

FREE

ISSUE 158
JULY
2026



The Importance of Traveling: A Journey that Transforms Lives	1
By Trinity	
Writers Wanted!	1
History of 4 July	2
By S.D.	
Stalking 14	3
By John Fernandez	
BOTS Classes	3
Poetry and Art Corner	4
Poetry by BOTS Poets, John Fernandez, Mark, Yvonne Kearson; Artwork by Jessica, Maria, Ria	
Energy	6
By John Fernandez	
Resources	7
Where to Go in Hartford	8

You can take an active role in the fight against homelessness. Share this copy of *Beat of the Street* with a friend!

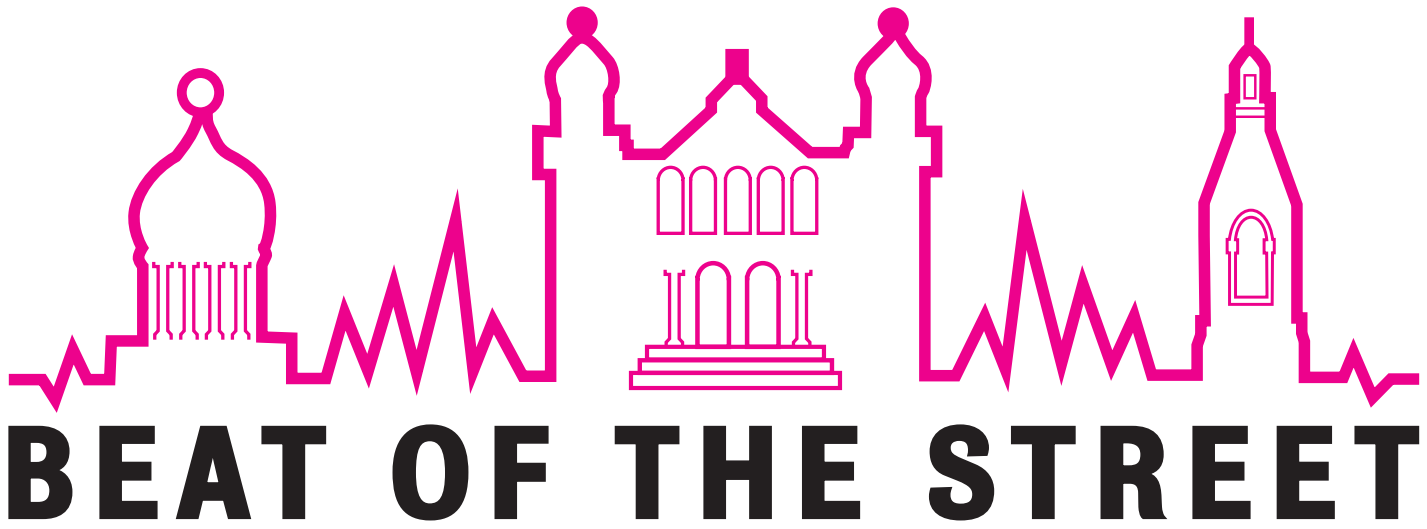
WRITERS WANTED!

Beat of the Street needs creative minds to write articles, share poetry and art (photography and/or cartoons) to help our newspaper flourish and work toward ending homelessness in the Greater Hartford area. The fruits of your labors of love shall be rewarded in the form of Wal-Mart gift cards. (\$20 gift card for an article, and \$10 gift card for art and poetry!)

Send contributions to
Charter Oak Cultural Center
21 Charter Oak Avenue
Hartford, CT 06106

Phone: (860) 310-2591

bots@charteroakcenter.org
Phone: (860) 310-2580



READ MORE ABOUT BOTS AT CHARTEROAKCENTER.ORG

The Importance of Traveling: A Journey That Transforms Lives
By Trinity

Traveling is one of the most valuable experiences a person can have. It is much more than visiting famous landmarks, taking photographs, or spending time away from work and daily responsibilities. Traveling is an opportunity to discover the world, understand different cultures, learn about history, build meaningful relationships, and gain a deeper understanding of oneself. Every journey, whether it is to a nearby town or a distant country, offers lessons that cannot be learned from books alone. In today's fast-paced world, where people often become consumed by routines and responsibilities, traveling provides a refreshing escape that helps individuals grow mentally, emotionally, socially, and intellectually.

One of the greatest benefits of traveling is the opportunity to experience different cultures. Every region has its own traditions, customs, festivals, languages, clothing, architecture, and ways of life. Reading about another culture can provide knowledge, but witnessing it firsthand creates a much stronger understanding. Travelers learn to appreciate diversity by interacting with local people and observing how they celebrate their heritage, prepare their food, practice their beliefs, and live their daily lives. Such experiences encourage respect for cultural differences and help eliminate stereotypes and misunderstandings. People who travel frequently often become more accepting, compassionate, and open-minded because they realize that every culture has unique values and contributions to offer the world.

Traveling also plays a significant

role in education. It transforms theoretical knowledge into practical understanding. Visiting historical monuments, museums, archaeological sites, and natural wonders allows individuals to connect with history, geography, science, and art in meaningful ways. A student who reads about ancient civilizations in a classroom may understand the facts, but standing among centuries-old ruins creates a lasting impression that deepens learning. Likewise, observing different ecosystems, mountains, rivers, forests, and wildlife helps people appreciate environmental conservation and the delicate balance of nature. Every destination becomes a living classroom where knowledge is experienced rather than simply memorized.

Another important aspect of traveling is personal growth. Leaving familiar surroundings challenges people to adapt to new environments, solve unexpected problems, and make independent decisions. Travelers may encounter language barriers, unfamiliar transportation systems, different currencies, or changing weather conditions. Successfully navigating these situations builds confidence, resilience, and problem-solving skills. People become more flexible and patient because they learn that not everything goes according to plan. These qualities are valuable not only during travel but also in everyday life and professional careers.

Traveling contributes significantly to mental and emotional well-being. Modern life often involves stress, deadlines, financial pressures, and continuous exposure to technology. Taking time to

travel allows individuals to disconnect from these daily pressures and reconnect with themselves. Spending time in peaceful natural surroundings, walking through historic streets, enjoying sunsets by the sea, or simply experiencing a slower pace of life can reduce stress and improve mental health. Traveling encourages mindfulness because people become fully engaged in the present moment rather than worrying about future responsibilities or dwelling on past events. Returning from a meaningful journey often leaves people feeling refreshed, motivated, and emotionally balanced.

The opportunity to build meaningful relationships is another valuable benefit of traveling. Families who travel together create lasting memories through shared adventures and experiences. Friends strengthen their bonds by exploring new places, overcoming challenges together, and celebrating discoveries. Solo travelers often meet people from different countries and backgrounds, forming friendships that extend beyond geographical boundaries. These interactions promote understanding, kindness, and global unity. In many cases, conversations with strangers become some of the most memorable moments of a journey because they provide new perspectives and insights into different ways of life.

Traveling also supports economic development. Tourism generates employment opportunities for millions of people around the world. Hotels, restaurants, transportation companies, tour guides, local artisans, photographers, and many other businesses depend on

Importance, Continued on page 6

Beat of the Street exists due to the support of:



The Ahearn Family Foundation
Marc Casslar
Center Church - Hartford
CT Coalition to End Homelessness
Community Renewal Team
The Hartford

OUR FINANCIAL SPONSORS

Hartford Dispensary
Knox Foundation
The Melville Charitable Trust
NBC Connecticut
Rocky Hill Congregational Church
and Connecticut HL Mandell

There are too many to name, but special thanks to everyone else who has made a contribution or subscribed to the newspaper!

History of 4 July

By S.D.

With 243 years of tradition behind it, the Fourth of July is one of America’s most cherished holi- days. It’s when we celebrate our nation’s mythology with a day off, a backyard barbecue, and plenty of fireworks. But with all that history, you’d be forgiven if you didn’t know quite everything about July 4. So from the true story behind the signing of the Declaration of Independence, to some staggering hot dog statis- tics, here are 10 things you might not know about the Fourth of July. It might make for an iconic painting, but that famous image of all the Founding Fathers and Continental Congress huddled together, presenting the first draft of the Declaration of Inde- pendence for July 4, 1776 sign- ing, isn’t quite how things really went down. As famed historian David McCullough wrote, “No such scene, with all the delegates present, ever occurred at Philadel- phia.”

It’s now generally accepted that the Declaration of Independence wasn’t signed on the Fourth of July—that’s just the day the document was formally dated, finalized, and adopted by the Continental Congress, which had officially voted for independence on July 2 (the day John Adams thought we *should* celebrate). Early printed copies of the Decla- ration were signed by John Han- cock and secretary Charles Thom- son to be given to military officers and various political committees, but the bulk of the other 54 men signed an official engrossed (finalized and in larger print) copy on August 2, with others to follow at a later date. Hancock (boldly) signed his name again on the updated version.

So if you want to sound like a his- tory buff at your family’s barbe- cue this year, point out that we’re celebrating the adoption of the Declaration, not the signing of it.

After years of pent-up frustration, the colonies let loose upon hear- ing the words of the Declaration of Independence in 1776. Military personnel and civilians in the Bowling Green section of Man- hattan tore down a statue of King George III and later melted it into bullets; the King’s coat of arms was used as kindling for a bonfire in Philadelphia; and in Savannah, Georgia, the citizens burnt the King in effigy and held a mock funeral for their royal foe.

Independence Day celebrations began to look a bit more familiar

the following year, as the July 18, 1777 issue of the *Virginia Gazette* describes the July 4 celebration in Philadelphia:

“The evening was closed with the ringing of bells, and at night there was a grand exhibition of fireworks, which began and con- cluded with thirteen rockets on the commons, and the city was beautifully illuminated. Every- thing was conducted with the greatest order and decorum, and the face of joy and gladness was universal.”

There were even ships decked out in patriotic colors lining harbors and streamers littering city streets. Once you get past the mock funerals and rioting of 1776, modern Independence Day cele- brations have stuck pretty close to the traditions started in 1777.

The tradition of eating salmon on the Fourth of July began in New England as kind of a coincidence. It just so happened that during the middle of the summer, salm- on was in abundance in rivers throughout the region, so it was a common sight on tables at the time. It eventually got lumped in to the Fourth and has stayed that way ever since, even with the decline of Atlantic salmon.

To serve salmon the traditional New England way, you’ll have to pair it with some green peas. And if you’re really striving for 18th-century authenticity, enjoy the whole meal with some turtle soup, like John and Abigail Adams supposedly did on the first Fourth of July. (You can still be a patriot without the soup, though.)

Massachusetts recognized the Fourth of July as an official holi- day on July 3, 1781, making it the first state to do so. It wasn’t until June 28, 1870 that Congress decided to start designating federal holidays [PDF], with the first four being New Year’s Day, Independence Day, Thanksgiv- ing, and Christmas. This decreed that those days were holidays for federal employees.

However, there was a distinction. The Fourth was a holiday “within the District of Columbia” only. It would take years of new legisla- tion to expand the holiday to all federal employees.

Eighty-five years before the Fourth of July was even recog- nized as a federal holiday, one tradition began that continues to this day. Billed as “America’s Old- est Fourth of July Celebration,” the town of Bristol, Rhode Island,

has been doing Independence Day right since 1785.

The festivities began just two years after the Revolutionary War ended, and 2019 will be its 234th entry. Over the years the whole thing has expanded well beyond July 4; the town of 23,000 resi- dents now begins to celebrate the United States on Flag Day, June 14, all the way through to the 2.5- mile July 4 parade. What began as a “patriotic exercise”—meaning church services—has morphed into a cavalcade of parades, live music, food, and other activities.

From the oldest to the shortest, the Fourth of July parade in Ap- tos, California, is just a hair over half a mile long. Taking up two city blocks, and measuring just .6 miles, this brief bit of patriotism features antique cars, decorated trucks, and plenty of walkers. Afterward, there’s a Party in the Park, where folks can enjoy live music, food, and games.

According to the American Py- rotechnics Association, around 15,000 fireworks displays will take place for the Fourth of July holi- day (even if some aren’t exactly on July 4). Though pricing varies, most small towns spend any- where from \$8000-\$15,000 for a fireworks display, with larger cities going into the millions, like the Boston Pops Fireworks Spectac- ular that averages more than \$2 million.

Around 150 million, to be more specific—that’s how many hot dogs will be consumed by Americans on the Fourth of July. According to the National Hot Dog and Sausage Council, that amount of dogs can stretch from Washington D.C. to Los Angeles more than five times.

In 2018, 74 of those dogs were scarfed down by Joey Chestnut, who won the annual Nathan’s Hot Dog Eating Competition for the eleventh time.

Americans will spend big on food and drinks this Fourth. Big to the tune of around \$6.7 billion when all is said and done, according to the National Retail Federation. This includes food and other cookout expenses, averaging out to about \$73 per person partic- ipating in a barbecue, outdoor cookout or picnic.

Then comes the booze. According to the Beer Institute, “more beer is sold on and around the Fourth of July holiday than during any other time throughout the year.” Gener-

History, Continued on page 7

WHY WE ARE HERE

Beat of the Street is a forum where real people can share their real experiences with homelessness. The newspaper was created by a group of people who had experienced homelessness and their allies who stand in soli- darity with them. Initially dedicated to being a space where the stories and perspectives of individuals could be shared, Beat of the Street has grown to become more than a street newspaper. Innovative programs that have been developed by its members include BOTS Pots and BOTS Center for Creative Learning. We will continue to explore new ways to address the problem of homelessness through BOTS activities created in response to our on-going dialogue with those who have experienced housing insecurity.

Editorial Review Board’s Note

The articles contained within Beat of the Street are submitted by members of the Greater Hartford community, as well as BOTS staff members. As such, opinion pieces published in Beat of the Street generally represent the opinions of the people who submitted them, and not necessarily Beat of the Street. We welcome all to submit content expressing their thoughts and experiences of homelessness, though we do not publish material we deem to be racist, sexist or classist. To be considered for publication, an article should be no longer than 700 words. All submitted content is reviewed, and selected for publication, by an Editorial Review Board made up of BOTS staff members on a rotating basis. The Editorial Review Board reserves the right to edit material. Please contact us at hartbeatofthestreet@gmail.com if you have any questions or would like to submit your original work.

The editorial review board welcomes readers’ comments on material published in the newspaper, and suggestions for subjects they would like to see addressed in future issues.

THE BOTS TEAM
EDITORIAL REVIEW BOARD
Charles Robles, Tashana Ann and David

ADMINISTRATOR
Beat of the Street Director
Meenaxi Sharma
860-310-2591
bots@charteroakcenter.org

GENERAL SUPPORT
Louisa Barton-Duguay
Joe Brodeur
Stella Brown
Ralph Gagliardo
Linda Lee
Anne Lucy
Sal Pinna
Charlie Riccardo
George Sterling
Liz Stoever

ADVISOR
Rabbi Donna Berman



CHARTER OAK
CULTURAL CENTER
Art that moves the world

Stalking 14

By John Fernandez

This morning i felt the hate from
a distance

Your hatred for me is consistent

But my will and determination
remain relentless

I'm going to write a book about
your negative actions

I shall break the truth down into
different chapters

It's a lot of individuals going
through, what i have been deal-
ing with, so I know their minds
will be fully, captured

My movements are studied and
mastered

My path is sacred

Sometimes I ask myself if I was
meant to endure this type of
hatred

You judge me not by the content
of my character, but by my skin,
which in God's eyes is a sin

The only true race in God's eyes
is the human race, that means
that we are all equal as a child of
God!!!

Yet instill I continue to cross paths
with complacent minds!!

That remains, because of their
own personal ignorance, stag-
nate and blind!!

This morning showed a good
showmanship of racism, which
means you woke up with hate in
your heart, while I awakened with
love in my heart, questioning
your integrity to uphold the law!!

Your actions seemed a little bla-
tant and shameful

As long as I have a voice that
means that I am able

That means all of my words will
always be truthful, just not as
graceful!!

As you continue to stalking me in
shall continue to write more than
a page full!!!

Live life dream big2026

Dream one day at a time

Let's raise awareness to stalking
in our communities we are being
tracked and stalked for no ap-
parent reason accept to manifest
destruction in our lives, this is
what you call blatant, systematic,
racism, and God is watching!!!! *



Are you interested in furthering your
education? Then, come to the BOTS
Center for Creative Learning!

FREE COURSES

Wednesdays & Fridays
10:00 AM–12:00 PM
(including free breakfast)
Hartford

Graduates of the BOTS Center receive a
free laptop computer and are eligible for
a full scholarship to Goodwin College.

**The BOTS Center for
Creative Learning is a program of the
Charter Oak Cultural Center.**

For more information and registration
please contact:

Meenu Sharma (860) 310-2591
Email: bots@charteroakcenter.org



POETRY AND ART CORNER

This is my truth

By BOTS Poet 2025

I am tired of your lies,
I don't believe you anymore,
everything that comes
out of your mouth is a lie,
and you are okay with that!
man you plating me, using me gaslighting me,
contradicting everything
you said to me yesterday.

do you think I'm stupid? you think I believed
everything you said?
I am taking control
over my environment
and my emotions
I want you out of my life now
do you believe me?
you better believe me
this is my truth.

Makes me think

By Mark

Makes me think of a Time
when I got on Slide
with carduroys on ZOOM
On the metal slide so fast.

I am the kid in front of me
who did not get out of the way fast enough.
I land on my ass and the sand off
and run to the slide stairs
to get back in line
and to keep on doing it
again, and again because it's really fun
and I'm loving it..

Truth

By BOTS Poet 2025

it can be harmful
it can be painful
it can be unbearable
for someone to face the truth

though I have done the work
to try and face
what I know is the truth,
it's too heavy for me to unpack.

when I am alone
I can gather my thoughts
and reflect back to
when things were sweet.
but they were also sour,
I knew something was wrong
but I did not have
the strength or the power
to face the truth.

STAN

By Yvonne Kearson

Stan the spirit will witness the battel is true.
Stan you can't defeated if his weapons you use.
Stan, keep your eyes on the prize to possess. The land he promised
you.
Stan, the keys to heaven are yours for the asking.
Stan, don't rebel it is for you I be fasting.
His love is real but you must stan at his command.
I will stan with you.
Stan, stan strong in his might,
The battle is his not yours no worries. He won't lose a fight.
When you stan you will see victory at hand. And the enemy will run
scared.
Show yourself strong with spirit and truth stan.
Stan bravely like the warrior that you are and have no country to run to.
Stan, speak his name, and tell the enemy of his fame and their misfor-
tunate if they choose to bring a fight to you.
Stan, stan through the sun and the rain.
Stan so they may he is right there with you.
Stan so prophecy he spoke may ring true.
Stan no enemy can bully you.
Stan, stan so the world can witness his power in you.
Stan because that is exactly what, stan Gregory Blount had to do.
I stan as well my brother of truth.

Visual

By John Fernandez

My vision is guided by sacred decisions
My mind evolves under sacred conditions
My reality has been carved out with sacred intentions
Throughout my life I've been enlightened from sacred predictions
I've stood firm in the presence of so-called holy commission's
Im woke with truthful intentions
My path traveled has been a sacred road of true redemption!!
Live life dream big2026
Dream one day at a time!!!
Always have a clear visual on life!!!

You never know

By Mark

you never know who you might be sitting next to.
it might be Danny's glass, the CEO for Lincoln Financial,
it could be a receptionist from the village.

you never know who you are being rude to:
it could be your best friend or your worst enemy.

you see somebody.
and they seem unable to meet your standard.
they probably can do anything right,
but you don't know.
they could be an amazing singer
or an astronaut.
you never know.

POETRY AND ART CORNER



By Jessica



By Ria



By Maria



By Maria



By Maria



COMMUNITY VOICES

Energy By John Fernandez

I am but colorfully manifested energy, rewriting my reality, passionately!!

The universe beyond with the mind can truly, conceive!!

The true knowledge is detrimental to the forefront of the universal truth!!

We've been pre- occupying foundations of lies and illusions, with made up false conclusions!!

Now we stand on the brink of the great awakening,

Mind ,body and soul as it was written, wisdom and understanding can always change an individual surrounding conditions!!

We are individually wrapped vibrations, at times I didn't understand the whole situation!! Because sometimes life is summed up into different little, abbreviations!!

Some energy navigate at low frequencies, and some energy

are at a higher vibration, and these energies carve their own destinies!!

Our realities could be interpreted two different ways physical and spiritually !!

So many questions, within lessons that turned out to be past, present and future blessings!!

Everything is connected in a colorful, but sacred way, as energy we are manifesting in a major way!!

The evolution of a beautiful mind

Knowledge is the key to not being stagnant and blind, having true wisdom and understanding is like having an unconditional, shine!!

As energy we were created to manifest into more energy, which has been our reality

Evolving ,elevation to master , now the door of life begins revolving , problems we continue solving, into microscopic matter that begins dissolving!!

Our attribution is love from a higher frequency beyond our consciousness, we are fed through our

subconsciousness

Which is truly unbelievable and astonishing!!

All energy can exist and co- exist, always in a perfectly, made sacred, mist!!

The key is to make the universe one big ball of loving energy!!

If the mind can conceive, then it can truly, believe, if it can believe then it can truly, achieve !!

Energy has been around since the beginning of creation, it's job is to keep God's creations intact where everything is ruled by truth and fact!!

We are beautiful pieces of energy ,which are God's beautiful creations on display for the universe to bare witness to holy greatness!!

We bring our energy together in the name of love, in which we were created, all who have lived have truly participated. In God's blueprint of love!!

In the end we all at one time or another have craved for more energy,

for a higher vibration, and high-er levels of self awareness, to bring an end to the carelessness !!

We are energy being re-sculptured into , perfectly, made specimens, Remember the most highest is the best medicine, im a walking testimony, im walking evidence, my gift is relevant, we've been taught so much irrelevant, now we must re- teach ourselves and rise to a higher element!!

Energy will always exist it is the fabric of life!!

Live life dream big2026

Dream one day at a time!!

Let's raise awareness to lymph cancer

Rip o ## beautiful ballofenergy####

Education is the first line of defense when it comes to ignorance!! *

Importance, Continued from page 1

visitors for their livelihoods. When travelers purchase local products, stay in locally owned accommodations, or dine at family-operated restaurants, they contribute directly to the local economy. Responsible tourism encourages sustainable development by supporting communities while preserving cultural heritage and protecting natural resources for future generations.

One often overlooked benefit of traveling is the improvement of communication skills. Visiting places where different languages are spoken encourages travelers to communicate creatively and confidently. Even learning a few simple words or greetings in another language demonstrates respect for local culture and often creates positive interactions. Effective communication during travel also requires active listening, observation, patience, and empathy. These skills improve relationships both personally and professionally long after the journey has ended.

Traveling inspires creativity and innovation. Experiencing different architectural styles, artistic traditions, music, literature, and local craftsmanship exposes individuals to fresh ideas and perspectives. Artists, writers, designers, entrepreneurs, and professionals often find inspiration while exploring

new environments. Exposure to unfamiliar surroundings stimulates curiosity and encourages creative thinking because the mind is continuously processing new experiences. Many successful inventions, business ideas, and artistic creations have emerged from insights gained during travel.

Adventure and exploration are natural parts of the human spirit. Traveling satisfies the curiosity to discover places beyond one's hometown and to experience the beauty and diversity of the world. Climbing mountains, hiking through forests, exploring caves, sailing across lakes, or walking through ancient cities creates unforgettable experiences that remain vivid for a lifetime. Such adventures help people develop courage, perseverance, and appreciation for both nature and human achievement.

Traveling also strengthens appreciation for home. After experiencing different lifestyles, customs, climates, and living conditions, people often return with renewed gratitude for their own families, communities, and daily comforts. At the same time, they bring back valuable ideas that can improve their personal lives and contribute positively to society. Exposure to efficient public transportation systems, environmental conservation efforts, educational practices,

or cultural traditions from other places may inspire individuals to introduce positive changes within their own communities.

In the modern era, technology has made traveling easier than ever before. Online booking platforms, digital maps, language translation applications, and travel guides allow people to plan journeys more efficiently and confidently. However, despite these technological advances, the true value of traveling remains rooted in human experience. No photograph, documentary, or virtual tour can fully replace the emotions of standing before a magnificent waterfall, walking through an ancient castle, listening to local musicians, or sharing a meal with people from another culture.

Traveling also teaches humility. As people witness the vastness of the world, they begin to understand that every nation, culture, and community has its own history, achievements, and challenges. This realization reduces narrow-minded thinking and encourages global citizenship. Travelers become more aware of worldwide issues such as environmental protection, cultural preservation, poverty, education, and healthcare. Such awareness often motivates individuals to become more responsible, compassionate, and socially conscious members of society.

Ultimately, traveling is an investment in personal development rather than simply an expense. The memories created, lessons learned, friendships formed, and perspectives gained remain valuable throughout life. Material possessions may lose their value over time, but meaningful travel experiences continue to enrich a person's character and shape their understanding of the world. Every journey contributes to greater confidence, broader knowledge, stronger relationships, and deeper appreciation for the diversity and beauty of humanity.

Traveling is far more than a recreational activity. It is a powerful tool for education, cultural understanding, personal growth, emotional well-being, creativity, and global awareness. It encourages people to embrace diversity, overcome challenges, appreciate nature, and develop lifelong memories that cannot be measured in financial terms. Whether the destination is close to home or across the globe, every journey offers opportunities to learn, grow, and become a more informed and compassionate individual. As the famous saying suggests, travel is the only thing you buy that makes you richer, not in wealth, but in wisdom, experiences, and understanding. *

RESOURCES



Photo by Julia M Cameron:
pexels.com/photo/volunteers-preparing-donations-6995212

Soup Kitchens & Meal Assistance

MANNA COMMUNITY MEALS (HARTFORD)

45 Church Street. Serves lunch Monday-Friday, 12:00 PM – 12:30 PM

HOUSE OF BREAD (HARTFORD)

27 Chestnut St. Provides meals Saturday-Sunday 9-10 AM, Monday-Friday 11:15 AM - 12:45 PM.

LOAVES & FISHES (HARTFORD)

Woodland Street. Lunch served Monday-Friday, 11:30 AM – 12:45 PM at 10

MERCY HOUSING/ ST. ELIZABETH HOUSE

Offers meals at 118 Main St (Week-day lunch 12 PM, Saturday 8 AM).

HANDS ON HARTFORD

55 Bartholomew Avenue. Providing food pantry services

WETHERSFIELD FOOD BANK

505 Silas Deane Highway. Open Monday-Friday, 8:00 AM – 4:30 PM (by appointment for residents)

MOBILE FOODSHARE

Offers fresh produce every other Wednesday from 9:00 AM – 9:30 AM at 60 Lancaster Road (open to all).

CENTER CHURCH SOUP KITCHEN

60 Gold Street, Hartford, CT

Church provides a meal every Tuesday: 11am-1pm.

Eligibility: Anyone in need; All ages

Hours: Outreach and Drop-in: W,F: 10am-2pm;

HOUSE OF BREAD

27 Chestnut Street, Hartford, CT

Provides breakfast M-F: 8-9am and Sun: 9-10am; Lunch M-F: 11:30am-12:45pm; and Dinner Th: 5-6pm. Lunch is also served Sat: 11:30am-12:30pm...

Eligibility: Individuals in need of a meal

Hours: M-F: 6:30am-1:30pm

SHILOH BAPTIST CHURCH SOUP KITCHEN - HARTFORD

350 Albany Avenue, Hartford, CT

Bagged lunches are served to anyone in need weekly on Thursday: 11am-1pm.

Eligibility: Anyone in need

Hours: Church office: M-F: 10am-3pm; Soup kitchen: Th: 1.

UNION BAPTIST CHURCH BREAKFAST PROGRAM

1921 Main Street, Hartford, CT

Breakfast served to anyone in need on Sat,Sun: 7:45-8:30am. Program is closed in August. Please call for holiday closure information...

Eligibility: Individuals seeking a meal

Hours: Breakfast: Sat,Sun: 7:45-8:30am; Closed in August

HARTFORD RESCUE MISSION SOUP KITCHEN

2030 Main Street, Hartford, CT

Christian based rescue mission provides a soup kitchen to people in need. Soup kitchen is open at Faith Congregational Church, 2030 Main Street, Hartford, M-F: 4:30-5:30pm...

Eligibility: Individuals in need

Hours: Soup kitchen: M-F: 4:30-5:30pm

CHURCH STREET EATS PROGRAM

Christ Church Cathedral
45 Church Street, Hartford, CT

Sandwiches are served at church to Hartford residents in need on Sun: 12-12:45pm. Free clothing is also offered during this time.

Eligibility: Individuals in need of a meal

Hours: Sat: 2-3pm (Bushnell Park); Sun: 12noon-12:45pm

CHURCH BY THE POND

Christ Church Cathedral - Church Street Eats Program
45 Church Street, Hartford, CT

Sandwiches are served Sat: 2-3pm to Hartford residents in need year-round at Bushnell Park following church service at 2pm.

Eligibility: Individuals in need of a meal

Hours: Sat: 2-3pm (Bushnell Park); Sun: 12noon-12:45pm

History, Continued from page 2

ally, Americans will spend around \$1 billion on beer for their Fourth celebrations, and more than \$560 million on wine.

You probably know that both Thomas Jefferson and John Adams died on July 4, 1826—50 years to the day after the Declaration of Independence was adopted. They're not the only presidents to have died on the Fourth, though; James Monroe—the nation's fifth president—died just a few years later on July 4, 1831.

Though the holiday might seem like it has it out for former presidents, there was one future leader born on Independence Day. The country's 30th Commander-in-Chief, Calvin Coolidge, was born on July 4, 1872. *

Reference: Jay Serafino article



Looking for a *Beat of the Street* subscription? Look no further — fill out this form and mail it to the address below and we'll deliver a new copy to you each month!

Beat of the Street
c/o Charter Oak Cultural Center
21 Charter Oak Avenue
Hartford CT 06106

Subscription Choices

- ☐ 1 Year Subscription \$20 (\$1/issue + postage)
☐ 1 Year Subscription + Donation \$20 + Additional Donation

Where should we send your subscription?

Name _____
Address _____
City/State/Zip _____
Phone Number _____ Email _____

THANKS FOR YOUR SUPPORT! We look forward to sending you our next edition!



RESOURCE CENTRAL

Clothing and Toiletries CENTER CHURCH SOUP KITCHEN

60 Gold Street, Hartford, CT

Clothing, shoes, and toiletry items are provided to individuals in need during the soup kitchen’s available hours as well as office hours...

Eligibility: Anyone in need

Hours: Outreach and Drop-in: W,F: 10am-2pm;

Volunteer Opportunities CENTER CHURCH SOUP KITCHEN

60 Gold Street, Hartford, CT

Volunteers are needed to help with the church programs. Individuals under 18 must have 2 adults present at all times when volunteering and those preferably over 13, can call to create kid friendly opportunities directly...

Eligibility: Individuals under 18 must have 2 adults present at all times when volunteering and those preferably over 13, can l...

Hours: Outreach and Drop-in: W,F: 10am-2pm; Meal program...

SCHOOL BREAKFAST, LUNCH AND MILK PROGRAM ADMINISTRATION

State of CT Dept of Ed- Bureau of Health, Nutrition, and Family Services

450 Columbus Boulevard, Suite 504, Hartford, CT

Administers the National School

Breakfast, Lunch and Milk Program, a nutrition program for children while they are attending school and while attending afterschool activities...

Eligibility: Residents of CT

Hours: M-F: 8am-5pm

SHILOH BAPTIST CHURCH SOUP KITCHEN - HARTFORD

350 Albany Avenue, Hartford, CT

Volunteers are needed to work in church soup kitchen.

Eligibility: Ages 18+ interested in volunteering

Hours: Church office: M-F: 10am-3pm

ST PATRICK-ST ANTHONY CHURCH EVENING SANDWICH PROGRAM

285 Church Street, Hartford, CT

Sandwiches are served daily, 4-5:30pm to anyone in need. Sandwiches also served every Sunday: 12noon-1pm.

Eligibility: Individuals in need of food assistance

Hours: Sandwiches served M-Sun: 4-5:30pm; Sun: 12noon-1pm

SPARROW MINISTRIES BREAKFAST PROGRAM

South Congregational Church, 277 Main Street, Hartford, CT

Ministry program provides breakfast to the Hartford community every Saturday morning, from 7-9am.

Eligibility: Hartford residents in need of breakfast services

Hours: Breakfast: Sat: 7-9am

FRIENDSHIP CENTER SOUP KITCHEN & DAY CENTER

Mercy Housing and Shelter Corporation - St Elizabeth House, 118 Main Street, Hartford, CT

Day shelter and soup kitchen for anyone in need. Breakfast served 8-9am and lunch at 12noon-1pm, T-Sat. Separate meal times for adults with children (families)...

Eligibility: Anyone in need of a meal

Hours: 24/7

Donor Services SHILOH BAPTIST CHURCH SOUP KITCHEN - HARTFORD

350 Albany Avenue, Hartford, CT

Donations of clothing and food are accepted for distribution to people in need.

Eligibility: Individuals interested in donating

Hours: Church office: M-F: 10am-3pm; Soup kitchen

Clothing and Shoes SHILOH BAPTIST CHURCH SOUP KITCHEN - HARTFORD

350 Albany Avenue, Hartford, CT

Free clothing available weekly on Thursday following lunch served at the church soup kitchen.

Eligibility: Anyone in need of clothing

Hours: Church office: M-F: 10am-3pm; Soup kitchen *

The best way now after the warming center opens to get into a shelter IS BY CALLING 211 (HARTFORD POLICY IS THIS). PROCESS IS THIS:

1. Call 211
2. They tell you where the warming center is and details related.
3. Thru the warming center they schedule with area shelters beds. In the off schedule of the warming center, 211 schedules appointments thru mercy housing for shelter beds in the area.
4. Strict 1 bag limit. They won't let you in if you are carrying more than 1. This happened to me
5. The warming center & shelter are only for people that are really homeless. Penalties are strictly enforced including loss of residence if not telling the truth. Shelters are not used to make the 211 call. Anyone there during the day has a MD note & staff scheduled to accommodate #'s. At the Hartford City Hall Main St, there is a telephone on the entry floor center desk that is allowed to be used only to call 211. *

Please contact us at bots@charteroakcenter.org with any corrections to the information listed below.

WHERE TO GO IN HARTFORD

Center Church

60 Gold Street

Christ Church Cathedral

45 Church Street

Faith Congregational Church

2030 Main Street

Grace Lutheran Church

46 Woodland Street

• Dinner every Friday 4:15-5:30 pm

• Free Cloth Distribution – Wednesday and Saturday 11:00 – 1:00 pm

• AA meetings Tuesday 10am, Thursday 12-noon

Greater Refuge Church of Christ

370 Garden Street

Hopewell Baptist Church

265 Enfield Street

House of Bread

27 Chestnut Street

Loaves & Fishes

10 Woodland Street

Hands on Hartford

55 Bartholomew Avenue

Mercy Housing/ St. Elizabeth House

118 Main Street

Mt Calvary Baptist Church

2 F.D. Oats Avenue

Salvation Army Hartford Citadel

225 Washington St

Shiloh Baptist Church

350 Albany Avenue

St Monica Church

31 Mather Street

St Patrick/St Anthony Church

285 Church Street

Union Baptist Church

1921 Main Street

WE EXIST BECAUSE OF READERS LIKE YOU!

Visit us online at charteroakcenter.org to find out more about how we print the paper and how you can help.