when he is executed? No one really knows but I have a feeling that it depends on how they live their lives after the murder.

I am not the same person I was 59 years ago or even 4 years ago. I went through a complete change on 1/1/2000. I started over again. I have learned over the years that things happen that are hard to take.

People close to us come into our lives and go out of our lives. Our memories keep them close even when they are gone. My father passed away a few years ago but he is still in my heart. My mother misses his body but she knows he is still there for her. Many times when a couple are as close as my parent were when one goes the other soon follows. The one left behind want to join the other. If they only looked in their heart they would know that that person is still with them. My father is with my mother. You can ask her, my brother, my children or me. We all know he is there. We felt his presence when we visited my mother. When I was in an accident my car was totaled and I was not hurt. My father's spirit came to me and saved my life.

Many things in the bible have been proven to be true by scientist. Many say that the only explanation for life and the universe is a supreme being.

Christians are not in the majority but the majority of the religions believe in Christ. Almost all believe in God (no matter what they call Him)

I feel that The Castle of Hope for Lost Souls is a project given to me by God. All of the obstacles in my life, all of the good and bad events of my life led me to where I am today. I want to stay on this earth as long as I can but I am not afraid of death. I know that our soul lives on when our body goes. We are our souls not our bodies.

Many of you have seen cartoons where the character has a devil and an angel arguing about what to do. That really happens. Our personality, logic and reason are part of our soul. Our instinct is part of the body located in the brain. When our behavior gives way to addiction or evil it is the instinct part of the brain that takes over. The soul fights to regain control. I have known some very bad people but when I get to know them I see the good in them where the soul has regained control. In most cases a traumatic experience will give the instinct the edge.

In order to get the soul back in control we have to look inside and find ourselves. Sometimes we need help. We need someone who sees the good in us to show us the way but we are the ones that have to make the changes. Once we have found ourselves and start helping ourselves we find that God is there to help us.

Cryogenics will not work. When our body dies the soul lives on. Our body is frozen and when the cure is found they bring the body back to life and

cure the problem that did us in. The problem is that we are long gone. The body will only work on instinct. The ability to reason went with the soul. What is left is on the level of the lower animals. The soul makes us human.

Another thing that we must all realize is that we are all Gods children. He does not love anyone more than anyone else. To God we are all equals. We are all different but we are all equal. We all came from the same beginning. We are all related. I am sure that if you look at DNA you will find very little difference between the races. Whether you believe in the bible's account of the beginning of mankind or in Darwin's we all come from the same two who started it all.

Why don't we all start acting like family? Well some families do not act like families.

Life is what you make of it. Some day you will realize that there is a reason for everything that happens to us. Instead of letting bad event ruin our lives we must learn from them and find good in them. You can overcome anything if you try very hard. I look at the innocent people in prison. These people are in a living hell but many survive because they refuse to let the injustice system beat them. Others go the other way. It is not just being strong but also making the best out of the worst.

I love life and I love those who live. That is what God wants us to do. That is why Christ died for us.

Love yourself, Love life and Love God and God and others will love you.

Thank you for reading this and I hope that it will make you think. I know that many will disagree but if you look hard even those who disagree with part of what I say will agree with part also. Just maybe a light will go on in your head and something in this will help you in your life.

My Father Saved My Life After His Death

My father passed on the 50th anniversary of his and my mothers meeting each other.

In 50 years they never argued. I lead the Leave it to Beaver life. I was Beaver and my brother was Wally. My mother cleaned house and cooked in a dress.

He was the kind of person that everyone liked. He gave everyone a chance. He never let things get him down

My father's partner had a 56 T-Bird. He went on vacation and left the car with my dad. I was 14 and No one was home but me. I took the T-Bird for a ride. 20 years later My brother and I were telling all. I told my father about the T-Bird and he said, "I knew I should have spanked you when you were a kid."

The only time I heard anything close to an argument was at my brother's wedding reception when he told a dirty joke. My mother looked at him and scolded, "Oh Bud!"

He was working for Chrysler and took part in a study of smokers and cancer. The study was checking for lung cancer. The doctor told him that he had cancer. My father said, "OK doctor what do we do now?"

The doctor was not used to the patient not being upset. He said, "How can you be so calm? Most patients cry or go into denial."

My father said, "There is no sense in getting upset over what you have no control over. All I can do is have faith in myself, you and God."

He had a bunch of tests and the doctor could not find where it was. My dad mentioned that he started snoring a few years ago and the doctor looked down his throat and saw it. He told my father that he had 6 months to live.

My father said, "I guess I better get my will together and enjoy what time I have."

The doctor could not believe my fathers reaction. Two weeks later he called and said there was a new treatment that could cure him. It was cobalt radiation. For 6 months he went to the hospital 3 days a week for his treatment. He had black Xs on his face and neck to mark where the machine was aimed. They said at the end of the six months that it was gone. After five years they said he was cured.

He had cancer two more times and was cured. He had a growth where the first cancer was and the doctor that removed it cut a muscle in error. When he swallowed some food would go into his lungs. He went to the doctor and said he was having a problem swallowing. The doctor said it will be alright soon.

He and my mother moved to Arizona. He went to a doctor there and the doctor explained what had happened and told him he would have to have a tube put in his throat to stop the food from going into the lungs. He also said it may be too late.

It was too late. He passed away within a month. My mother would not sue the first doctor because, "It was a mistake."

3 years after he passed I was waiting to make a left turn on a 2 lane highway. I saw a car in my mirror and it was not slowing down. My father appeared next to me and said, "Relax son, there is nothing you can do."

The car was totaled, The back seat was in the front. The back bumper was at the back of the front door (It was an escort.) I was knocked into a car coming from the other direction but luckily my front end only sideswiped the other car.

I got out and when the cop got there he was surprised that I was alive. I was not hurt.

Soon after I talked with my mother and told her about seeing dad. She said, "He is here. I can feel his presence and I know he is watching over me." My daughter visited and said, "Dad I could feel grandpa's spirit."

I went to visit and I knew he was there. At 3 am there was a knock on the door where I was sleeping. I got up and my mother was sleeping. I said, "Hi dad, I glad you are with mom."

I feel that when two people love each other as much as my parents did that the first that passes waits on earth to watch over the other and the children. When my mother passes they will go to heaven together and from there they will watch over my brother and I.

When ever I am don't know what to do I ask my father and he will let me know. There are too many people for God to answer all of the prayers so he has our deceased parents answer ours. Before they passed we went to them and after they pass they are still there for us. They are in our hearts.

Religion

Which is the right one?

When I was a kid I wanted to be an Episcopal minister. As time went on I saw the hypocrisy in the churches. Now I am not a member of any church and I am non-denominational. Does that mean I am going to hell? I died twice and each time I was on my way up, not down.

One time a preacher wanted to train me to be a preacher. I said I would not preach from the Bible but from my 40 years of studying life and people. I would preach the Christian way of life which is not followed by all if not most Christians.

I look at the TV evangelists who preach and collect the money from their followers many of whom can not afford all they give. The preachers say God tells us to give tithes (10% of our income) to the church. I really do not think God would ask for the money.

The TV evangelists probably have a following of 100,000 with an average income of \$20,000.00. That is \$2,000,000,000.00 which would make their share \$200,000,000.00. That is why they live in big homes and ride in limos. I do not think God would be too happy with them.

You are not supposed to get rich from religion. Christ tried to chase the vendors from his Father's house (the synagogue) because they were making a profit off of God. Today you have many businesses using Christian in their names. That is what Christ was against. That is the same as the vendors in the synagogue.

Some preachers, if not most, preach that if you do not accept Christ as your Savior you will go to hell. I feel that God is a good God and would not turn his back on the majority of people in this world. Christianity is a minority religion.

I also have a gripe with the preachers who do not live near their church. The ones who are only available for church services. A preacher should be available 24/7 for his flock.

Churches that pass the plate many times and take money from the members who are poor really make me mad. The church should be there for them and help them survive, not take their money. They could ask for them to volunteer time. If I had a church I would not pass the plate but have a drop box in the front of the church for donations. I would only take enough money to live on and have a little for entertainment. The rest would go to keeping the church going and helping the poor;

Which religion is the right one? The one you believe in is probably right. No religion is the right one. All of those that believe in God (even if He has a different name) are right. All of those that believe we are all God's Children are right. All of those that believe in helping those in need are right.

Fanaticism

Every religion has its fanatics. They use the names of their God and their prophets to get their point across. They are not speaking for the religion they use for their benefit.

If you look at the various religions in the world you will notice that the main difference is whether Christ is the Son of God or a prophet.

Look at what happened to the Native American. The missionaries tried to change them. The white people made them think they were friends and stabbed them in the back. They stole their land and made them live on reservations.

In South America and Africa there are few tribes left in the wild. When they are found they are exposed to the diseases of our civilization and most die from the disease.

The Church has a habit of telling people what to do and forcing them to do it. The Church has a habit of punishing people for being different. If you did not agree with the church you would be in deep trouble.

Most wars are in the name of God or Christ. Neither one of them would approve. People have differences, different religions, nationalities, customs, skin colors and many other differences. These differences are all made by God. We are all God's children. Prejudice and bigotry are going against God. Prejudice and bigotry are anti Christ. Prejudice and Bigotry are against Mohamed and almost all prophets.

Slavery was one of the worst things that were done by the people to others. The other was Genocide. Where were the Churches when these horrors were done to people who were different by people who thought they were superior? The churches did nothing when the Nazi's killed of the Jews. Churches did nothing about slavery.

Bigotry comes from ignorance, ignorance of another person's customs. We have to try to understand others customs. We can not punish people because they are different from us. Remember you are different from them.

The Middle East

We have many problems in the Middle East. These problems affect the world. The US is not helping but making things worse. One thing we have to do is stay out of the affairs of other countries except in the case of genocide.

In Vietnam the US made things worst for the people. Many people don't realize that the South Vietnam's government was worst than North Vietnam's.

Israel and the Palestinians have a problem that was caused by the interference of the UN. Granted there have been wars between the countries and religious groups for thousands of years.

The Palestinians need their homeland and Israel needs to get out of their homeland. They complain about terrorism but they practice it to. There is a war and the Palestinians are being occupied by outsiders who have no business being there now.

It seems like the main stumbling block is what to do with Jerusalem. Why not make it a City State like the Vatican and have it independent of Israel and Palestine. It could be governed by the three religions that claim it as a holy city.

The Bible

Many of the parts of the bible have been proven by scientific means. A testing of DNA from people from all over the world has shown that we all have the same original man. We are all from one of two women. We are all related. All races started as one race.

I am not going through all of the things that are proven. I feel the Bible is a history book. As with all history books it has been written by people who want to be helped by what they write. All history books are not completely accurate.

The people who preach the Bible have different interpretations of others. Who is right? What about the Koran and Torah. What about the books of the other religions? What religion is God's? We are all God's people. Most of the religions have the same God. The only difference is the name.

I have been asked why I do not bring Christ into the picture when I talk to addicts and try to help them find the path to recovery. The main reason is that most people are not Christians. Why don't I send them to God? God helps those who help themselves. The first thing is to get them in touch with themselves.

Life

Life is not a box of chocolates. Life is sometimes a crap shoot. You cannot control your life but you can go through the ups and downs without getting stuck in a hole.

The mind is a wonderful thing if you know how to work with it. When you are up you worry about going down. When you're down you no longer have that problem. The higher you go up the more you worry.

My father always said that if you can't do anything about it don't worry about it. If you follow that philosophy you will have a good life.

I have gone broke, I have been homeless. I did not turn to alcohol or drugs. I quit getting drunk before that. I quit drinking when I went broke. We can't completely control our lives but we can control how we cope with them.

I went five years with pain from Cancer. I lost my right ear to it. I did not take pain pills. I ignored the pain. I would not let it bother me. It's been a year and a half since my surgery and I am still cancer free. The only problem is that I have to pinch myself when I wake up to make sure I am still alive.

The night after my surgery my heart started to race. The doctors and nurses were running around trying to slow it down. One doctor looked at me and said that they had to call in a specialist. I told him to do what he could and that I was not worried about it. If I died I would die happy. The nurses were hot.

Soon after I had an implant of a defibrillator/pacemaker. They said that my chances of heart attack were decreased by 93 percent. 93 percent of what?

Since then I have been in and out of the hospital for blockages in my arteries (the neck, by one kidney and both legs. I had roto-rooter jobs done and angioplasty. The roto-rooter did sound like a roto-rooter. I may have one or two more.

If you read my book *The Crazy Old White Man from the Hood* you will see how I coped with the ups and downs. You will also meet drug addicts and see why it is not the way you want to go.

The Devil is in us.

We all have a devil in us. We also have an angel in us. The old cartoons had a devil and an angel arguing with each other to make the character do bad or good things. This is life.

The devil is pure instinct and the angel is our soul which is logic. Drug addiction is where the angel loses out. We have to help the angel defeat the devil. We have to use our logic to solve the problems or work around them.

War is where the devil wins out. Our leaders have to use logic to stay out of wars. They use lies and their instinct to go to war. Most wars are for the benefit of the rich and the politicians.

In war the innocent die because of the actions of the leaders who are guilty of getting us into the wars.

Hitler was a despot who got us into the war. But he would have never been able to do it without the help of our leaders. Did you ever wonder where he got the money for the war? Germany was still suffering from losing WWI.

Look at all of the movies on 911. Many of them make sense. Our leaders have lied to us to get us to back their actions. Why do you think our education system is one of the worst in the so called advanced countries of the world? It is so they can out think the people. It is so the people will buy their lies.

Now the so called moral majority which is really the immoral minority is in control of the Republican Party. They have not only destroyed the party but they have come close to destroying the country. We have an incompetent president who is being controlled or is just plain stupid. McCain will not be much better. He may be worse. Will Obama be our savior or will he screw up too. I hope he will get us out of the hole Bush dug for us.

He plans to let Israel continue to use us as their stooge. That bothers me. I am not anti Jew or anti anyone except those who are responsible for the wars and the bigotry.

Capital Punishment

The main reason I am against Capital punishment is that many innocent people are sentenced to death and murdered by the government.

Yes, I said murdered. That is what it is. God and Christ said though shalt not kill. He did not say that the government is an exception. The Old Testament also says an eye for an eye. If you are a Christian you would not allow the government to execute prisoners.