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Global Worry  By Nancy Ward
Besides the economy, many people worry about “global warming”. We hear those words a lot. But what do they mean? Very simply, they mean the Earth is warming up.
Warmer temperatures cause climates or weather patterns to change. These changes cause big problems like glaciers melting and rising sea levels. They also threaten the natural environment.

If the Earth continues to warm up, many natural wonders - and the people, plants or animals that live in them - may change forever.
Here are a few places I want to see before they’re gone:
• Cozumel Reefs in Mexico
• Rainforests in Costa Rica
• Australian Outback
• Safari in South Africa
Where do you want to go?

The Riot! 2009 Issue 20
Social Activism Issue!
A National E-Newsletter from the Self-Advocate Leadership Network @ HSRI

You Can Make A Difference!
We have a lot of work to do! The earth is warming. There are places that need a good clean-up. Because of the hard economic times all around, many of us can use a helping hand.

So, what are we waiting for? You and everyone else can help out. You can do things to help in so many ways.

President Obama wants all of us to get things done by working together. Sound familiar? Every movement has this theme. It’s the same idea behind self-advocacy when we work to reach common goals. This is just like that. To work together, we can look to our families, neighbors and leaders for support.

We can also look at ourselves and see what we can each give to help another person and make the world better.

Self-advocates have much to give. What do YOU have to give? The President is proposing many ways for us to join in and offer community service. This includes youth, college students and older adults. It’s all of us, together.

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The Riot! is more accessible!
Now in Rich Text Format

By Nancy Ward

Call 503-924-3783 x 10, or visit us on the web at www.theriotrocks.org
**Riot! Opinion**

**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:

**Chief Editor**
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Rebecca Cokley – DC
Dayna Davis – OR
Eric Matthes – WA
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Teresa Moore - AZ
Nancy Ward – OK
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**At HSRI**
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**Julie’s Jive**

“Help! I need somebody. Help! Not just anybody. Help!” as the song goes by the Beatles.

Before I was involved with self-advocacy, I was scared, ashamed and maybe a little stubborn to ask for help. Self-advocacy has taught me it’s ok to ask for help. Everybody needs help or support.

I also learned I can help my fellow self-advocates. If they need a ride to a meeting, I can drive them. If I need help carrying my coffee, they help me. My friends know I can’t live without my coffee!

In this issue, we want to talk about supporting each other. With the economy in bad shape, The Riot wants to share with our readers how we can help our fellow Americans.

First of all, what are you good at? What are your strengths? What can you give? You’re not sure?

Well, we have a great Jabber game called Gifts ‘n Giving. It helps people find out their strengths. You could play it at your next self-advocacy meeting.

What you may not be able to give, maybe your friend can give and vice versa. This is called peer support.

Peer support means people with similar experiences helping each other. That’s what self-advocacy is all about!

So, go on supporting one another, and have yourself a Riot!

---

**Jabbers! Gifts ‘n Giving**

It’s a FREE game for self-advocates!

Go to the Riot Store page at:

www.theriotrocks.org

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**Stepping Out Into the Community**

Talking to and getting to know people in your community is important when organizing around an issue. I talked to Betty, Helen, June and David. Now I know these people and we help each other.

Helen, Betty, June and David own shops where they sell different things. I buy things from their shops because they’re nice to me.

They also help me learn different bus routes and get around the community. David sometimes gives me a free bagel and tea. We talk about different things.

They also help make changes in the community. Betty and June testify in front of the legislature about different bills that interest them such as when the bus company wanted to cut the route.

Helen was in an accident and her legs were broken. Now she is able to walk but I think she would help me organize around accessible sidewalks because she knows how hard it is to get around in a wheelchair.

I feel that my friends would help with an issue that was bothering me. We all know each other and are active citizens in our community. I have learned that the more people you know, the easier it is to organize around an issue.
Letter to The Riot! Editor...

March 2, 2009

Ms. Julie Petty
Chief Editor of the Riot
7420 SW Bridgeport Rd, Suite 210
Portland, Oregon 97224

Dear Ms. Petty:

I am writing to let you know that the New York State Office of Mental Retardation and Developmental Disabilities supports your effort to have state administrators listen to their self-advocates.

As you know, Chester Finn serves as my Special Assistant. Chester is key to my administration in the development of supports and services for individuals with intellectual and developmental disabilities. He is relentless in his advocacy. Thanks to his efforts, all of my staff are very well versed in NOTHING ABOUT US WITHOUT US!

As a matter of fact, our mission statement is based on what we heard from self-advocates... “we want a life,” and our resulting statement is we help people with developmental disabilities live richer lives.

We are also participating in your teleconference series, the State of the State’s Budgets. Both my Executive Deputy Commissioner Max Chmura and Chester will be participating in this teleconference.

Thank you for sharing the January 2009 edition of “The Riot.” I look forward to upcoming issues.

Sincerely,

Diana Jones Ritter
Commissioner
OMRDD

Appliances That Make You Go, “Hmm…”

By Dayna Davis

Ever wonder how much electricity that microwave of yours actually uses? How about your phone? Does it really help to take the bus?

Here’s a fun quiz to see if you can figure out which appliance takes more energy. Put an “X” next to your choice. Go to page 9 for the answers.

Which uses more energy?

A) __ 50 in. plasma TV or __ 50 in. LCD TV
B) __ Coffee maker or __ Microwave
C) __ Air-conditioner or __ Fan
D) __ Desktop or __ Laptop computer
E) __ Dishwasher or __ Clothes dryer
F) __ Toaster or __ Clock radio
G) __ Corded phone or __ Cordless phone
H) __ Bus or __ Car

A Shout Out to Self-Advocates Who Help Out!

Do you know of a self-advocate that makes a difference in the community?

Maybe a self-advocacy group that stands out for what they’ve done?

The Riot! wants to know!

Send us an email and nominate someone. They may receive a personal “Shout Out” from The Riot! in our next issue plus an awesome Riot! Rocks prize.

What are you waiting for? Send us an email right now at theriot@hsri.org and shout it out!

Put “Shout Out” in the subject line.

Contact us! Call 503-924-3783 x 10, or visit us on the web at www.theriotrocks.org
It’s Getting Hot Out There!
By Eric Matthes

What is global warming? The earth, which usually stays around the same temperature, has been getting warmer. That means our environment is changing. It’s getting hotter in some places and colder in others. Sometimes more rain and sometimes not enough.

Self-advocates ask, “What’s the big deal? It doesn’t affect me.” But it does. It affects us all.

When the earth gets warmer, it affects not only you and me but also plants and animals. Some plants need a lot of sun to grow. If it gets colder, these plants can suffer or even die.

Some animals eat these plants for food but what will they eat if the plants can’t survive? Even the air we breathe and the water we drink can become polluted. That’s not good for anyone!

So, how can we help? It’s not hard. Everyone can help. We can start with small changes like using different light bulbs that have a label called “Energy Star” on them. They use less electricity which lowers your electric bill but also helps the environment. Look for this symbol:

Help nature thrive by:
• Taking the bus or walk where you need to go.
• Recycle as much as possible including soda cans, plastic bottles and junk mail.
• Turn off things that take power if you’re not using them like the lights, TV or radio.
• Plant a tree to give off oxygen. It may even hug you for it!

Tell your friends and family. Have a contest to see who can recycle more! Have fun doing it! Then it won’t feel like “work”.

Lend a Helping Hand
By Betty Williams

How To Get Involved in Volunteering
Volunteering feels good! You get to help somebody and this makes you feel good. Volunteering can also help you find out what you like to do and what you are good at. It’s a win-win way to use your time. I have volunteered with two different organizations and learned a lot. My support agency helped me find volunteer work at a soup kitchen and at my Town Hall.

At the soup kitchen, I washed dishes and talked to people in the dining room. I helped them feel comfortable and get what they needed.

One day a person with blindness came to the soup kitchen. I had been taught how to speak with people with blindness so I was very comfortable asking him if he wanted help. The other volunteers asked me to teach them this skill, so I did. It made me feel really good to help!

The other volunteer position I had was at my hometown’s Town Hall in Richmond, Indiana. I answered the phone and helped the people who came in by answering their questions.

Ideas for Volunteering and Making a Difference
Self-advocates make great volunteers. If you are looking for a way to meet people and want to help others, then think about volunteering. Almost every community has a hospital or homeless shelter that could use your help.

Contact us! Call 503-924-3783 x 10, or visit us on the web at www.theriotrocks.org

National Volunteer Opportunities Online
www.volunteer.gov
www.habitat.org
www.volunteermatch.org
www.fs.fed.us/volunteer
United Voice

United Voice is a self-advocacy group for people with developmental disabilities in Selangor and Kuala Lumpur, Malaysia. Their group started in 1995 with only four members.

They became a leader in the self-advocacy movement when they made Malaysian history by being the first ever independent group led by persons with developmental disabilities.

“We are an organization that is fully in control by people with learning disabilities. This is the first society in Malaysia that is led by people with learning disabilities,” said United Voice president Johari Jamali.

United Voice believes self-advocacy is knowing what you want, making your own decisions, speaking up for yourself and knowing your rights.

Their mission is to:

• Provide a meeting place for persons to help and support each other.
• Build leadership, independence and confidence among members so they can speak for themselves.
• Promote self-advocacy and create groups.
• Make the community more aware of the rights, needs and abilities of persons with disabilities.
• Show that people with disabilities can run and operate a well run organization.

For more information, go to their website at: www.unitedvoice.com.my

Want to Visit?
Try these great places!

How about a cool dip in the ocean after a day of exploring the beaches in Sabah? Maybe nap in your own private hut?

The Batu Caves at the Sri Subramaniam Temple measure 400 meters long and 100 meters high. Put on those hiking shoes for this walk!

Borneo Malaysia is the only island in the world bordering three countries: Indonesia, Malaysia and Brunei. Get out that passport!

Malaysian food is often hot and spicy. People believe that hot curries and other dishes eaten on hot days help cool you off and keep illnesses away.

Sabah is home to the Rafflesia, the world’s largest flower. It can weigh up to 22 lbs and smells like rotting meat! Don’t bring this one home to mom!
Horoscopes

By Self-Advocate, Kristi McCollum in IL

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!

Aquarius (Jan. 20-Feb. 18): Help people arrange transportation to and from important events.

Pisces (Feb. 19-March 20): Cheer someone up by bringing them flowers or candy. Make sure they have something to eat or drink.

Aries (March 21-April 19): Spring would be a great time to ask your neighbor if they would like some help with their yard work.

Taurus (April 20-May 20): Ask someone if they needed help watching their kids or pets.

Gemini (May 21-June 20): Help brighten someone’s day by treating them to ice cream or something sweet.

Cancer (June 21-July 22): Need to get some exercise? Ask a friend or neighbor if you can take their children to the park or the swimming pool so they can burn off that excess energy.

Leo (July 23-Aug. 22): Ask your neighbors if they need help with babysitting this month.

Virgo (Aug. 23-Sept. 22): Tired of the same old thing? Help someone do something new. Do things that are hard for others to do.

Libra (Sept. 23-Oct. 22): Is your friend hot? If they don’t have a cool place to go on a hot day, invite them into your home if it is air-conditioned.

Scorpio (Oct. 23-Nov. 21): Want to try something new? Learn how to operate a computer or play a musical instrument this month.

Sagittarius (Nov. 22-Dec. 21): Now is the time to remind people about important things that may be happening like doctor appointments or upcoming events.

Capricorn (Dec. 22-Jan. 19): Speak up for people that may not be able to speak up for themselves. We have a voice so we have a choice.

Need Romance Advice?...Ask Jack & Jill

Dear Jack and Jill,
I'm lonely. How can I attract someone to spend time with?

Dear Reader,
Try being funny or maybe flirt a little to get the person’s attention. Make a move in your own style so they know you like them. Start by talking about general things. Remember to ask for their cell phone number or email before wrapping up so you can get in touch with them.

Pick up the phone and call them. If they aren’t busy, talk for a while and flirt on the phone. If you’re in the same city or state, meet up for a cup of coffee or a walk in the park. Sit next to each other, hold hands and get “lovey dovey” while the sun is going down.

~ Jack

Dear Reader,
First of all, whether you’re trying to attract a man or a woman, the basics are the same. Don't try to be someone you’re not just to attract someone else. Be yourself.

Second, don't try too hard. That just makes you seem desperate. A man or woman worth their weight in gold will be more attracted to someone who has confidence.

The best place to meet someone is doing something you already like to do. That way, you will meet someone you know you will have something in common with. If you’re open, the right person will come along at the right time.

~ Jill

Email your romance questions to Jack & Jill at: theriotrocks@hsri.org
Want to do your part to make a difference? Start with our puzzle to get some ideas!

Down
1. ____ heat is another way to warm your home.
2. Instead of driving, try taking the ____.
3. Plant a ____ to help clean the air.
4. Show ____ and others will do the same to you.
5. Keep your ____ open for new opportunities.
6. Save ____ by turning down your thermostat.
7. Go ____ and help save the earth!
8. Too much ____ can cause flooding.
9. The ____ helps flowers grow.
10. The internet is a good way to ____ stuff out.

Across
11. ____ at your local shelter.
12. If you ___ more you can make a big difference.
14. ____ things come to those that help.
15. Another person’s ____ is another’s treasure.
16. Ride a ____ in the park for great fun!
17. Go through your old stuff and ____ to those in need.

Answers on Page 10

Contact us! Call 503-924-3783 x 10, or visit us on the web at www.theriotrocks.org
Spring is just around the corner which means lots of different sports will soon start again! Baseball is one of my all-time favorite sports to watch and the season has just begun. I’m excited to see how the teams will do because I’m a HUGE Chicago Cubs fan.

This year, I think the World Series will be between the Chicago Cubs and the Minnesota Twins. I think the Cubs will go all the way and win the World Series. They have some strong players.

However, if you don’t watch the Cubs or Twins, you should consider following the St. Louis Cardinals. In particular, Number 5, Albert Pujols. Albert plays first base and is really good. In 2008 he was given the National League MVP (most valuable player) award! That’s pretty cool and not an easy award to get. He’s been a great player for many years but that isn’t the only reason to keep an eye on what he’s doing.

Albert and his wife run a non-profit organization called the Pujols Family Foundation. They have a daughter named Isabella who has Down Syndrome.

The mission of the foundation is: “To promote awareness, provide hope and meet tangible needs for families and children who live with Down Syndrome. To provide extraordinary experiences for children with disabilities and/or life threatening illnesses.”

So, while you’re watching the games this year, think about how the Pujols Family Foundation is working hard to bring awareness to issues related to Down Syndrome. For more info: www.pujolsfamilyfoundation.org

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SELF-ADVOCACY MAN’S ADVENTURES CONTINUE...

IT’S A COLD DAY AND ALL SELF-ADVOCATES ACROSS THE UNITED STATES ARE ON EDGE ABOUT LOSING THEIR PROGRAMS DUE TO CUTS IN THEIR SERVICES. PEOPLE HAVE LOST ALL HOPE. WHAT WILL WE DO? SELF-ADVOCACY MAN HEARS THEIR PLEAS FOR HELP...

(MEANWHILE... HE READS THROUGH BILLS AND THE AMERICAN’S WITH DISABILITIES ACT TO FIND NEW AND CREATIVE WAYS FOR SELF-ADVOCATES TO GET THINGS MOVING AGAIN. HE CRAWLS AROUND LOOKING FOR STATE PROGRAMS.)

To tell President Obama what you think, call him at: (202) 456-1111
Or, go to his website and send him an email: www.whitehouse.gov/contact
**Earth Friendly Matching Game**

How earth-friendly is your vocabulary? Match the words in Column A to the definitions in Column B. Answers are on page 10!

**Column A**
1. Recycle
2. Climate
3. Community
4. Fossil fuel
5. Volunteer
6. Global warming
7. Energy Star
8. Bus, bike or walk

**Column B**

a. Found in the Earth from plant or animal remains (coal, oil, natural gas)
b. Average weather pattern for an area
c. Where groups of people live
d. Ways to save energy
e. Helping others for free
f. Program that supports lower energy products
g. When the Earth’s temperature rises
h. Creating new things out of old materials.

---

“I’ve heard every excuse in the book about going “green”. You think you really can pull something over on “Father-nature”? Yes... Mother and I are working together now to get you in shape!”

“I’ll take the bus once a week. On the other 6 days, I’ll drive my SUV.”

“Plastic utensils are great! Stinky landfills are far away from where I live. Why should I care?”

“Who needs trees? They just put sap on my car anyway.”

“Use a fan instead of an air-conditioner? Doesn’t using an air-conditioner mean I’m cooling down the earth?”

“Hairspray doesn’t hurt. Who cares about the ozone when your hair is tall like mine!”

“Hairspray doesn’t hurt. Who cares about the ozone when your hair is tall like mine!”

“Weed killer isn’t so bad. It makes grass greener! The arsenic in it is ok...except I haven’t seen as many of my bird friends lately.”

---

**Answers for Page 3 Appliance Quiz:**

A) 50 in. plasma TV  B) Microwave  C) Air-conditioner  D) Desktop computer
E) Clothes dryer  F) Toaster  G) Cordless phone
H) A trick answer! One bus uses more energy than one car but overall, saves more energy because of all of the cars that aren’t on the road due to the bus!
Craig Says…
“Getting Out and Helping People Stinks”

Service. I’ll give you service. Serve this!

So, we’re coming up on National Youth Service Month. Woo-hoo. NOT! Do you know what I think about when I hear the word “service?” Blood. Sweat. Tears. In other words, WORK!

And ladies and gentlemen, WORK is a four letter word - and it’s even worse when it’s unpaid! That kind of work is the WORST!

I’ve had friends try to get me into service activities before. They say, “Hey Craig, how about you come help us build a house?” I’d rather use the nail gun on my head!

Why do I want to take time away from my first love (my couch, as you all know) to work? Let alone work outside? In the hot sun? If I’m in the sun, it better be on a lounge chair, with someone SERVING ME one of those foofy drinks with the brightly colored umbrellas in it by a bright blue swimming pool. (I don’t like sand, so the beach is out!)

What have these people done for me lately that should make me want to help them? Do they come to my house and vacuum my floor? Recycle my beer bottles? Volunteer to mow my lawn or wipe the finger prints off of my TV screen?

No, they don’t. But I’m supposed to give up my FREE TIME to help them make others lives better? Give me a break. No really, I want a break, like 10-15 minutes of doing nothing! That’s my idea of service.

For those of you who believe in helping people, making your community better or being some other type of do-gooder, then go for it. Serve away!

But, while you’re donating physical labor in the hot sun and not getting paid for it, I’ll be getting served by the pool and loving every minute of it!
Volunteer to Make a Difference in Your Community

People around the country are responding to tough times by volunteering to make a difference in their communities. You can too!

Volunteering is a way to share your talents and skills to help others for free. You can volunteer in pairs, as a group or as individuals. Volunteers are often needed at schools, summer camps, senior centers, park clean ups, the library and community organizations.

Here are some steps you and your friends can take to volunteer in your community.

1. Plan a meeting with friends or members of your self-advocacy group.
2. Use the Jabbers Gifts ‘n Giving game to identify talents and skills people want to share. (Get Jabbers at www.theriotrocks.org)
3. Make a list of places to volunteer at.
4. Decide where people want to volunteer. You can volunteer by yourself, in pairs, small groups or as a whole group!
5. Contact each place to find out when volunteers are needed.
6. Check your schedules, then...
7. Volunteer!

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

From the Self-Advocate Leadership Network...

Donate to the Riot!

www.theriotrocks.org

Or mail checks payable to The Riot at:
The Riot! at HSRI
7420 SW Bridgeport Rd #210
Portland, OR 97224

It’s FREE!

Jabbers!

Gifts ‘n Giving

It’s a FREE game for self-advocates! Go to the Riot Store page at: www.theriotrocks.org

Get these great Toolkits from the Self Advocate Leadership Network!

Each toolkit has information that you need to help self-advocates lead their own lives and help shape the service system.

Prices vary from $15 to $30. A Bargain! Come and check it out!

Go To: www.theriotrocks.org

This is really Cool Stuff! Look for yourself!

Contact us! Call 503-924-3783 x 10, or visit us on the web at www.theriotrocks.org