

The Riot!



Freedom Is Cool!



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

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AAMR Changes Its Name!

AAMR members have changed the name of their organization! Yes! They voted to dump the "R Word" and get themselves a brand new name. The new name is the American Association on Intellectual and Developmental Disabilities.

AAMR has been around a long time and has over 9,000 members. Changing their name is a big deal. Valerie Bradley, the recent AAMR president, says that "this is a positive step and we should all feel very good about what this means."

Self-advocates are very happy about this. Self-advocates worked hard for a long time to tell people that they did not like the "R-Word." People do not always listen, but hard work pays off.

People inside of AAMR were listening. They heard what self-advocates were saying and decided to make the change.

The change will not actually take place for about six months. Still, AAMR leaders want you to tell your friends, family and staff about it.

This is good. Yet, the "R-Word" still lives. It lives in the names of many other agencies and organizations that still have not changed their name.

One self advocate from Alabama says that "maybe this will wake people up to do what AAMR did and change their name too!"



SABE Rocks In Atlanta Elects New Officers for 2006-2008



Self-Advocates Becoming Empowered (SABE) held its meeting in Atlanta this past May. Hundreds of self-advocates came to the meeting from all over the country.

Self-advocates rallied on the steps of the Georgia state capitol. Their voice was loud and clear. They said that they want to be the boss of their own lives and live in the community just like anyone else.

They elected new leaders. They also talked about and voted on other issues like whether or not there

should be sheltered workshops. People had a lot of opinions!

The self-advocates that came also had fun. People worked hard but played hard too!

SABE Officers 2006-2008

- Julie Petty, Chair (Arkansas)
- Chester Finn, Co-Chair (New York)
- Betty Williams, Vice-President (Indiana)
- Chad Sinanian, Secretary (Connecticut)
- Theresa Wilding, Treasurer (Idaho)

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:

Contributors & Advisors

- Ricky Broussard – Texas
- Dayna Davis – Oregon
- Chester Finn – New York
- Rebecca Hare—Washington DC
- Cindy Helvington – Oregon
- Eric Matthes – Utah
- Joe Meadours – Alabama
- Julie Petty - Arkansas
- Nancy Ward – Oklahoma
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- Erick Yeary – Idaho

Cartoonist

Jazmyne Johnston – Oregon

At HSRI

John Agosta, Reena Wagle, Kerri Melda, Jaime Daignault

Julie's Jive

"Together We Can Do More!"



Julie Petty

Riot! Readers: Julie Petty is the new Chairperson of Self-Advocates Becoming Empowered (SABE). SABE is a national organization on self-advocacy.

Julie is from Arkansas. She is married and has two young children. She is a strong self-advocate with big ideas. Here is her message to you.

Hello everyone! I am the newly elected chair of SABE. To start, I want our Board of Directors to review our mission and goals. Last year SABE wrote a great statement, "Just Do It." (see Riot! Vol. 2, Issue 2). It was handed out at the meeting last September of the Alliance for Full Participation. It states what is important to us in our lives. I feel it is important for this statement to be reflected in our mission and goals.

I believe in TEAM work. My vision would be that each self-advocacy

organization work on this statement in their state. Myself, SABE officers and board members will work together with all self advocates around the nation to accomplish our goals.

I know a lot of you have already been working on these goals. Keep up the good work! However, there is a lot more still to be done.

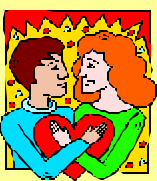
I was reminded at the national conference of something I believe strongly, "if one of us is being discriminated against, we're all discriminated against." Our brothers and sisters are still locked away in institutions and that lays heavy in my heart. And there is that and more for us still to change. I hope we can work together to change systems and

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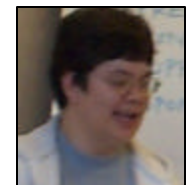
Dayna Says...

Congratulations to AAMR! A lot of people worked hard to change the organization's name. Thank you!

Their new name is a lot better than the old one with the R Word in it. Now they are the American Association on Intellectual and Developmental Disabilities... AIDD. See? Was that so hard? No harm was done and a lot of good will come from it.

This name change is a good sign. People are finally listening to self-advocates. The tables are turning. It's about time!

Dayna is Vice-Chair of the Oregon Developmental Disabilities Council



Dayna Davis

There is still more to do. There are other names that need to be changed. Some state agencies need to change their name. I also wish that people would stop using the R Word in everyday talk. People should also have more faith in us. We can make many decisions about our life. We also have important things to say. Legislators, state agency staff and others should partner with us more to help change service systems for the better. We can do a lot more if we all work together.

SABE Rocks in Atlanta

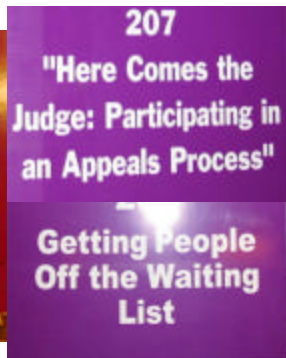
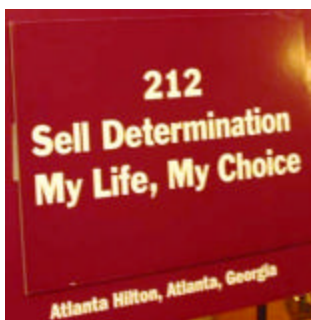
1 We came to Atlanta



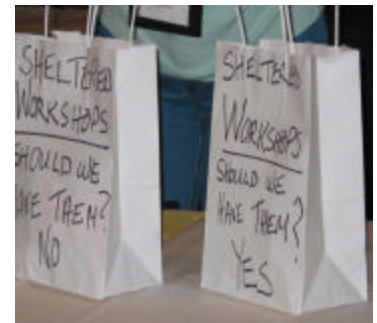
2 We rallied for our rights at the state capitol



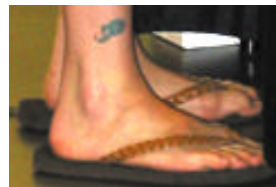
3 We learned new things



4 We voted



5 We had FUN!



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sabeusa.org

Community Change for the Best

By
Marian West of
New Hampshire



A group of self-advocates got together and decided that we should do something about the crosswalks in Concord, New Hampshire. The lights changed too fast for people with disabilities and others to get across the street safely. We wanted the city to change it and make it safer for people to cross the street.



We decided to get together and come up with a plan to change things. We knew we had a good idea but before we got going we talked to a city official.

We brought in Community Officer Riley just to see what he thought. Officer Riley listened to us. He answered our questions and gave us some suggestions. Then, he called in the head of the street signal division for the City of Concord. His name is Dan Hall and he was very helpful.

To get started, we went downtown with different people. We watched the cross walk and timed how fast the light changed. One man in our group brought his camera and took pictures. One lady, who uses a walker, went over to the grocery store to get a motorized shopping cart to see how long it took her to cross the street. Some kids who were running across the intersection asked us what we were doing and we told them. They were all for it!

We got proof that the lights changed too fast for people to cross safely. Then we invited Dan Hall and Office Riley to show them what we found out. They were impressed.

Dan also found out that he was using the wrong regulations to set the timing for the stoplight! He came back and said they would start using the correct federal regulations and guidelines.

What I learned was you can't do something like this on your own. But if you have a group you can make it happen. What we did has made a change. It was hard work but it was worth it.

SABE After Hours in Atlanta

Love was everywhere at the SABE Conference in Atlanta. People were in love and looking for love. They were holding hands, smooching and cuddling. There was even a waitress named Love. She worked at the Hard Rock Café. I am not kidding her name was Love.

Some self-advocates listened to presentations on relationships and safe sex. People want to learn about boyfriends and girlfriends. They wanted to flirt and have a good time.



Hooters was an evening hangout for some. Hooters is a place that always has pretty waitresses. For people going there for the first time it was a big thing to do. One person said that afterwards these "first timers" looked like "possums who just had dinner." Everybody had a good time.

Those who decided to stay in the hotel for the evening found their way to the dance floor. There

was pop, rock, mood music, rap and hip hop. All you had to do was find a partner and get up and boogey. One guy got so carried away by the music that he got up on a table and danced. Can you believe that?



Some other people went swimming. The hotel had a great pool. After working hard at the conference all day, they put on their swimsuits and headed to the pool to relax.

Others headed out to eat or to the bar later for a drink and some snacks. It's always fun to meet up with friends to talk.

But it wasn't all about love and fun in Atlanta. The elections were on everyone's minds. Self-advocates debated many issues. Who should they vote for? Who will their next leaders be? People came to Atlanta to work and play. They did both. Everybody is ready to do it again soon.

Summer Horoscope

A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday to get your

Summer Love Forecast!

Aries (March 21-April 19): You'd better carry a fire extinguisher. Sparks will fly when you meet the boy or girl of your dreams in summer's hottest month!



Taurus (April 20-May 20): Keep your calendar open. You'll be kissing a cutie at least twice a week in July and August!

Gemini (May 21-June 20): Hey hot stuff! Your future sweetie is trying to get your digits!

Cancer (June 21-July 22): Try new things this summer. You'll meet your new boyfriend or girlfriend while doing something unusual.

Leo (July 23-Aug. 22): Your forecast calls for lots of sunshine and a "love storm" in August. High winds could knock your socks off!

Virgo (Aug. 23-Sept. 22): Shift into high speed this summer. You will have at least three dates each month in August and September!

Libra (Sept. 23-Oct. 22): You will be drawn to a very cute friend-of-a-friend in sunglasses and a baseball cap. This could be true love!

Scorpio (Oct. 23-Nov. 21): The summer sun won't be the only one kissing your cheeks this summer! You will be popular with the cuties!

Sagittarius (Nov. 22-Dec. 21): Your forecast calls of lots of luck at love this summer. So find a cutie and ask him or her out!

Capricorn (Dec. 22-Jan. 19): Having a hard time getting a second date? Read Cubby's dating do's and don'ts and follow his advice!

Aquarius (Jan. 20-Feb. 18): Keep those breath mints handy. Sparks will fly when you "get fresh" with a close friend!

Pisces (Feb. 19-March 20): Are you getting tired of all those dates? Your love life will slow down in July. But it will pick up again in August!



Need Romance Advice? ...Ask Cubby!

Dear Cubby: I got caught kissing a cute girl at the SABE conference by my roommate at the group home. I'm afraid he'll tell staff. If staff find out, I could get in trouble. What should I do?



—Hot Lips

Dear Hot Lips: Put your lips on ice and talk to your roommate as soon as you can! If he has not told staff yet, ask him not to. You can tell him that you'd like to keep your romantic life private. If he has told your staff, be prepared to stand up for your right to have a girlfriend just like anyone else!

Dear Cubby: I'm a member of the Developmental Disabilities Council in my state. I've been dating the daughter of the Council Chair for the past 6 months. But, he doesn't know we're seeing each other! Help!

—Playing with Fire

Dear Playing with Fire: Why is your relationship a secret? Talk to your girlfriend about telling her Dad that you're dating each other. If you're both adults, there shouldn't be a problem. In the meantime, be careful about public displays of affection. Her Dad may be happier about your relationship if he hears it from you two first!

Cubby's Dating Do's and Don'ts

Don't invite your sweetie to a fast food joint like McDonalds, Burger King or Taco Bell on your first date. Your date will not be impressed!

Do invite your sweetie to a place that you both like. You can talk about it first!

Do you need romance advice?

Send Cubby your question. Send him a letter (see page 8 for our address) or go to our website and follow the links.

Summer Fashion Do's and Don'ts

Fashion is... a style or way of doing things that is popular in our community or with the people we hang out with. It can be the way we dress

or act. We don't all want to look and act the same. But most of us do want to fit in and be cool. We like to be fashionable. **Here are some Riot! Fashion Tips!!**

Tips for Gals

From...
Teresa Moore of Arizona and
Dayna Davis of Oregon



Summer tips for the sista's. Staying cool with a little style!

- Do** wear cotton. Whether you like dresses, shorts, skirts or skorts, cotton will keep you cool. It's a must.
 - Don't** go grunge. It's out. Dump the baggy pants.
 - Do** look classy and dress for the occasion. Suits, dresses and tight fitting jeans are back.
 - Don't** wear socks with sandals. They've gotta go.
 - Do** have fun with colors that you feel good about. Start with colors that people say you look good in and go from there.
 - Don't** wear too much jewelry. Remember that too much gold or silver isn't a good thing.
 - Do** get a good hair-do. Updo's are sexy, short is cute. Long and sweaty hair just will not do.
 - Don't** forget to wear that smile, if you want that boy to stay a while.
 - Do** know that you are beautiful. Make-up? Keep it light. You don't need too much of that stuff.
- Above all...if you feel good you look good.**

Tips for Guys

From...
Erick Yeary of Idaho and
Ricky Broussard of Texas



It's summer time. Us dudes want to stay cool and be cool. But first you have to look cool. Here are some tips about looking cool.

- Do** get a cool hair-do. Make it look nice. You have lots of choices. Long. Short. Bald.
 - Don't** get a Mohawk hair-do. That is not the style.
 - Do** get clothes that match. Get yourself some stuff that looks good on you. Match your top, with your shorts and shoes.
 - Don't** go with pink anything unless it's a dress shirt. Lose the pink, bro!
 - Do** wear some bling bling, if you want. You know, gold chains and rings. Not too much though.
 - Don't** wear white socks with dress pants and good shoes.
 - Do** wear sandals or flip-flops with those shorts.
 - Don't** wear socks with sandals or flip-flops!
 - Do** wear boxers because they are cool and rock!
 - Don't** go with briefs. Lose the briefs, dude!
- Above all.... Do be cool! Peace and out!**



Spinach...

the official food of self-advocates everywhere.

Says Ron from Virginia

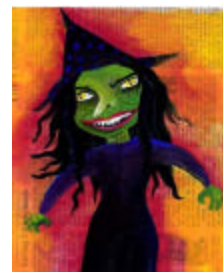
Fashion Quiz!

Which person is best dressed for a summer time date? Is it the person marked 1 or 2 or 3?

1



2



3



Answer on page 7

Craig Says... "Dressing Up Right Stinks!"



I hate getting all dressed up. You know... having to wear a stiff ironed shirt with a collar, a tie and nice slacks... And I hate having to wear nice shoes that always fit too tight and make my feet

hurt on a hot day. If you're a guy, I bet you hate all that too. Well, OK... maybe it's alright to get dressed up nice once a week to go to church. But that's all! That's plenty!

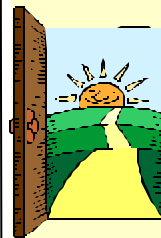
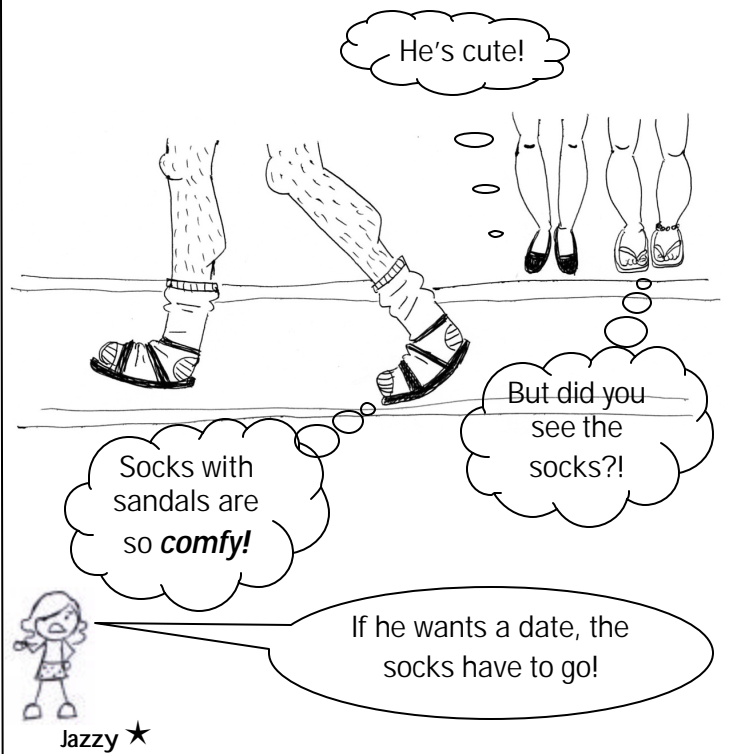
Don't you just hate it too when your mom or girlfriend, wife or staff want you to iron everything? Even t-shirts! And how about when they always want stuff to match? Yellow socks don't go with green shorts? Who says?

Most of us guys don't care about any of that. Take it from me. Who are you going to listen to? Craig or your girlfriend?

Most of us just want to walk around and do things in our regular clothes. We just want to be comfortable. It's like this...

- ✓ Us guys don't care if our clothes are wrinkled. Wrinkles can look good on a shirt.
- ✓ We don't like to spend too much money on clothes. If a shirt costs more than \$20 we probably won't buy it.
- ✓ We don't care if our clothes match perfectly or not. If they sort of match, that's enough.
- ✓ We wear socks to keep our feet warm. So socks with sandals work just fine.
- ✓ We like clothes that remind us of our favorite sports teams.
- ✓ We like clothes that we can move around in. We like them not too baggy though.
- ✓ If we have a shirt we really like, we want to wear it again and again until it falls apart. Even then we want to keep it around.

Fashion? You can have it! Craig says just dress the way you want to be comfortable. It's your choice. Now, THAT'S freedom! Happy July 4!



Self Determination And You!



A Toolkit for Self-Advocates from the
Self-Advocate Leadership Network

www.hsri.org/leaders or 503-924-3783x10

Answer to the Fashion Quiz!

Which person on page 6 is best dressed for a summer time date? Is it the person marked 1 or 2 or 3? What was your answer?

This was a TRICK question because the answer is...

None of the people pictured are dressed up for a good time summer date!

They each sure need some help with what to wear! If you follow the fashion tips we gave you on page 6... the only person ready right now for a summer time date is....

YOU!





The Riot! Action Page



Self-Advocates Speak Up! and Speak Out!

It's summer time. Everyone likes to look good and have fun outside. Don't you?

But what does "looking good" mean? Can a person look bad? Maybe have a bad hair-do? Or wear the wrong make-up? Or maybe wear some clothes that just aren't cool?

What do you think?

At your next self-advocacy meeting, talk about summer fashion. What is cool to do and what is not? Ask yourselves these questions for guys and gals...

- ❶ What hairstyles are in and what styles are out?
- ❷ Do some colors go better with others? Which color combinations just don't work?

❸ Can you wear socks with sandals?

❹ When should you get all dressed up and when is it OK to dress down?

❺ For girls, what about make-up? Should girls wear make up? Can a girl wear too much?

❻ Should you tell someone if they are making a "fashion mistake?" If you think so, how should you tell the person?



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