



THE RIOT!

**Personal Safety
Issue!**

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

What's Inside

Julie's Jive.....2
 Meet Teresa.....2
 Guest Editorial..... 2
 Being Safe.....3
 Hate Doesn't Pay.....3
 Surviving Abuse.....3
 Riot Report.....4
 International..... 5
 Horoscope..... 6
 Romance..... 6
 Recipe/Review..... 7
 Puzzle..... 7
 Joe's Sports Zone..... 8
 Riot! Fun Page..... 8
 Craig Says..... 9
 Cartoon..... 9
 Riot! Action Page.....10

Healthy Relationships Teleconference

The Riot! presents a new teleconference series on Intimate Relationships.

Check out website for registration details at:

www.theriotrocks.org

The Riot! is a publication of Human Services Research Institute Portland, OR

The Riot! is available in Rich Text Format!

Monsters are Real

Most self-advocates feel safe in their home and neighborhood. According to the National Core Indicators (2007), 83% of people surveyed said they felt safe in their homes and 83.3% felt safe in their neighborhoods. However, evil and meanness do exist in the world and people with disabilities get hurt.

The Bureau of Justice Statistics (2009), said in a report that many people with disabilities get injured in their communities. The table below shows how many people were harmed by different crimes.

Abuse can be both in the open and behind closed doors. Sometimes even in our own family, friends and

staff. The scariest mask can be worn by the people you trust; pretending to be great and then mistreating their family, friends or the people they are assisting, when home should be the safest place.

Monsters, abusers and tricksters will do anything to have power and control over you. Control can be physical, mental, emotional, sexual and even financial. They can even threaten someone you care about or separate you from the people in your life that treat you well. A relationship is not safe when you live in terror. In this issue, we will help you learn how to stay safe and protect yourself.

Table: Number of people with disabilities who have been victims of crime

<u>Type of Crime</u>	<u>Number</u>
Simple assaults, a crime when the person is not hurt:	476,000
Aggravated assaults, a crime is committed to hurt a person:	114,000
Robberies:	79,000
Rapes:	47,000

Want To Be Scared?

By Eric Matthes

Halloween is just around the corner. That means scary movies and haunted houses! Question is; why do some people like to be scared during this holiday?

Maybe it's the one day a year where people are prepared for it and like for things to jump out at them. I like watching scary movies with friends.

Sometimes, if the movie is too scary, I'll watch a comedy to calm my nerves.

Haunted houses can be just as scary, if not scarier, than some movies! Not everyone likes to be scared though. Some people just like to hang out with friends at a party and just relax.

Whether scared or not, have a safe and fun Halloween this year!



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 develop and write each issue.

Here's who "we" are:

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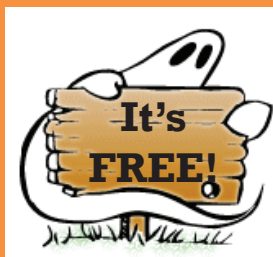
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The Riot!**



Julie's Jive



Julie Petty

Hi everyone! Personal safety is the topic of this issue. What is personal safety? I define personal safety as feeling secure, protected and free from harm in all places. Everyone wants to feel safe where we live, work and play.

Relationships are another place where we want to be and feel safe. If relationships are not safe or healthy, there can be red flags or signs that will show up.

I also want to let our readers know, this will be my last issue of the Riot! I love the Riot! It is such a great resource. When I am asked to do speeches on various topics, I look to the Riot! as a guide.

It is a great resource to use for discussions at local self-advocacy meetings. The Riot! can be used to teach others about self-advocacy. Rock on Riot!

Welcome, Teresa!



Teresa Moore

The Riot! would like to welcome its new Chief Editor, Teresa Moore!

Teresa will be our new Chief Editor for the next year and we're excited to welcome her aboard! She has lots of great ideas to share and we look forward to the year to come.

We asked Teresa to say a few words:

"Hi, I am Teresa Moore, the new Chief Editor of The Riot!. I want to thank Julie Petty for her incredible work. She has been a great teacher and leader in her articles. I will miss Julie's Jive very much.

I would like to invite you to be part of The Riot!. We have many opportunities for you to use your experiences and share your stories with the world. Working together, we can continue to make self-advocacy a RIOT."

Safe Travels



By James Meadours

James Meadours is a Self-Advocacy Specialist at Advocacy, Inc. SafePlace in Austin, Texas.



I went to my first major baseball game by myself in Houston, Texas. The Astros were playing the Pirates. I love baseball, but had never been to this stadium alone.

I was in town for a self-advocacy conference and rather than stay in my hotel, I wanted to do something fun. I asked the hotel staff about the game, where to buy tickets and if they had a hotel shuttle that went to the park. The staff was very helpful!

To be safe, I let a co-worker know where I was going. I took my cell phone and both the hotel's and my co-worker's phone numbers.

When I got to the stadium, I asked an

usher to help me find my seat. The Astros won 9-2! It was so much fun! After, I called the hotel to pick me up. The shuttle driver's shift had changed and a different driver was on duty.

To make sure they picked me up without a problem, one of the front desk staff who remembered me, came with the driver. We do have good people in the community who do not work in service systems.

I had a great time and used a few simple safety tips. I took my cell phone, let someone know where I was going, asked for help, took important numbers with me and I had fun!

Being Safe in the Community

We all want to feel safe when we leave our homes and we don't want to live in fear! Sometimes it's hard when you see so much bad stuff happening on the news at night.

But there are things that you can do to feel safe in the community. Follow our tips below and you feel more in control over your life.

- Be aware of where you are, scan the area and prevent someone from sneaking up on you.
- Don't ride in the front of a cab if you are alone, even if the driver asks you to.
- Never give out money or your phone number to someone that you've just met.
- Travel with a friend when you're out in the community.
- Always tell someone where you're going.
- Go to places where lots of people are around.
- Always carry a cell phone to call for help.
- **Tell the police if you have been harassed or hurt in any way by a group or gang or call your local crisis line.**



Hate Doesn't Pay

By Ricky Broussard

A hate crime is when people get hurt or picked on because of their race, ethnicity, nationality, religion, sexual orientation, or disability. In 2007, there were 82 crimes against people with disabilities.



Educating the community about disabilities is one way of stopping hate crimes. We can teach them that differences are nothing to be scared about.

Laws are another way of stopping hate crimes. 45 states and the District of Columbia have anti-hate crime laws. 32 of these laws include people with disabilities in the law. Five states (AR, GA, IN, SC and WY) do not have a law.

I think all the laws should include people with disabilities and every state should have one so no one is hurt.





Surviving Abuse

By Teresa Moore

It takes an incredible strength to change a life that has grown up with or is in a relationship with an abuser. Here are a few things that helped me change my life:

- Talk to someone away from the abuser. If it's not a secret, it doesn't have power over you. If they don't help, tell someone else.
- Being part of self-advocacy changed the way I thought about and treated myself. I think it helps me to be stronger when I know there are people out in the world who think my life is important and valuable.
- The only person I have control of is myself.

- I think we like scary movies because we see people fight back for their life and freedom. 
- Never give up on your dreams. Dreams can give you strength to change what is happening to you.
- When you treat yourself with respect, it's harder for people to take advantage of you.
- Believe that you deserve a life of kindness and love.
- Believe that people who are treating you cruelly are the real monsters in your life. You must find a way to get away from them. 

**** Bullying Awareness Week! ****
10/4 to 10/10/09



Keeping Your Neighborhood Safe

By Teresa Moore

Ever heard of a Block Watch? It's when citizens and the police in an area look out for each other.

Some really great things happen because neighbors look out for each other. They solve problems in the community, report activities to the police, prevent crime and improve home security.

You do not arrest criminals. That is a job for the police.

Things Block Watch programs can help with:

- Prevent Burglary.
- Fight property damage.
- Reduce drug activity.
- Improve bicycle safety.
- Help keep neighborhoods graffiti free.
- Provide vacation security. Never tell others when someone is on vacation.
- Prevent carjacking.
- Provide information on starting a neighborhood association.
- Remind us how to be safer and prevent property damage.
- Prevent damage to our cars. Don't leave iPods or other personal items in the car.
- Remind us to teach our children to be safer and not to open doors to strangers.
- Fire reporting and prevention.
- Reduce noise.



It's easy to find out if you have a Block Watch in your area. Call your local police department and ask if there is a neighborhood watch program where you live or work too. The goal is to improve quality of life for everyone in the community.

MONEY MATTERS!



Welcome to Money Matters! Money is an important part of all our lives. We earn, spend and save money but often, we don't know about the money we have. This column is here to help!

Let's get started. First, let's take a look at the money you get (income), and the money you spend (expenses). For each item, write in the amount that you get or spend.

<u>MONTHLY INCOME</u>	<u>AMOUNT</u>
Paycheck/Other Income	_____
Public Assistance:	
SSI	_____
SSDI	_____
Food Stamps	_____
Other	_____
TOTAL INCOME:	_____

<u>MONTHLY EXPENSES</u>	<u>AMOUNT</u>
Mortgage/Rent	_____
Utilities (gas, electric, trash)	_____
Cell/Home Phone	_____
Cable TV/Internet	_____
Car/Transportation	_____
Groceries/Eating Out	_____
Prescriptions	_____
Clothing/Laundry	_____
Education/Classes	_____
Pet Expenses	_____
Entertainment	_____
Other Expenses	_____
TOTAL EXPENSES:	_____

Is your income MORE than your expenses? If so, you have monthly savings!

Are your expenses MORE than your income? Uh-oh! You need to figure out ways to cut back and balance your budget.



Self advocates Speak Up in Dublin!

A conference was recently held in Dublin, the capital city in Ireland. It was put on by the National Disability Authority. People from all over Ireland spoke at the conference about what could be done to help people live in the community.

There is a lot of work to do because many people live in institutions and the community service system needs to get stronger.

Three self-advocates spoke at the meeting. Their names are Simon Buggy, Marie Wolfe and Sarah Flynn. They presented research findings from a study where they and others interviewed 43 people about their life.



Marie, Sarah & Simon

They found that there are not enough services for people and not enough choices. They also thought that self-advocates need more chances to be heard. Marie ended things by reminding everyone that self-advocates should always be included in decisions made about policies and services. She said, "Nothing About Us, Without Us!" That is good advice!

For more information go to: www.nda.ie



Fun Facts about Ireland!

Did you know?...

- Ireland is an island. It's the 20th largest island in the world. It's near the main part of Europe next to the United Kingdom.
- The Republic of Ireland has about 4.5 million people.
- English is the main language but traditional Irish is spoken too.
- One of the most famous festivals in the world starts every year on St. Patrick's Day, March 17.
- People like football (soccer to Americans). But other sports are popular too, like Gaelic football, hurling and rugby.
- The national symbol for Ireland is the harp.
- Ireland has NO snakes living on the island!



Listen Up! Tune in! "We are on the Radio!"



Sarah Flynn has red hair with a dash of purple in it. She is a young person from Moher, in west Ireland. She can talk about self-advocacy but also knows when it's time to have fun. And yes... go shopping! She also has her own radio show that she puts together. Listen up!

"My name is Sarah Flynn. I am 21 years of age. I have one brother, Ultan, and my sister, Bronagh, and my mom and dad and I live with them.

I work in RosFM. I normally present my show and have my DJ, John Tobin, do the DJ decks. It goes on air for about 75 minutes on Monday evenings at 6 o'clock. The radio station to tune in (in Ireland) is 94.6 FM. Also, I do a lot of special requests and quizzes, and catch up on the latest hot gossip to find out about celebrities' love lives."



Sarah Flynn Rocks in Ireland! If you can, tune in!



Inclusion Ireland Shakes Things Up

Inclusion Ireland is a national voluntary organization that promotes the rights of people with intellectual disabilities. Members work hard to improve services and make sure that self-advocates can live in the community and participate in all parts of Irish life.

While Inclusion Ireland was started by parents and others years ago, one of their main goals is to **promote self-advocacy for people with intellectual disabilities.**

They also provide information and advice, publish information booklets, have a quarterly newsletter and organize meetings to share ideas.

They work hard to close institutions, develop a better community system and are pushing the government to inspect residences like group homes and institutions to make sure they are safe and that the staff are doing a good job. Check them out at www.inclusionireland.ie/easytoread/index.html



HOROSCOPES

By People First of New Hampshire

A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday. Then read what's in store for you!

Capricorn (Dec 22 - Jan 19): When trick or treating with children, make sure they know about street safety.

Aquarius (Jan 20 - Feb 18): Make sure you look both ways before you cross the street.

Pisces (Feb 19 - Mar 20): Look at the moon and night sky at least once this month and remember to make a wish upon a star. Remember to respect our planet.

Aries (Mar 21 - April 19): You should let others help you. You will work well with others this year.

Taurus (April 20 - May 20): Wear costumes that are fun or scary. Make sure you dress warmly for the weather and that your costume is safe.

Gemini (May 21 - June 20): When walking around traffic, wear bright colors that can be seen.

Cancer (June 21 - July 22): Love is a wonderful thing between friends, family members and lovers. Consider healthy choices in your relationships.

Leo (July 23 - Aug 22): Caring for your own health is the best personal thing you can do for yourself.

Virgo (Aug 23 - Sept 22): When you believe in things that you don't understand, then you suffer. Superstition isn't the way.

Libra (Sept 23 - Oct 22): Your hope will lead you to your dreams. Carry on what you are doing and follow your dreams.

Scorpio (Oct 23 - Nov 21): This month, watch the moon for witches. Make sure the candy you get from Halloween is safe to eat and that it is wrapped.

Sagittarius (Nov 22 - Dec 21): Don't adventure out alone at night, go as a group and have a fun adventure together.



Need Romance Advice?... Ask Jack & Jill



Dear Jack & Jill,

I was at a Halloween party and someone in a mask kissed me! How do I find out who it was?

Dear Reader,

The person in the Halloween mask must know you because they kissed you. If you want to know who it was. Try to remember what the mask looked like that the person was wearing.

If they were thirsty, they probably took their mask off at some point to have a drink. If you were standing around the drink area, you probably would have seen their face. Then you could ask their name and you've found out who has kissed you!

~ Jack



Dear Reader,

This is a genuine mystery.

You could make a game of it figuring out the clues. Try to figure out what else you remember about the masked kisser.

Is there anything familiar about the way the person walked? Did their voice sound like anyone else you know?

Maybe there was someone there at the party that worked the registration desk who knew who was in that costume? Have fun with it. You never know what you may discover!



~ Jill



Do you have a question that you would like Jack and Jill to answer? If so, email your questions to Jack and Jill at: theriotrocks@hsri.org

Get Ready for Halloween!

Want to have a cool party? Invite all your friends over for a costume party! Don't forget to make some spooky treats to eat too. Yum!

HALLOWEENIES

Ingredients:

- 1 can (8 oz) refrigerated crescent dough
- 44 cocktail-sized smoke link sausages
- 1/2 cup mustard

Preheat oven to 375°F. Grease a half-sheet pan with parchment paper or a silicone baking sheet.

Roll dough out to 14×11 inches. Cut into 7×1/2-inch strips.

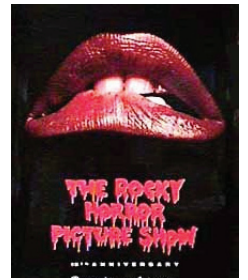
Pat sausages dry with paper towels. Wrap 1 strip of dough around each sausage so that it looks like a little mummy with it's "head" showing. Press the ends of the dough together firmly to secure.

Place wrapped sausages 2" apart on baking. Bake for 15-20 minutes or until golden brown. Dot with 'eyes' using mustard or your favorite sauce.



Riot Halloween Movie Review

THE ROCKY HORROR PICTURE SHOW

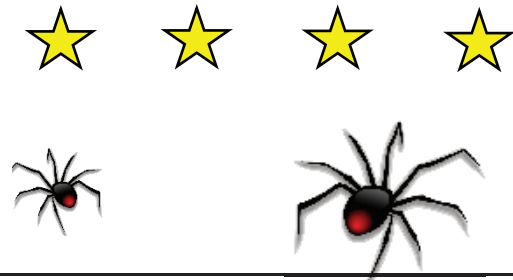


By Dayna Davis

It's weird and wonderful as newlywed couple Brad and Janet encounter a problem when their car halts in the rain. They look for help, only to find themselves at the castle of Dr. Frank-N-Furter. A place to stay is offered. Will Brad and Janet want to remain there? Especially when a large group of Transylvanians dance to the 'Time Warp'.

This movie only plays during the Halloween season. Diehard fans will come to the theater dressed in costumes and say every single line by heart. You can also get in on the fun by going to your local video store and rent it.

The Riot! gives the Rocky Horror Picture Show four out of four stars:



RIOT HALLOWEEN PUZZLE

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



Look for these words. Try looking up, down and side to side. Circle as many as you can!

- Flashlight
- Costumes
- Ghost
- Chains
- Fog
- Food
- Punch
- Jackolantern
- Witch
- Games
- Spooky Moan
- Music
- Candy
- Black Cat



Joe's Sports Zone

By Joe Meadours



Fall is coming. That means many sports are ending for the season and more just beginning! In this article of Joe's Sports Zone, I wanted to give my thoughts on fall sports; the winners and losers.



Meeting some friends at the ball park while I was in Portland, OR, July 4th.

The Baseball season went by fast. It was a wild and crazy year! In the beginning of the season I picked teams I thought would do well. Only the

Dodgers and Red Sox have had a good season though. I hope the Red Sox go all the way! I don't want the Yankees to win the World Series.

College Football is going to be good this year. My team is the Oklahoma Sooners. I think we're going to have a tough year. Some teams are off to a really bad start, like Florida State and Ohio.

Professional Football is not one of my favorite sports. I used to watch it with my Grandpa on the weekends, but I don't really follow it much anymore. Usually, I start watching closer to Thanksgiving,



when teams are getting better. I used to like the Chicago Bears, but now it's the Seattle Seahawks. College Basketball, who is going to win? I'd like to see an underdog take it this year! Often, the big teams win so I am ready for the underdogs! Well, I am excited for the seasons to start! Enjoy the games, I know I will.



We posted our last Riot poll online and wanted to say thank you to all who voted! Football won by an overwhelming 42%! Way to go football fans! Stay tuned for more sports updates coming up in our next issue in January!

Results of Online Riot Poll

We asked which you liked best; baseball, basketball, football or pro wrestling.

Football ~ 42% liked it better (WINNER!)

Basketball ~ 27% liked it better

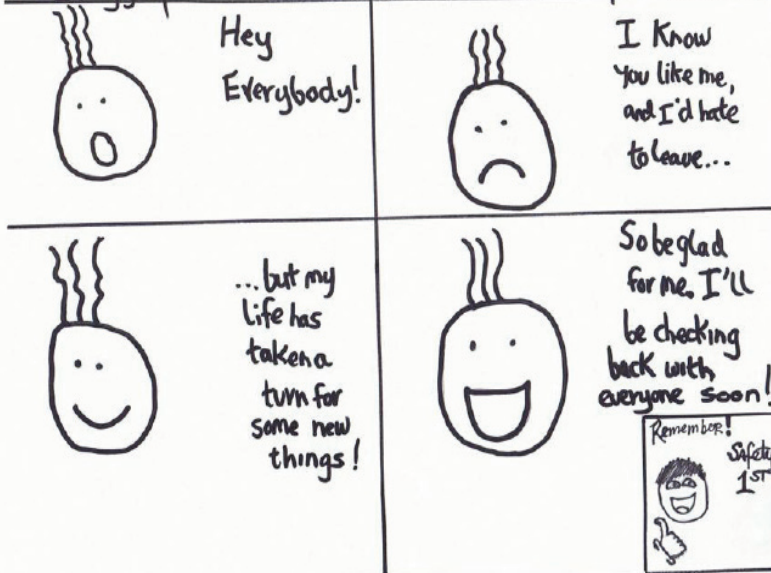
Baseball ~ 22% liked it better

Pro Wrestling ~ 9% liked it better

To see our next question, go online to www.theriotrocks.org and cast your vote!

Saviggly

by Jeff Ladd



SELF-ADVOCACY MAN



Self-Advocacy Man was flying around one day when he noticed a lot of people having accidents. He lands, starts talking to people, found they were careless with safety and have been hurt.

He began making a list of ways to prevent accidents such as: Pick up toys; good lighting in hallways, stairs and driveways; use a shower mat; be mindful of your surroundings; don't block doorways and lookout for wet floors. Have a good month! ~ S.A.M.





Craig Says....Having to Worry About Safety Stinks!

It'll soon be Halloween again and little crumb snatcher children will be piling up on my doorstep hoping for free candy. Just because they dress up in their X-Men and Barbie outfits, they think I'll give them my stuff? I want free candy too!

But want to know my favorite part? Scaring the kids when they ring my doorbell! They want my candy?



They're going to have to earn it! I especially like holding a flashlight under my chin and moaning loudly. Classic spooky goodness!

If they don't run off right away, I'll give them a couple pieces of chocolate from last Christmas. The good kind with white stuff on top that you have to scrape off.

Kids running from my house crying... black cats crossing the streets... a full moon in the sky... creepy ghosts hanging around cemeteries... all the workings of a great Halloween!

But after watching the news, it's good to be careful too. Like making sure you stay in groups when you're out at night. If going to a costume party, make sure you know who's behind that mask before you go anywhere with them.

If you decide to stay home and hand out treats to the kidsters, make sure you know who's standing on the other side of the door before you open it. Turn on the tube and see what's playing on TV. Maybe the latest installment of Friday the 13th?

Halloween can be a spooky good time but there's also some weirdos out there that want to ruin all your fun. Steer clear of them! That's my job!

Hmm... free candy.... Maybe I'll dust off my old Lone Ranger costume and go trick-or-treating myself. Who would refuse the Lone Ranger? He's a legend! It's only been 46 years since I've worn it last.



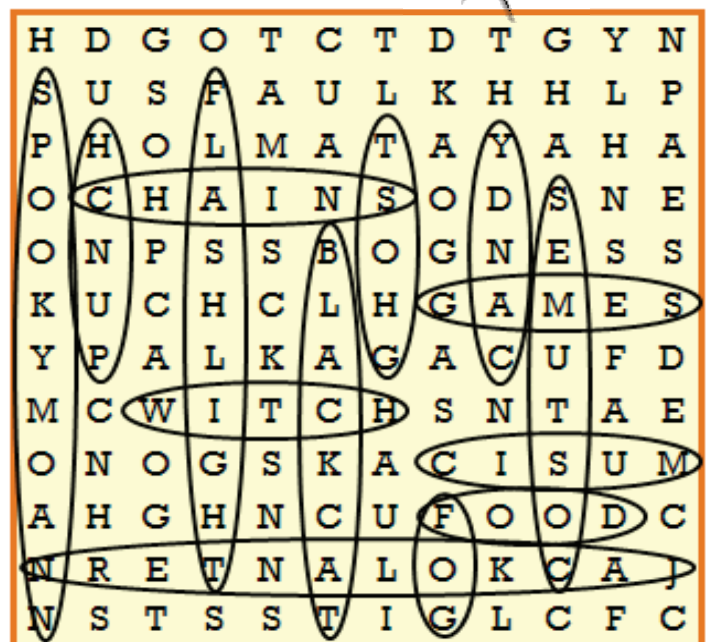
I'm sure it still fits...



Bullies become wimps when you tell others what they're doing. Tell someone!

Jazzy*

Puzzle Answers



Self-Advocates Speak Up! and Speak Out!

NO Bullying Allowed!

By James Meadours

Once in a great while I don't feel safe at a bus stop. Sometimes, I may even get bullied. I ignore what the bully says to me. I stay as far away from the bully as I can. If I feel really unsafe, I will get away from the bully and go inside a public place nearby and tell someone that I need help.

Last July, I was waiting for the bus. A man who was drunk was also at the bus stop. I stayed as far from him and his buddies as I could. He was picking on other people at the bus stop too. He bothered a lady and her baby. Lucky for me, his bus was the first one. After he and his buddies were gone, we all felt safe again.

I really enjoy living in the community, but sometimes I get bullied around and it makes me



feel scared. Bullying can happen to anyone but it doesn't mean that we shouldn't access the community. I still enjoy the freedom of being able to do the things I like to do.

Some Tips to Remember:

- Keep a cell phone with you at all times.
- When you can, ride the bus with a friend.
- Know your comfort zone and recognize when you don't feel safe.
- If someone is really bothering you, get away from them.
- Tell someone and find a safe place to wait.
- Don't give up!



For more tips see SafePlace Disability Services A Safety Awareness Program's Fact Sheet on bullying. You can order it for free by calling 512-356-1590 or emailing llandry@SafePlace.org

From the Self-Advocate Leadership Network at www.theriotrocks.org

Publications:

- **Self-Determination and You**
- **Participant-Driven Supports: A toolkit on Planning & Giving a Presentation**
- **Working Together for Change**
- **How Your Organization Can Sponsor Self-Advocates as AmeriCorps*VISTA Members**
- **Using Medicaid to Fund Trainings for Self-Advocates**

Freebies:

- **Jabbers ~ Gifts-N-Giving**
- **Jabbers ~ Dreams-N-Goals**

For more info, go to: www.theriotrocks.org



Other Materials Available Online:

- **Advising Self-Advocacy Groups Teleconference Series Audio CD**
- **State of the States' Budget Teleconference Series Audio CD**
- **Healthy Relationships & Safe Sex**

More info at: www.theriotrocks.org

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