

The Riot!

**Election Bonus Section!
See Inside...**

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

We Found Them!

So... Who was that fellow who proposed to a woman in front of hundreds of people at the national SABE Conference? We asked you, our readers, that question. Thanks to our readers we found Keith Peeples and his girlfriend, Heidi Root! Keith proposed to Heidi at the national SABE conference in May.

Keith and Heidi, both in their early 30's, live with Heidi's daughters, Kimberly, age 9, Kaitlyn, age 3, in Ukiah, California.

Heidi told us what happened when Keith proposed. Keith had just received an award and stepped down from the stage... then he walked back up, took the microphone and called her up there.

"I was pretty much shocked," says

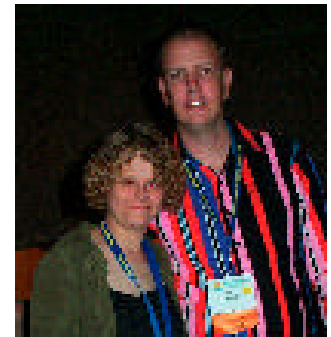
Heidi. "My best friend said 'Go! Go!' I walked up there and he got on his knees. I was in tears and said 'Yes.'"

That's no surprise to us. When they met nine years ago at a People First Conference it was love at first site!

Heidi is a stay at home Mom who likes to ride bikes and work with young children with developmental disabilities. Keith is a Carrier for the Ukiah Daily Journal.

The couple will get married on Valentine's Day in 2006.

Congratulations from the Riot!



Heidi and Keith

Special Voting Issue

Greetings Readers! This issue is about the upcoming presidential election and voting. Voting is very important—especially for self-advocates! Why? Because it's your right and your voices must be heard! **Self-advocates are powerful voters.** In the last presidential election over 40% of people with disabilities voted! This **November 2nd**—election day—we hope even more self-advocates **vote**. That's why this issue is about the presidential election and voting. Inside, read about what self-advocates

around the country say about voting. Our *Election Bonus Section* has an article to help you decide who to **vote** for as our next president. There's also an article to help you vote for candidates in your own state.

There's more too! Read about romance in the "Horror-scope" and Ask Cubby. Take the Dating Quiz! Check out space travel and what stinks on page 9!

Happy reading and **remember to vote!**



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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At HSRI

John Agosta, Reena Wagle,
Kerri Melda, Jaime Johnston

**"Self-determination
means that I am the boss
of my own life..."**

Chester's Corner

I'm going to talk to you about voting. This is an important election year. We are voting for state officials and our next President!

SABE has been training self-advocates across the country about voting. We, as people with disabilities and self-advocates, need to **vote!**

I voted in the primary election earlier this month. At the voting booths I spoke to the poll workers about the *Help America Vote Act*. It was important for them to see me there. It's important for them to see you there too.

We, as people with disabilities, should be at the polls so people can see us exercise our rights. We always say "nothing about us without us". Well when it comes to voting it's the same.

You know, if people can see us voting, they can ask us questions

about voting.

We can educate them at the same time.

Voting is important! It doesn't matter what your beliefs are. You must exercise your right. People have died so that we can **vote**.

If all people with disabilities vote we could run the country! There are 54 to 56 million people with disabilities in the country that are able to **vote**. So, encourage your friends, your family members, and people you know to **vote**. Tell them to exercise their right. Participating in the democratic process by voting is part of being a self-advocate. Thanks and see you next time. Bye!

(Chester Finn is from New York and is a co-chair of SABE)



Chester Finn

Letter from Teresa Moore

This issue has a lot of information about voting. When I first registered to **vote**, I didn't understand how voting worked or how important it could be. Like many other things, I didn't understand how important it was until I learned about "**self-advocacy**."

Voting is like self-advocacy. The more I use it, the more I learn about myself and see how strong I can be. Every day I figure out what I need to do and who can support me to make it happen.

This is what voting is like for me too. I try to elect the right team. I need people in government who say they support people with disabilities! And show their support by

respecting people and changing laws and rules that don't help us.

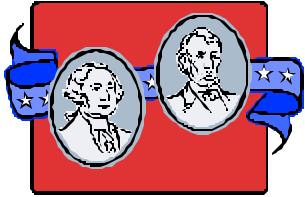
Here's how I decide on who to **vote** for...

- First, I listen to what people say and watch what they do. I also ask for help to read about the issues. I trust my feelings.
- Second, I get an "absentee ballot" to practice on beforehand. I take it with me to the voting booth. It helps me to make sure I vote the way I wanted.
- Third... I **vote!!**

I want everyone to **vote!** Feel your power!!! Be a strong self-advocate... **VOTE!**



Teresa Moore, Editor who to **vote** for...

Did You Know?

- Abe Lincoln was the tallest president at 6 feet, 4 inches. James Madison was shortest at 5 feet, 4 inches.
- Nine presidents never attended college.
- John Adams, Thomas Jefferson and James Monroe all died on the 4th of July.
- Four presidents were assassinated while in office, 8 presidents died in office.

2004 Election Fun Facts**John Kerry**

First car: a 1962 Volkswagen bug

Favorite food: chocolate chip cookies

Favorite song: "No Surrender" by Bruce Springsteen

Zodiac sign: Sagittarius

George W. Bush

Pets: 2 dogs, named Spotty and Barney; 1 cat named India

Favorite food: Mexican

Favorite movie: "Field of Dreams"

Zodiac sign: Cancer

Self-Advocates Get Political!

I used my computer to find our local state Senators office. I was invited to a party which had strange little foods. But that's not why I volunteer. I said this is a new leader that can make a difference.

At the Senator's office I stuff envelopes and learn with others. The Senator treats me like someone doing service. I feel respected. This is 10 times better than other jobs. If you don't vote then you'll be in the same mess we're in now.

Gayle Gardner — Oregon

I remember the first time I voted, I was 18, they asked me when I was registering whether I was "handicapped" or not. When I received my registration card in the mail it said "handicapped" on it.

Joe Meadours — Alabama

My experience with voting is that people with disabilities have a hard time at the polls mostly because of transportation. Not enough people to push us to **vote**. This election year push the envelope to get out and vote. Most important because it is our *right*.

My success story: My group home staff takes me to the polls and drops me off and waits for me outside.

Ricky Broussard — Texas

Local groups training to **vote**. Together everyone can achieve more.

Tammy Mills — New Hampshire

I spend time to find out the issues they stand for. Someday I want to run for office.

Betty Williams — Indiana

The Riot! Says...
Your Vote Counts!!!

My Vote

*A poem by Jeff Ridgeway,
Alabama People First.*

They say I can't vote.

They say the decision is not mine.

They say I don't understand.

I guess they think they're being kind.

I wonder what they would say or think if they only knew

That when they call the President "Our President"

I want to call him mine too.

If I never get the chance to vote,

Pulling the lever, punching the card or writing his name down, I stay the same – dumb, misinformed, unchanged, unempowered. That is what the world expects me to be.

But I want so much more!!!

I want to be the most educated

The most informed

The most totally changed

The most totally empowered person I can be when I vote.

I *can* make a difference and then I can say with pride, "Not yours, not theirs, but *my President*."

Because I helped put him there.

Fall Horror-scope!

A horoscope is a prediction of 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 find out what's in store for you!

Aries (March 21-April 19): Watch out—a friendly ghost will try to haunt your heart!



Taurus (April 20-May 20): Get chased by a ghost or goblin and have a Halloween romance!

Gemini (May 21-June 20): Halloween doesn't have to be scary—look for a cute witch or warlock!

Cancer (June 21-July 22): Don't let your favorite monster get away without you!

Leo (July 23-Aug. 22): Wear a costume and sneak a kiss—will he find out it was you?

Virgo (Aug. 23-Sept. 22): Don't be too careful—your sweetie may be behind a scary mask!

Libra (Sept. 23-Oct. 22): You'll meet a cutie while bobbing for apples (or bobbing for cuties)!

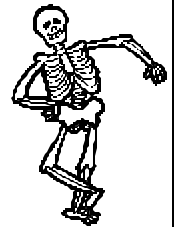
Scorpio (Oct. 23-Nov. 21): A secret romance is brewing in the cauldron around the corner!

Sagittarius (Nov. 22-Dec. 21): Check out the patch and find someone to call "Pumpkin"!



Capricorn (Dec. 22-Jan. 19): The cutest scarecrow will make you batty for love!

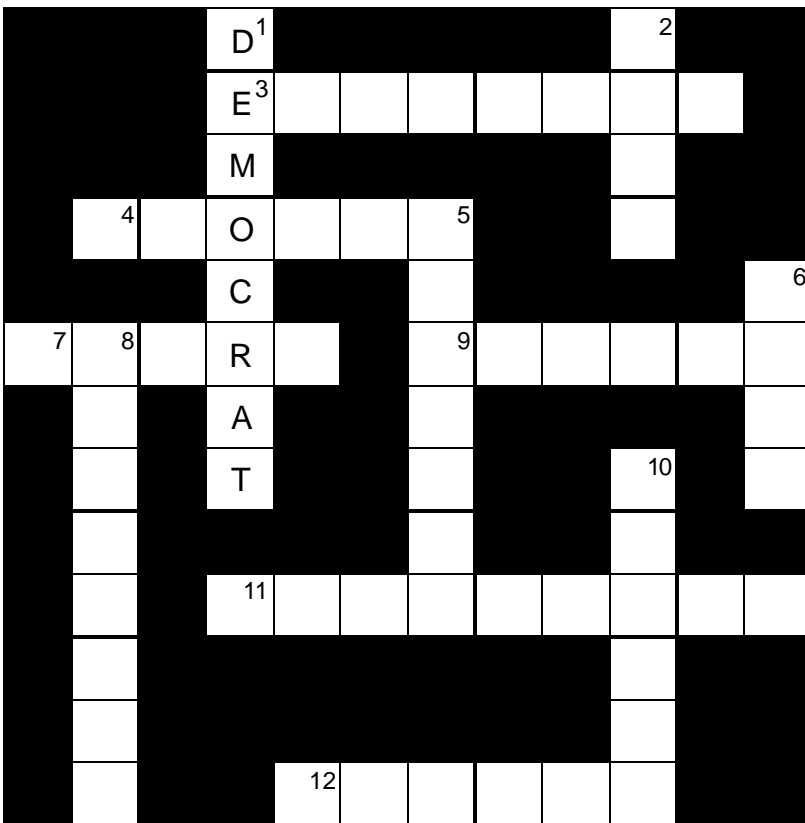
Aquarius (Jan. 20-Feb. 18): You'll get kissed under the full moon (watch out for werewolves!)



Pisces (Feb. 19-March 20): Let the skeletons out—tell her she makes your bones rattle!

Happy Halloween!

2004 ELECTION - CROSSWORD PUZZLE



DOWN

- 1 Bill Clinton is a _____, not a Republican.
- 2 It's important to _____ for the most qualified candidate.
- 5 The Democratic nominee for **Vice President** is John _____.
- 6 Both candidates have views on the war in _____.
- 8 The mascot for the Republican Party is an _____.
- 10 Our current Vice President is Dick _____.

ACROSS

- 3 On **November 2nd**, there will be an _____ for President.
- 4 Our current president is _____ W. Bush.
- 7 The Democratic nominee for **President** is John _____.
- 9 The candidate who gets the most electoral votes is the _____.
- 11 The _____ of the United States is our nation's leader.
- 12 The mascot for the Democratic Party is the _____.



Who Will be Our Next President? Bush or Kerry?

Have you decided who you will vote for?

We visited the National Organization on Disability's (NOD) website, www.nod.org. There, we found John Kerry and George W. Bush's stands on issues that affect YOU.

NOD is a group that is "non-partisan" or neutral. They do not take sides about who you should vote for on **November 2**. They work to help everyone know about disabilities and the issues that are important to you. The Riot! wants you to learn about both candidates and their views on issues important to you. Read about each candidate below.

George Bush wants to tear down barriers for people with disabilities with his New Freedom Initiative. If Bush is re-elected, he says that he will:



- Increase your access to assistive technologies to help you work;
- Increase educational opportunities for youth with disabilities;
- Create programs to help you own a home;
- Enforce the ADA and other civil rights laws that protect you;
- Remove transportation barriers by helping states coordinate accessible transportation;
- Help you get jobs; and
- Help you live in the community.

Learn more about Bush's plans on his website: www.georgewbush.com. Here's how:

- Click on the Health Care tab at top of page.
- Scroll down and click on Read the President's Plan for Affordable Health Care...
- Read the section on Seniors and Americans with Disabilities.



John Kerry has a "Platform for Americans with Disabilities". If he is President he says he will:

- Increase state funds to maintain Medicaid home and community based services;
- Shift Medicaid and Medicare funding from institutions to community services;
- Reduce barriers to accessing Medicare;
- Enact the Money Follows the Person Act;
- Create and protect your jobs and fund assistive technologies to help you work;
- Increase funds for special education, protect student rights and help you go to college;
- Fund more accessible air, bus, mass transit, and private transportation services;
- Increase your access to safe and affordable housing; and
- Enforce civil rights laws and protect the ADA;

For more election information from NOD visit their website at:

www.nod.org/election2004.html.

Learn more about Kerry's plans on his website: www.johnkerry.com. Here's how:

- Under Get Informed on the left side, click on Americans with Disabilities for Kerry/Edwards and read the page.
- Click on links on the right side to learn more about John Kerry and disability issues.



Voting. It's a Riot!





Self-Advocates Will Be Heard



On **November 2**, Election Day, we will vote for our next President. Depending on the state you live in, other government positions may be up for grabs too.

All over the country, self-advocates are helping to register voters and give people information so they can decide who to vote for. "We can make a difference!" says Erick Yeary from Idaho.

People with disabilities are a major voting bloc. But people with disabilities don't **vote** in the same numbers as people without disabilities. If they did, 10 million more ballots would have been cast in the last Presidential election.

Voting is Power. In this election, self-advocates want to make sure all that power is put to work!

The Disability Vote

- Americans with disabilities age 18 and older make up one-fifth of all voters. Can you imagine the voting power you could bring to issues like the war in Iraq? Or civil rights?
- Historically, only about 33% of people with disabilities vote in presidential elections.
- But in the 2000 election nearly 16.4 million people with disabilities voted—*that's 41%!*
- Most of these votes were for Democrat, Al Gore. He almost won!
- This election will be a close one too. Voters with disabilities can make a difference again!
- Be a self-advocate. **VOTE** and encourage your friends and family members to vote too!

"Vote as if your life depended on it. Because it does."

Justin Dart, "Father of the ADA"

How to Vote for Local Candidates

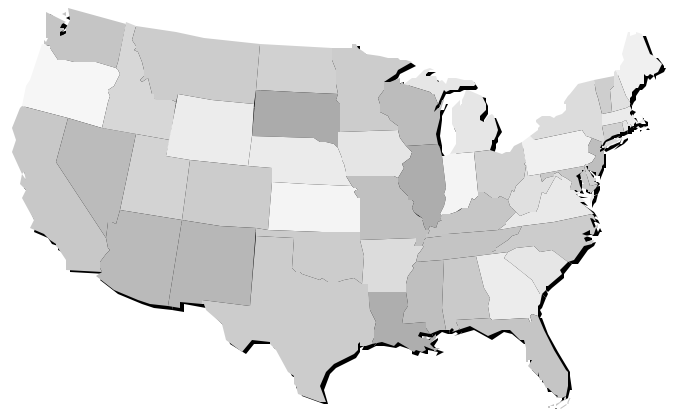
Deciding which local candidate to **vote** for can be hard. Here are five steps to make it easier:

1. **Think about the issues.** For some people, the war in Iraq, civil rights, or creating more jobs for people are important issues. Important issues affect people's daily lives.
2. **Decide what issues are important to you.** What issues affect your life? What do you want done about them? Listen to your local candidates. Do they talk about your issues and want similar things done?
3. **Find out what the candidates' opinions are on important issues.** Read the paper and voter guides or get someone to read them to you. Watch interviews on TV, talk to your friends, or visit websites like Congress.org. More on this website later...
4. **Choose candidates who support your issues.** Think about their opinions. Decide which candidates will support your issues.
5. **Vote for candidates who think the most like you!**

Here's more about Congress.org: Get information about local candidates in your state.

Go to: <http://congress.org/congressorg/e4/>.

- On the home page you'll see a picture of the U.S. Click on your state to find:
 - Voter information;
 - Registration deadlines and voting dates;
 - Who the local candidates are in your state (like Senators, and Representatives); and
 - Local ballot issues that you can vote on.



Dating Quiz: What are Your Dating Deal-Breakers?

Have you ever thought, “I could never date a sloppy guy!”, or, “I would never date an older woman”? If so, these are your DATING DEAL-BREAKERS! A deal-breaker is something about a person that makes you say, “No way, I could never date that person!” Take our **Dating Deal-Breaker Quiz!**

See how open or picky you are when it comes to choosing a date. Would you date someone who...

- | | | |
|--|------------------------------|---|
| 1 smokes? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 2 belongs to a different political party than you? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 3 listens to music you don't like? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 4 belongs to a different religion than you? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 5 is already dating someone else? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 6 lives at home with their parents? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 7 you met on the internet? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 8 doesn't like to bowl? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |
| 9 lives in another state? | <input type="checkbox"/> Yes | <input type="checkbox"/> No, that's a deal-breaker! |

How many questions did you answer **NO, that's a deal-breaker!** to? If you answered NO to:

0 to 3 Questions: Wow! You're not picky at all. You accept people as they are, and you're willing to find ways to get along if “love is in the air”.

4 to 6 Questions: You're open-minded, but you also have your limits. You know what you like in a dating partner...and you know what you don't like.

7 to 19 Questions: Whoa! You're pretty choosy when it comes to finding that special someone. You might end up with the love of your life, or home alone on a Saturday night.

Ask “Cubby” – He Knows What To Do!

Dear Cubby,

I work all the time. I have a boyfriend. But I don't have much time to spend with him. Should I break up with him or stay? He is a nice guy to me and my friends.

Puzzled in Pennsylvania

I would sure keep working because jobs are hard to find. Talk to your boyfriend and see how he feels about it. Maybe he doesn't mind at all! If he does then maybe you can find a way to keep your job AND spend good time with him. I'm glad he's a nice guy.

Dear Cubby,

I am 21 years old and my want to move out on my own, but my roommate doesn't want me to. What should I do?

Trapped in Tennessee

Talk to your roommate. In the end, you have to live YOUR life the way you want. Your roommate will need to accept that. Get others involved to make sure that you both get the support that you might need. Good luck!

Dear Cubby,

Our son has a disability and just turned 16. He wants to drive! What should we do?

Worried in Washington

Do what you can to help him learn to drive. Enroll him in a driver's education course. See what happens! Maybe he'll surprise you! Then set some guidelines to help him stay safe.

Want Advice From Cubby?

Write him at The Riot! or submit your question to him by visiting our website. Maybe YOUR question will appear right here in The Riot!

Freezing Fun with Technology

It has been a riotous! summer and now summer is gone. Do we give in to the cold, grey days that are coming? Not a chance. The Riot! knows you want to have some winter fun!

What can you do in winter? Many people take vacations to warmer places like Florida and Hawaii. But why go someplace hot when you can go somewhere **cold**? Cold is where the snow is and that's where you can have a winter blast.



Find snowy slopes close to home, an ice skating rink at the mall or a warm bowling alley, invite some friends and play. Winter can be as riotous! as summer.

If you feel that you could not ski, snowshoe or ice skate because of a physical disability – the Riot!

says forget that! With the right assistive technology you can do just about anything. You can skate, ski, sled and much more...

- ✓ Walkers and harnesses can be used to teach people with physical disabilities how to skate. An ice sled can be used too.
- ✓ Try the sit-ski or the bi-ski, both are adaptive equipment for people with limited upper and lower body control.
- ✓ Or if you like to stay inside during winter go bowling, a bowling ball with a handle can make that easier.

So people pick up those jackets, put on those ear muffs (and gloves!) and let's go!

Check Out:

www.abledata.com

www.sitski.com/pg3.htm

Blast Off With a BANG!!! You Can be a Space Tourist!

Where did you go on your vacation? A sandy beach? Camping? To visit family? Well, forget all that!! Now you can blast off into space on a rocket ship and stay in a Space Hotel.

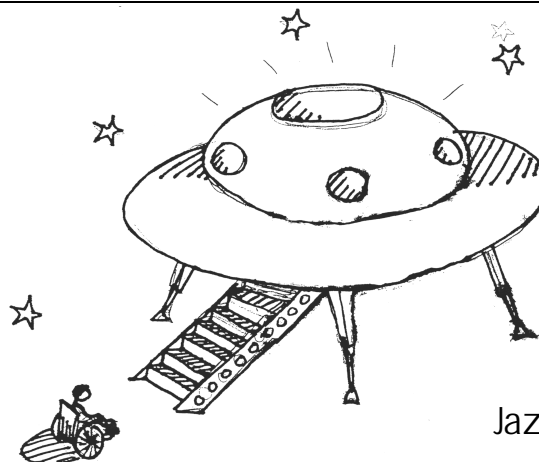
That's right! You can be a "space tourist."

In 2001, Dennis Tito and Mark Shuttleworth, paid big bucks to fly up into space and stay at the International Space Station. They paid \$20million for their tickets and were the first to go.

Now, others want to go. Werner Inden of Astrium in Germany says that it's just a matter of time before space tourist "taxi flights" carry people into space for fun. Maybe in 20 years there will be space hotels and taxis to take people there and back.

By then people say the cost will come down a lot. Space Adventures is already advertising trips into space by 2005-2007 that will cost \$105,000. That's pocket change, right?

So how about it? Do you want to fly into space? The view would be great. But we wonder if the



Jazzy★

spacecraft or the International Space Station — the hotel— would be accessible to people with disabilities. We are guessing NOT.

Space Adventures says that it will only accept people for its flights who don't have a physical disability. So there you have it! Another barrier to tear down. Only tearing this one down will give some lucky people with disabilities a chance to fly high into space!

Check out the

Self-Advocate Leadership Network

www.hsri.org/leaders

Craig Says... “Not Voting Stinks”



My name is Craig. I travel around the country talking with self-advocates about life. Today I want to talk to you about **VOTING**.

It's really important to vote. I don't care what your opinions are or who you **vote** for. Self-advocates Speak Up! Voting is a way for you to speak up about who you want to run the government.

So, think about the people running for office, the candidates, and see what they say. Then **vote** for the ones you want! Because not voting just plain stinks!

Here's another thing that stinks...Getting to the polls and not being able to vote!

What if you try to **vote** and find out you can't because the place where you vote — the poll — is not accessible to people with disabilities? Or what if the poll workers think that just because you have a disability, you can't **vote**? Has this happened to you? I hope not!

Here's some more things that really stink:

- ✓ Polling booths that are in a church basement or upstairs where there is no ramp or elevator. *How are people with physical disabilities supposed to get into the room to vote?*
- ✓ Voting places with doorways that are too narrow. *Are you kidding me?*
- ✓ Places where there are no ballots in Braille for blind people. *Oh, that stinks!*
- ✓ Poll workers who question the right of people with disabilities to **vote**. *Now I'm really getting mad!*

Look... it's your right to **vote**. So, register to **vote**, choose your candidate, work with others to make sure you'll actually be able to **vote** on the big day... and then... **VOTE!**



Jazzy★

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

CROSSWORD PUZZLE ANSWERS

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