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Ralph Sisler**

THE ART ISSUE

**The Riot! is a publication of the
Human Services Research Institute www.hsri.org**

About The Riot!...

The Riot! is produced by Human Services Research Institute in Tualatin, OR.

We work together with self-advocates to develop and write each issue.

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Teresa's Spotlight

Being an artist is not the career path most people think of for people with disabilities. Yet, people with disabilities are earning income from their art!

This issue is about artists with disabilities. Some stories are about how these artists got started and how being an artist has changed their lives. Other stories are about people and organizations that support individuals to be professional artists.

We learned that some organizations discover artists by chance. Some of us have been told we are not employable and spend time in workshops, putting items together when a shop gets a contract. But, when there are no contracts,

programs have to come up with things for people to do – like arts and crafts. At one center in Ohio, staff discovered people's talents and a new way of thinking about their artistic potential. (Cool!)

We also learned about staff supporting self-advocates to start their own businesses, take classes, or connect to galleries and other artists in the community. We gathered lots of advice about how artists can pursue a career in the arts from organizations and from artists themselves.

If you want to be an artist, your support coordinator can help you identify art goals in your service plan. Your family and friends can be supportive and help you connect to opportunities in your community. The choice really is up to you.



Teresa Moore

Dreaming Ahead

As told to Mike Grengs

I became a professional artist by using art and movement as a way to express my feelings. It's been a huge part of my life ever since. I love to paint, play drums, dance and perform martial arts.

My business is called DK Arts and I travel across the country visiting conferences where I speak, perform and sell my artwork.

Self-advocacy is a big part of my business. I'm a member of my local ARC and Treasurer of People First of Washington. "DK Arts is about making a dream and turning it into reality, taking action, and speaking up for yourself."

I've had formal art training through a community college plus private lessons from an art teacher who visits my home. My friends, Claire and

Dylan Kuehl is a visual and performance artist from Olympia, WA.



Lapita, who also have Down Syndrome, inspire and support me. We all have unique talents and learn from each other. We took a trip to Italy together, took pictures and now I'm painting images from those photos.

I'm able to pursue self-employment because of the strong support that I receive from my family, friends and other supports. My work has paid off. I have received international awards for art, been featured in articles, television and even a big screen movie and I'm not done yet!

I hope to continue to grow as an artist, sharing my passion for dance, by becoming a dance teacher. Look out for me speaking at a conference near you soon! To learn more, go to: www.oly-wa.us/dkarts

Power up the self-advocacy movement in your state!



Use the Power Up process to help your group get better at what you do and reach your goals.

Learn more at:

<http://www.theriotrocks.org/services/power-up>

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The Riot! presents...

SPOTLIGHT STUDIOS

Celebrating artists with intellectual and developmental disabilities



"Stephanie Tanner" by David Marquoit

www.artfromtheheartpdx.com

"Being an artist with a disability is not a setback, it's a different way of being. That's how the world should be thinking about disability." Check it out!

<http://www.theriotrocks.org/spotlight-studios>

Space Race!

A Game for Self-Advocates



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Pssst!



The Riot! got a face lift!

Check it out and have yourselves a regular Riot!

www.theriotrocks.org

Including Artists with Disabilities

By Monica Foster

Have you seen a performance or exhibit by an artist with a disability? We hope so! Awareness of artists with disabilities is on the rise. This means we are more likely to see a performance or exhibit than we were 10 years ago.



“Untitled”

by Melissa Berman

www.gatewayarts.org

Elena Widder, Vice President of Public Awareness at VSA (a disability arts organization), thinks this is because we are doing a better job of including people with disabilities in the community. The internet also helps. Sites like YouTube, Facebook, online galleries and websites are great places for artists to show their work.

VSA is the leading international organization on arts and disability. Jean Kennedy Smith founded it more than 35 years ago. The non-profit gives artists with disabilities the opportunity to show their work in mainstream settings with other artists. “Artists with disabilities should not be singled out – they should be included.”

Still, it is difficult for any artist to get credit for their work and make a living doing what they love – especially artists with disabilities. This challenge is due to misperceptions (wrong ideas) about their ability to be successful or create valuable art. Yet, artists with disabilities have a unique perspective on life – because they experience disability. This quality draws people to their work.

Opportunities at VSA (like exhibits, performances, and apprenticeships) help artists launch their careers. Elena encourages artists to sign up for their free online registry at www.vsarts.org (click on VSA Artists Registry). Artists in their registry can be contacted by people looking to buy art!

Want to launch your career in the arts? Read Elena’s tips for artists on page 10.

Fueled by Passion

By Avery Olmstead

When asked why Clinton Bowman wanted to be an artist, he said, “It’s not so much the need to express myself but the need to create things... I just need to create.”

Clinton, who has muscular dystonia, was inspired to create at an early age by going to photography classes with his mother. He graduated from Oklahoma City University with a Bachelor of Fine Arts in Photography. Later, he was chosen to participate in the VSA VW Accelerate Exhibition, a show that begins at the Smithsonian and tours across the country. “This is an incredible honor and opportunity for anyone interested in being an artist.”



To be an artist, Clinton says, “You have to be fueled by passion. It is not easy work. Without a passion for art, you will burn out.” Being an artist is hard work – especially for people with disabilities.

Artists with disabilities face an uphill battle because of misperceptions (wrong ideas) about people with disabilities. But “being different is not necessarily a bad thing. People with disabilities offer an incredibly creative perspective on life.”

To be successful, Clinton surrounds himself with people who are supportive and has relationships with artists and galleries in his community.

Each person has unique ideas about a particular thing like summer or winter. Clinton describes his work as comparing individual ideas about a larger idea. For example, religion means different things to different people. “Although there is a common idea about what religion is, each person has their own thought process, ideas, and personal life.”

This year, Clinton will create “portrait stories” about an idea like love or happiness. You can see Clinton’s work at www.clintondeanart.tumblr.com.

Gateway Arts Center

By Dayna Davis

Organizations across the US are successfully helping people with disabilities create art and earn money from selling it!

Rae Edelson is the Director of the Gateway Arts Center in Massachusetts (www.gatewayarts.org). Here, artists with disabilities learn about art to develop their careers. The center began 30 years ago and has a studio, a gallery, a store front and online store. Rae believes it is important for people to collect the work of people with disabilities.

Do you want to start an art center? Here are Rae's tips. You need:

- A leader who can get the ball rolling,
- A plan to raise money from state agencies, donations, and selling art,
- An art community center with a store, and
- Help to train and support the artists to make and sell their work.



Kristina Barney
"Untitled"

www.gatewayarts.org

Passion Works

By Rocky Hughes

David Barber started Passion Works Studio in Athens, Ohio, 14 years ago with help from his friends (www.passionworks.org). What was once a sheltered workshop is now a community-based art studio, store, and gallery. (That rocks!) Artists with and without developmental disabilities come together and make art there.



Artists at Passion Works donate their art to local non-profit organizations for fundraisers.

Their donations show that people with developmental disabilities can give back to their communities. David envisions a day in the near future when art sales will pay all of the studio's bills.

David believes artists and people who support artists with disabilities should tell their story using e-newsletters, YouTube videos, and social networking sites like Facebook. You never know who will be interested in collecting art or giving money to support your efforts.



Passion Flower
by Carolyn Williams

Artist Impression

By Dayna Davis

Beth Mount is a national consultant on Personal Futures Planning who lives in New York City.

Beth believes that the work produced by artists with disabilities plays an important role in our culture. Making art is deeply important. Being identified as an artist gives a person four things:

1. A highly valued role in the art and cultural world.
2. Employment and income.
3. A doorway to inclusion with art associations and artist networks.
4. An opportunity to develop your own business.

Beth points out that art centers aren't the only path to becoming an artist. "You don't need a

program. You can make connections wherever you are!"

People who are interested in developing their creative side can find an artist mentor – "someone who will be your champion." Ask mentors for their help. Most artists love to share their knowledge to show you what they know.



"Untitled"
Donna Johnson

Beth also tells beginning artists to keep their day jobs. Most artists still have to rely on other work to pay the bills.

Look for Beth's soon to be published curriculum on person-centered planning for art this year! (www.capacityworks.com)

Winter Horoscopes



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): This is your year. Don't hold back!

Aquarius (Jan 20 - Feb 18): Do something fun. Take a weekend adventure!

Pisces (Feb 19 - Mar 20): Be patient with someone who might be getting on your nerves. Remember to breathe.

Aries (Mar 21 - April 19): Get back on track! You had fun over the holidays but now it's time to get organized and create a plan!



Taurus (April 20 - May 20): Lend a helping hand to a friend in need. It's good karma!

Gemini (May 21 - June 20): Stay close to home. Embrace the season and curl up with a cup of hot cocoa.

Cancer (June 21 - July 22): Don't worry, be... sappy. That's right! Take time to tell the people close to you how much you care about them.

Leo (July 23 - Aug 22): Focus on your finances. Create a budget and stick to it.



Virgo (Aug 23 - Sept 22): Be on the lookout. A new career might be on the horizon. The best is yet to come!

Libra (Sept 23 - Oct 22): Get out there and be social. Join a sports league, knitting group, book club or just invite a friend to hang out.

Scorpio (Oct 23 - Nov 21): This is a good time to take stock of your life. Think about the things you've done and some things you really want to do this year. Dream big!

Sagittarius (Nov 22 - Dec 21): Follow your heart. You might just be surprised where it leads you.



Need Romance Advice?... Ask Jack & Jill



Dear Jack,

I have a boyfriend who dates other girls. I want him to commit only to me. What can I do to make him mine?

Dear Reader,

I would use a very romantic approach to solve your problem. Take him out on a date to watch the sun set. Tell him that you want to date only each other.

Kiss him and let him know that you want to commit to him. Let him know how sweet it is when you kiss him. That should do it. If he doesn't want to date only you, it is time to move on.

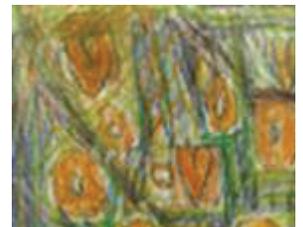
~ Jack



"Untitled"
Aaron Hutchinson

Dear Reader,

When people are dating, they are trying to figure each other out. It usually takes time for people to decide how much they like a person. Do the very best you can to be yourself and enjoy his company. It's also important to be honest with him about what you want.



Robert Kirschner
Love of Coffee and Bagels

In the end, you will have to be ok with what he wants to do. If he says "No," drop him like a hot potato and go out and get another one! What is the use of having a sour pickle if he doesn't want to be with you?

~ Jill

Email your romance questions to Jack and Jill at: theriotrocks@hsri.org

Now *That's* Creative!



Photo courtesy of blogspot.com/3ARABAX

Wow! There are some artists out there with wild ways of being creative. This guy paints optical illusions using his head and face as a canvas!

Optical illusions are images or objects that trick your eyes into seeing a certain way. It looks like there is a bird sitting on the man's head, but it's actually just a picture of a bird painted on a flat piece of cardboard. The rest is paint, even the bird's shadow!

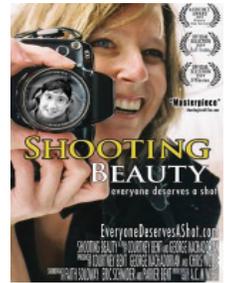
You gotta admit, this guy's got some unique talent!

Movie Review



Shooting Beauty

A Film by Courtney Bent



The Story: A documentary about a photographer who gives cameras to people with developmental disabilities. She shows them how to use the cameras to take pictures of their lives and tries to get their photos into a local gallery.

Riot Rave: This movie is more about the people than the pictures. The cast of colorful characters teach us about their lives through their friendships and relationships. Courtney, the photographer, did not know anyone with a disability before she met the group. Later, she becomes a friend and advocate.

Riot Rumble: Are you dying to know if they get their photos in a gallery? We won't spoil the ending! For more information about the movie, go to www.everyonedeservesashot.com

Paint Your Own Mona!

Andy Warhol is an American pop artist from the 1960's. He used lots of color in different ways to create his own version of the Mona Lisa. Now it's your turn.

Paint your own Mona!





The Health Zone

By Erica-Rachael Fiel

Does the idea of “getting healthy” sound like fun to you? Me neither! It is hard to eat right and exercise. And, it’s easy to sit on the couch eating chips and fast food. Why should I change? Well... the truth is that eating junk food and not exercising is really bad for your health. Have you heard of heart disease? It is the leading cause of death in the US! (www.cdc.gov/heartdisease)



Do you want to gain lots of weight, have a hard time breathing, and die young? Me neither! We need to take care of our health.

Where should we start? One easy thing to do is eat green food. We don’t mean green gummy bears – we mean green vegetables like lettuce, broccoli, or green beans. Fresh green veggies are the best. If you can’t buy fresh veggies, frozen veggies are the next best thing.

Be creative! Add fruit, nuts, and a low-fat dressing to your green salad. If crunchy foods aren’t for you, try a low-fat soup like minestrone. Need a healthy

and flavorful snack on the run? Grab some celery with peanut butter and go.

Did you get all that? Now, it’s time for a test. Which food is better for you?



Deep fried vegetables with ranch dressing?

~ OR ~



Celery with peanut butter?

Hmmm... both are vegetables. What do you think? (The answer is on page 9).

Remember: Eat green vegetables everyday and check with your doctor before making big changes to your diet or exercise!



“Cyndi Lauper”

by David Marquoit

www.artfromtheheartpdx.com



“Robert Johnson”

by Ralph Sisler

www.southsideartcenter.com



SELF-ADVOCACY MAN SAYS...



Written and drawn by Erick Yeary

Self-Advocacy Man wants you to be yourself! If you like to paint, do not let anyone tell you that you can’t. Pick up that brush, find some paint and create something you love!



Backdraft
by Aaron Hutchinson

Just remember everyone, beauty is in the eye of the beholder. One person may not like what you make. But another person can think it’s amazing! Remember to be true to yourself and if you love it, that’s all that counts!





Craig Says...
“Art Really Can STINK!”

What is art? I looked it up in a dictionary. All I saw was a bunch of words that I couldn't understand. Big fancy words and tiny simple words all mixed together to say something and yet they all say nothing.

Get a load of this. One dictionary says that art is “the quality, production, expression, or realm, according to aesthetic principles, of what is beautiful, appealing, or of more than ordinary significance.” Are you kidding me? Did anybody understand that mumbo jumbo?



Here's a question. If I pile up my garbage in the middle of my room and it stinks, is that art? No? What if I am just expressing myself? What if I want it to stink? What if I think it's beautiful? Is it art then? I think so! I guess it's true then. Art really can stink!

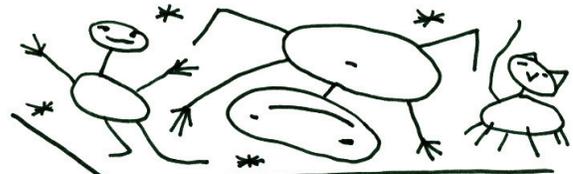
Wait. I found another definition of art. This guy says that the word “art” has to do with arranging things in a certain way. You can put paint on paper in a certain way to make art... like in a cool looking painting. Or you can arrange musical notes in a way to make music! That's art too.

I like this definition. So, if I arrange my furniture in a certain way in my apartment, that's art, right? OK. Wait. I can make this better. Let's put the chips and salsa in just the right place on the coffee table. OK. Now, some pretzels. Some soda or beer would be great to add in. What else? This is beautiful!

Now, how about a big TV right there and my butt sitting on the couch right by all those pretty goodies? You want a flower vase on the table too? OK. Nice touch.



There! Now all we need is a good football game on the TV! How about the Superbowl! YEAH! I'm ready. I will watch the game sitting inside my own piece of art! Take a picture! I'm an artist!



Jazzy★

Little did she know that his work would make him one of the world's most famous artists forever.

~ Answer to Health Zone Question ~

Celery with peanut butter! Yum!

Riot Online Poll Results

We asked our readers if they consider themselves be artists. This is what they had to say:

Yeah, I love making art! ~ 34%

Kind of. I do some art. ~ 26%

No, but I wish I could. ~ 17%

No way! Art is not my thing. ~ 23%



Self-Advocates Speak Up! and Speak Out!



Attention Artists with Disabilities!

By Teresa Moore

Being an artist is hard work. When the Riot asked VSA for advice, they said aspiring artists with disabilities must compete on the same level as any artist. They also shared lots of ideas to help artists build their careers.

Are you an aspiring artist? Here's what you can do!

1. Get as much education, training, or mentorship as you can. Meet other artists in your field of art. Create art with other artists to help you be productive. Find art classes or ask your day program to offer studio art classes. Some day programs do arts and crafts, but that may not suit you if you are a serious artist.

2. Make as much art as you can. Have a portfolio professionally made to show your best work. Include an art resume that lists your experience and accomplishments.
3. Market yourself! Show your portfolio to theatres, cafes, and business offices, they may be looking to hang art in their space.
4. Make it easy for people to find your work and contact you. Some useful websites are www.flickr.com, www.deviantart.com, www.facebook.com, and the free Artists Registry at www.vsarts.org.



Dylan Kuehl

“Grand Old Flag”

www.oly-wa.us/dkarts

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



“Two Elvis” by Ralph Sisler

www.southsideartcenter.com



“Old Fancy Dipolma”

by Aaron Hutchinson

www.artfromtheheartpdx.com