

January, 2005

The Riot!

Romance,
it's a riot!

A National E-Newsletter from the Self-Advocate Leadership Network @ HSRI

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The Riot! is more accessible!

Now in Rich Text Format
www.hsri.org/
leaders/theriot

Election Results



Bush
Kerry

Four More Years...

On November 2, 2004 Americans voted to keep George W. Bush as their president. About 118 million people voted. We hope that you were one of them.

President Bush did not win by a landslide. It was close. John Kerry almost won! But no matter who you wanted to win, George W. Bush is our president for four more years. The next election for president is in November of 2008.

So... now what? What does this mean to you? After Bush took office in 2001, he created the "New Freedom Initiative." He said that he wanted to:

- Help you get a job and make money;
- Make it easier for you to get the assistive technologies you need;
- Make it easier for children with disabilities to go to school;
- Create programs to help you own a home;
- Make sure that you and your family get needed supports;
- Make it easier for people to get around town with better transportation; and
- Help you live in the community.

He also said that we need new words to change old ideas. For



example, he said that we should **STOP** using words like "mental retardation," and instead use the words "intellectual disability."

This is a lot of what he promised to do. He has a big job ahead of him. And so do you!

Over these next four years, self-advocates can do three things.

First, watch the president. Is he making good on his promises or not? Send him an email at: president@whitehouse.gov to let him know what you think.

Second, think about what YOU can do to help and then do it! You can do things to make your own life better. And you can act to help others. Your voice can be heard.

Third, think about what you can do with others as a team, to make things better. When you join your voice with others you can be loud!

This 2004 presidential election is over. Self-advocates worked hard in this election. Even so, there is still a lot of work to do.



About The Riot!...

The Riot! is produced by the Self-Advocate Leadership Network at the Human Services Research Institute.

We work together with self-advocates to come up with ideas and write the stories.

Here's who "we" are:

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Teresa Says...

Admit it! You're thinking about relationships because it's nearly Valentine's Day! You're either thinking about one you have or one you want, right?

Relationships can be good or bad. I know I've had some **really bad** ones. But I've had really good ones too. Being in a **good** relationship is wonderful—life just seems so much better!

In a good relationship people:

- Treat each other with respect,
- Enjoy their time together,
- Support and trust each other,
- Are honest about their past, and
- Have more good times together than bad times.

Sometimes relationships can be bad. What is a bad relationship?

In bad relationships people:

- Make each other feel bad,
- Say mean things or call each other names,
- Hit, kick or throw things,

- Control who their partner talks to or spends time with, and



Teresa Moore

- Try to stop their partner from leaving the relationship.

Do you see your relationship in these lists?

If you're in a good relationship both of you feel good about yourselves — especially when you're together.

If you're in a bad relationship get some help! Tell a friend, a parent, or someone you trust!

Remember: Every one of us deserves to be respected, cared about, and valued for who we are.

***Teresa Moore** lives in Arizona with her boyfriend. She works for the Governor's Council on Developmental Disabilities.*

The Riot! Believes...

Self-advocates have the right to have romantic relationships like anyone else. They have the right to:

- Have loving relationships – including sexual relationships if they choose;
- Get the support they need to develop *good* relationships. This support can come from parents, family, self-advocate friends or mentors, and others;
- Learn about sexuality, responsibility, and staying safe from abuse;
- Learn how to respect each other and have good, loving relationships; and
- Learn how to practice safe sex.

Check out the

Self-Advocate Leadership Network!!

Toolkits for self-advocates are available on:



Self-Advocacy

Self-Determination

Planning and Giving a Presentation

Working Together for Change

Starting a Self-Advocacy Americorps/VISTA Project
Using Medicaid to Fund Training for Self-Advocates

www.hsri.org/leaders



Fabulously Cheesy Pick-Up Lines



- ♥ I hope you know CPR 'cause you just took my breath away!
- ♥ Baby, I'm no Fred Flinstone, but I can make your Bedrock!
- ♥ Damn girl, you got more curves than a race track!
- ♥ Are you a parking ticket? 'Cause you got fine-fine-fine written all over you!
- ♥ You must be tired 'cause you've been running through my mind all day!
- ♥ It's gotta be illegal to look that good!
- ♥ You want some fries with that shake?
- ♥ Baby, you must be a broom, 'cause you just swept me off my feet!

Four New Year's Resolutions You Can Actually Keep!!

- ✓ Stop exercising. It's a waste of time.
- ✓ Watch more TV. You've been missing some good reality shows.
- ✓ Put off things until the last minute.
- ✓ Gain weight. Put on at least 30 pounds.

(Just kidding...)

Battle of the Sexes!

The Riot! asked a bunch of self-advocates—guys and gals—about dating. Their answers were very different...

we didn't make it to any bases."

Guys: "We stayed up all night and just talked."

Where do you meet babes?

Gals said: Ask friends if they know of available guys—it works!

Guys said: A club or bar, the mall, parties, or get-togethers.

Worst date ever?

Gals:

"He took me to a strip club. I'd never seen stuff like that. I left and walked home alone."

Guys

"I took my Prom date to Burger King and we went to see the movie *Pet Cemetery*. That week she dumped me. I don't know why..."

What's a good first date?

Gals: Dinner and a movie or going to the fair.

Guys: Dinner and bowling or going to a coffee shop to talk.

What celebrity would you date and where would you go?

Gals:

- Prince to his favorite place
- Patrick Swayze to swim with dolphins
- Johnny Depp for a walk on the beach

Guys:

- The Hilton sisters to the islands
- Britney Spears
- Patty Labelle for an expensive and romantic dinner

Should a person ask permission to hold hands?

Gals: Yes, always ask...

Guys: "You should always ask... but I don't. My real answer is 'No.'"

Best thing about having a boyfriend or girlfriend?

Gals:

- Sharing your life with someone
- Being wanted for just being you
- Training him to do house work

Guys:

- Free gifts
- Having someone to talk to
- Being together and kissing

What are the bases in dating?

Gals:

1st: A first date

2nd: Holding hands or kissing

3rd: Sex

Home: I thought there were 3!

Guys:

1st: Getting to know her

2nd: Holding hands or kissing

3rd: Getting closer, more kissing and exploring each other

Home: Everything else and more!

Best date ever?

Gals: Dinner and a movie. "But

Horoscope

A horoscope predicts the future based on the position of the planets and your birth date. Find the sign that fits with your birthday. Then read on to discover what love's got to do with it!

Aries (March 21-April 19): Romance will keep you warm! But you'll have to ask for the first date. Tip: Don't overbook your schedule!

Taurus (April 20-May 20): You're transitioning into the LOVE ZONE. This winter someone sweet will heat up your heart!

Gemini (May 21-June 20): Take a walk on the wild side—try flirting! Lucky flirting days each month: the 3rd, 16th, & 21st.

Cancer (June 21-July 22): It's time to make your dreams reality. Ask your crush for a date—Valentine's Day is around the corner!

Leo (July 23-Aug. 22): Discover the power of change! Be the first one to share a wink, a smile, or a cup of hot cider!

Virgo (Aug. 23-Sept. 22): The stars are on your LOVE side. A friendship could turn to romance. Lucky days: Sundays and Tuesdays.

Libra (Sept. 23-Oct. 22): Share your thoughts and opinions. Discussions with friends can open the door to adventure and romance...

Scorpio (Oct. 23-Nov. 21): Instead of resisting things you don't like try something new. You are in for a nice surprise!

Sagittarius (Nov. 22-Dec. 21): Obstacles will jump out of your way when you solve problems with a little help from your friends.

Capricorn (Dec. 22-Jan. 19): Finish things that you've been working on for a long time to make room for something – or someone – new!

Aquarius (Jan. 20-Feb. 18): Acts of kindness will cause sparks to fly and could answer your prayers!

Pisces (Feb. 19-March 20): Look around and discover the wonderful world around you. You might find the cutie you've been waiting for...



What's Your Love Match?



Have you ever been asked: *"Hey baby, what's your sign?"* Chances are someone was trying to get to know you! Asking about your sign is a fun way to start a conversation with someone you like. It's also a fun way to find out if you could be friends or—even sweethearts!

People with certain signs make a good **Love Match** because they have the same energy.

What signs make a good love match with yours? Find your sign in one of the groups below. People who are the best love match for you have a sign in the same group as yours!

Hot & Spicy!

Aries
Cancer
Libra
Capricorn

Too Cool for School!

Taurus
Leo
Scorpio
Aquarius

Hubba! Hubba!

Gemini
Virgo
Sagittarius
Pisces

Could this be true? Does your sign fit with your personality? Does it fit the personality of the person you like? Read about signs in your love match group and decide for yourself.

Hot & Spicy!

You are outgoing, sweet, and sassy! You are daring and like to take the first step. You're the type to ask for a first date or a first kiss!

Too Cool for School!

You're always cool and calm – even when you have butterflies in your stomach! You're a fine sweetheart and an especially nice kisser!

Hubba! Hubba!

You have the power to make the best of a situation or charm anyone's socks off! Your friends and sweeties are lucky to have you.

Now that you know your love match, the next time you see a cutie you can ask: *"Hey baby, what's your sign?"*



Planning an Outdoor Wedding? By Julie Petty

My husband and I met in college. Almost two years later, Brian proposed the day after Thanksgiving in front of my whole family. I said "Yes!"

We knew we wanted our wedding to be small, inexpensive, and special. So, we planned an outdoor wedding for September 8th, 2001.

We decided to get married under an arbor in my Mom's yard with beautiful landscaping and flowers. My dress was off-white with gold trim.

After a few months our plans were coming together. We decided to get married at sunset and then celebrate at night with white lights to light up the yard. We rehearsed Friday night and everything looked awesome!



A couple people asked, "What if it rains?" I replied, "It's not going to rain!" I just knew it wouldn't rain. But, I was wrong!

Our wedding was scheduled for 7:00 p.m. At 4:30 it began to

sprinkle. We needed a new plan quick! My sisters decorated the carport with lights and gold tulle. We moved everything into the carport. By then it was pouring rain!



Julie & Brian

At 6:45 my brother was parking cars in the rain. I was waiting for him to walk me down the aisle. The guests were waiting too. Finally, my brother got out of the rain and escorted me down the aisle. We had a beautiful ceremony.

I wouldn't change anything about our wedding. But if you are planning an outdoor wedding, make sure you have a back up plan in case it rains!

Julie Petty is a self-advocate. She lives with her husband and their son in Arkansas and is the State Coordinator for Arkansas People First. They're expecting their second child in July!

Need Romance Advice? ...Ask Cubby!

Dear Cubby... My girlfriend is a little bit heavy. I'm concerned about her health. Should I give her chocolates for Valentine's Day?

Wondering in Texas

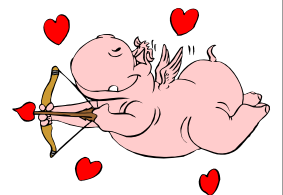
Dear Wondering: If you want to give her something sweet, you can get her "sugar free" candies. Or you can give her something different like flowers or a movie. Or you could get her a small box of her favorite chocolates. If you are concerned about her health you should talk to her about it.

Dear Cubby... I love Valentine's Day! Only, I have a girlfriend. Can I still send Valentines to other gals?

Curious in Delaware

Dear Curious: Sure! Why not? Have fun! But

give your girlfriend the best Valentine. And, tell her about it all so she doesn't think you're sneaky!



Dear Cubby... My boyfriend never gets me anything for Valentine's Day. What should I do?

Waiting in Nevada

Dear Waiting: Tell him before Valentine's Day that you wish he'd get you something because you will get him something too. If he doesn't come through and it's really important to you, maybe you should think about why you still like him so much.

Want Advice From Cubby?

Send your question to him at our address below or by visiting our website.

First Date Tips

Need some tips for a first date? Here are some tips from other self-advocates:

DON'T...

- Don't be late. First impressions are important.
- Don't do something totally embarrassing like swearing or spitting...
- Don't assume that you're going to get a kiss...
- Don't try to get to home base on the first date!
- Don't expect sex or ask for sex!

DO...

- Do look your best. Being clean is important!
- Do ask your date what he or she wants to do.
- Do be yourself—no one else can do it better!
- Do get to know each other—ask questions.
- Do take it slow. No need to rush a friendship.
- Do let your date know he or she is special!
- Do go out again if you like each other!

Romantic Rentals

Need a romantic movie to get your sweetie in the mood for love? Here are our favorites:

- ♥ **Casablanca** (PG): Rick Blaine, a mean nightclub owner, has his world turned upside down when his lost love returns.
- ♥ **Spiderman** (PG-13): Peter Parker becomes Spiderman and must choose between Mary Jane or being a super hero.
- ♥ **Addicted to Love** (R): Maggie and Sam try to get their ex-lovers back and end up falling love with each other instead.
- ♥ **Forrest Gump** (PG-13): Forrest overcomes his disability, becomes a hero, and wins his friend Jenny's heart.
- ♥ **Die Hard** (R): Guys, this one is for you. John tries to get back together with his wife but must face terrorists, guns, and car chases before getting a good kiss.

SILLY PET NAMES FOR YOUR SWEETIE

	T	E	P		G	A	D			
	B	U	T	T	E	R	C	U	P	
L	A	Y	N	I	F	F	U	M	O	A
S	E	B	N	D	E	A	R	T	P	O
U	I	Y	N	Y	X	E	S	I	L	K
G	T	C	U	P	C	A	K	E	I	I
A	E	A	B	P	U	D	D	I	N	E
R	E	K	Y	L	E	G	N	A	G	D
S	W	E	E	T	C	H	E	E	K	S
S	S	N	O	O	K	U	M	S	O	F
	H	O	T	S	T	U	F	F	L	
	H	O	N	L	L	O	D			
		T	O	O	T	S				
			M	V	D					
				E						

Can you find the hidden terms of endearment? These are words that couples sometimes use with each other. OK, let's face it...some are nice...some are sexy...some are sappy!

Each word or phrase listed below is hidden in the puzzle. Look from top to bottom, left to right, bottom to top, or right to left. See if you can find them.

ANGEL	KITTEN
BABYCAKES	LOVE
BUTTERCUP	MUFFIN
CUPCAKE	PET
CUTIE	POOKIE
DEAR	PUDDIN'
DOLL	SEXY
DUMPLING	SNOOKUMS
FOXY MAMA	SUGAR
HON	SWEETIE
HONEY BUNNY	SWEET CHEEKS
HOT STUFF	TOOTS

(See page 7 for the answers.)



Craig Says... ...“Love Stinks!”



Another Valentine’s Day is coming fast! All these hearts, candies and flowers... for what? Did you know Valentine’s Day was invented to make you buy candies, cards and flowers? The

sad part is that next year many of you won’t even have the same boyfriend or girlfriend! That’s because **Love Stinks!** Love can hardly last a whole year! Here’s what else stinks... the lines people use when they dump you!

Have you used a line to dump somebody?

Has somebody used a line to dump you?

Believe me, I’ve heard a lot of lines. Here are some lines that people use to quit on a boyfriend or girlfriend.

- **Let’s be “just friends.”** I already have enough “friends.”
- **It isn’t you, it’s me.** Are you kidding? If it isn’t me, who is it?
- **I need to concentrate on my job.** What?! Your job is more fun than me?
- **My life is too complicated right now.** It didn’t seem so complicated last week!
- **My life is going in another direction.** Oh yeah? I hope it falls into the ocean!
- **There’s something missing between us.** You’re right. Where’s my wallet?
- **I think of you as a “brother.”** Hey sister... I’m out of here!

Love? Valentine’s Day? Take my advice. You want something to love? Get a plant! Give a plant water and sun, and it’s happy. A plant doesn’t expect anything more. It won’t talk back at you. It won’t make you see a movie you don’t want to see. It won’t spend your money. And if you put that plant in the right place, it won’t get in the way of you watching the Super Bowl.

Love is wonderful...

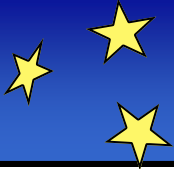


Sometime later...



PUZZLE ANSWERS

		T	E	P		G	A	D												
		B	U	T	T	E	R	C	U	P										
	L	A	Y		N	I	F	F	U	M		O		A						
S	E	B	N		D	E	A	R		T	P		O	M	K					
U	I	Y	N		Y	X	E	S		I	L		K	A	I					
G	T	C	U	P	C	A	K	E		I			M	T						
A	E	A	B		P	U	D	D	I	N		E	Y	T						
R	E	K	Y		L	E	G	N	A	G		D	X	E						
S	W	E	E	T	C	H	E	E	K	S										
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The Riot! Action Page

Self-Advocates Speak Up! and Speak Out!



If you are a woman, do you wonder what men think? If you are a man, do you wonder what women think? Sure you do! At your next self-advocacy meeting ask each other these questions...go ahead guys! You too, gals! Listen to what everyone says! Talk about it!

Guys... Where do you hang out? Gals... Where do you hang out?

Gals... How should a guy start a conversation with you?

Gals... When a guy asks for your phone number, should you give it to him?

Guys... Should guys always have to pay for a date? Shouldn't gals have to pay too? Gals, what do you think?

Gals... What would be a good first date? Guys, what do you think?

Guys... Should you ask permission before trying to hold hands for the first time? Gals, your thoughts?

Guys... What celebrity do you want to date and what would you do? Gals, how about you?



Talk it up.... Have yourselves a regular Riot!!!

Impress Your Honey With Little Money!

Looking for ways to impress your date without depressing your wallet? Here are some fun and inexpensive ideas:

See a movie at home Watch a movie on the couch and hold hands.

Go to a coffee shop Get to know each other over a hot drink when it's cold outside.

Play truth or dare Tell each other more... You don't have to kiss but that could be fun!

Go to the mall Grab your sweetie for a little window shopping or people watching.

Go to a sports event or watch a game on TV If you both like sports you'll have blast!

Play 20 Questions Get to know your sweetie even better by asking lots questions.

Go dancing Show off your best moves (but take it easy on your date's toes).

Share a dessert The best way to your date's heart is through the tummy... Yummy...

Do You Love the Riot!?

We do, and we love our readers too! We hope you had a happy new year and have a romantic Valentine's Day! We also hope you enjoyed this issue as much as we enjoyed putting it together.

This newsletter is made possible by the volunteer efforts of our staff and self-advocate contributors. The Riot! is a powerful tool to:

- Educate self-advocates and others,
- Explore issues that affect self-advocates' lives,
- Celebrate our abilities, and have fun!

We continue to seek ongoing funding to help the Riot! live on. Contact us to learn more about supporting the Riot!

Contributions can be mailed to: **The Riot! C/O HSRI, 7420 SW Bridgeport Rd #210, Portland, OR 97224.**

Contribute online at: www.hsri.org/leaders/theriot