

The Riot!

**Upside
Down Issue!**

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

What's Inside

Teresa's Spotlight.....2
 Guest Editorial.....2
 Being in Charge.....3
 Zombie Talk.....3
 Upcoming Events.....4
 National Roundup..... 5
 International..... 6
 Romance..... 7
 Maze..... 8
 Joe's Sports Zone..... 9
 Riot! Fun Page..... 9
 Craig Says.....10
 Cartoon.....10
 Riot! Action Page.....11

World Turned Upside Down!



Results of Online Riot Poll

How often do you think about sex?

- * All the time! - 28%
- * **Off and on - 48%**
- * Not often - 24%

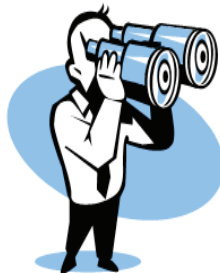
Visit our website to check out our new poll question!

“Are you happy with what you do during the day?”

www.theriotrocks.org

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

The Riot! is available in Rich Text Format!



- Millions can't tell up from down!
- Pigs seen flying!
- Cats and dogs get along!
- Cow jumps over the moon!



The President asks, "What's next?"



About The Riot!...

The Riot! is produced by the Self-Advocate Leadership Network at Human Services Research Institute.

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

Here's who "we" are:

Chief Editor

Teresa Moore - AZ

Editors

Ricky Broussard - TX

Dayna Davis - OR

Eric Matthes - WA

Joe Meadours - CA

Nancy Ward - OK

Marian West - NH

Betty Williams - IN

Erick Yeary - ID

Cartoonists

Jazmyne Johnston - OR

Ericky Yeary - ID

At HSRI

John Agosta, Jaime Daignault, Jennifer Negus, Elizabeth Pell, Drew Smith and Reena Wagle.

Visit Our Website To

**Subscribe To
The Riot!**

It's FREE!

**Teresa's Spotlight:
Celebrating 50 Years of
Self-Advocates
Running the Country!**

Believe us, things weren't always this good! After 50 years in power, self-advocates have proven that when given the opportunity, they know how to make life better for everyone!

- * Institutions have been converted into museums of unnatural history.
- * Service waiting lists are gone.
- * Silly Rules are extinct.
- * Good healthcare is abundant and everyone has gyms.
- * Everyone has transportation.
- * Everyone has the jobs and shifts they want.



- * We go to churches of our choice.
- * Families aren't worried anymore so now they take vacations together.
- * Service coordinator and case manager jobs have disappeared because everyone has become self-directed.
- * Those in the human service field want to work for self-advocates because the pay is high with great health benefits.
- * Self-advocacy groups meet on a regular basis to make sure laws stay clear of Silly Rules.



Teresa Moore

What will happen in another 50 years? Maybe there will be a self-advocate in space, accepting the Oscar award for Best Director or even sitting in the White House!

Watch What You Say!

Rham Emanuel is the White House Chief of Staff for President Obama. Recently, he used the "R" Word. Can you believe that?

Yes, I know. Some people went to talk with him and he apologized.

"The White House remains committed to addressing the concerns and needs of Americans living with disabilities and recognizes that derogatory remarks demean us all."

Well, OK. Still... I am not from the United States, but in my country, Riotia, his mother would have taken him right off to the bathroom and washed his mouth out with soap! That's right! Soap!

We have something special that we use too. It's handmade and we mix in a few secret extras just to make it taste as nasty as can be. People end



Salina Toira,
President of
Self-Advocates
United Riotia

up with clean mouths and the R-word ends up gone forever.

I hope he learned his lesson. Because next time, maybe that's what should happen!

**RIOT NOTE TO
RAHM EMANUEL**

**Slip up again and
we'll send Salina
to visit you with
a bar of soap!**



LOSE THE R-WORD NOW!!



Self-Advocates In Charge!

The First 16 Months

By Ricky Broussard
and Nancy Ward

President Obama has been President of the United States for 16 months. In this time, self-advocates have taken positions of power in the government. Self-advocates are in charge of service systems across the country and are getting things done.

So far here is what has happened:

- ★ The United Nations treaty, "Convention on the Rights of Persons with Disabilities," was approved. The treaty promotes the quality of life, choice and the inclusion of people with disabilities around the world.
- ★ People First language is the law of the land and the 'R' word was removed from the name of all state service agencies.
- ★ Using the 'R' word results in the person having their mouth washed out with soap. It's the law. Ask Ben Stiller. He has a very clean mouth today.
- ★ Service Speed Passes are available to self-advocates so they can get the services they need quickly and with no hassles.
- ★ All state institutions are closed.
- ★ Any self-advocate who wants to work has a job with good pay.



What will be done next? Ricky Broussard (Texas), President Obama's Special Advisor, says that soon "self-advocates will get first pick of seating at restaurants and sporting events."

Meanwhile, Nancy Ward (Oklahoma) runs the National Agency for Self-Advocacy and says simply that this year all self-advocates will finally get to "live the life they want in the community with the support they need."



Zombie Talk!

Dead ideas talk too much...

By Betty Williams

A zombie is a dead body that's been brought back to life. They're dead people who are still walking around, just like in the movies. Ideas can be dead too. The idea that the world is flat is a dead idea. The moon being made of cheese is a dead idea. There are many ideas that are dead.

When people still believe in and talk about dead ideas, they're bringing a dead idea back to life... just like a zombie. It's a dead idea that's still talking! We call it... Zombie Talk.

Check out the Zombie Talk that self-advocates hear all the time:

- ★ "Some people need to live in an institution."
- ★ "You can't work. You're 'unemployable'."
- ★ "You can't have a boyfriend, girlfriend or get married."
- ★ "Self-advocates don't get upset. They have a behavior problem."
- ★ "Self-advocates like sorting things and doing the same thing day after day."
- ★ "You need someone to go with you on your date, to the store or to see a movie."
- ★ "What's the point in going to school? You won't graduate anyway."
- ★ "You aren't capable of living alone with support."
- ★ "Other people, like parents and staff, always know what's best for self-advocates."
- ★ "You can't make your own decisions. Ask first. You can get hurt."
- ★ "You're not smart enough to vote. You don't know what's going on in the world."
- ★ "You shouldn't have children because you won't be able to take care of them."

Self-advocates know that - just like zombies - this sort of Zombie Talk is hard to kill. That's because the ideas are already dead! The best way to kill Zombie Talk is to stand up and hit it hard with self-advocacy!



~ UPCOMING EVENTS ALERT! ~

The Riot! wants to know...

Got a Job?

A National Conversation on Employment



When: Mondays at 3pm ET - May 3, 2010 - June 7, 2010 - July 12, 2010

Length: 90 min including a 30 min Question and Answer session

- Topics:**
- Call #1:** What do self-advocates say about what they want to do during the day?
 - Call #2:** What do the experts say about work or alternatives to employment?
 - Call #3:** What can self-advocates do to get the jobs or experiences they want?

Lead Moderator: Julie Petty

Speakers: Cary Griffin, Paula Sotnik, Robin Rhoades and Dale Dileo

To register, go to our website at www.theriotrocks.org for more information!



The National Youth Leadership Network Presents:

Reap What You Sow: Harvesting Support Systems Training

When: July 29 - 31, 2010

Where: Raleigh, NC

This event focuses on youth and creating your own hands-on support system but is open to all.

For more information and to register go to:

www.nyln.org

UPCOMING!

2010 National SABE Conference



Celebrating 20 years of Self-Advocates Becoming Empowered!

When: September 23 - 26, 2010

Where: Westin Crown Center
Kansas City, MO

For information about registering, go to SABE's website:

www.sabekc2010.org



You know you have Normal Syndrome when...

By Dayna Davis

It is hard to believe but over 95% of all people may have Normal Syndrome. Your parents may have Normal Syndrome. Your brother may have it too or maybe your sister. Even YOU may have Normal Syndrome.



Some people can overcome the condition, but Normal Syndrome is a disorder with no cure. Here is a checklist to look at. You know you have Normal Syndrome if you...

- ~ Prefer to hang out only with people who you KNOW have the condition.
- ~ Try to run everyone else's life, especially the lives of self-advocates.
- ~ Assume that the way you see the world is the right way.
- ~ Know what self-advocates think and want to do.
- ~ Think self-advocates have no sexual feelings.
- ~ Believe that self-advocates like sorting things and writing their name again and again.
- ~ Tantrum when questioned and then try to put self-advocates on compliance programs.
- ~ Want to keep the service system the way it is now and don't want it to change.
- ~ Think that self-advocates like to live in big houses, like institutions, and work for no pay.
- ~ Are really happy when you can make a lot of rules for self-advocates to follow.
- ~ Don't listen to what self-advocates are saying.

There is no known cause for Normal Syndrome. It just happens. There is hope though. Self-advocates who speak up for themselves can help people with Normal Syndrome to overcome their disorder.

With support, people with Normal Syndrome can become more understanding of others and live a good life in the community with self-advocates.

The Ballad of Self-Directed Joe

Lyrics by Peter Leidy, based on
The Ballad of Jed Clampett, by Paul Henning

Come and listen to my story 'bout a man named Joe,

All he ever wanted was to run his own show,
The system wasn't workin', something had to give,
So Joe could build the life that he wanted to live,
(Choice, that is ... control ... dignity ...)

Well the first thing you know old Joe's got a plan,
Kin folk said "Get a broker, young man!",
Said, "Self-directed is what you oughtta be",
So they loaded up his stuff and he moved to Beverly.

(Hills, that is ... See, back in Wisconsin Joe had suddenly become filthy rich overnight. This was after the county made a BIG mistake with his individualized budget. Self determination all right! Swimmin' pools, movie stars, Swiss bank accounts...)



Beverly Hills Joe!
(banjo break)



Now it was time for Joe to give back all the cash,
So he returned a little, but kept himself a stash,
Authorities are searchin' the United States for Joe,
But he was last seen lyin' on a beach in Mexico,
And that is the ballad of Self-Directed Joe.

<http://www.peterleidy.com>

No More Horsing Around!

By Ricky Broussard



Ever notice how many car companies are having problems these days? People are finally sick of it, stopped buying cars, and are going back to horses! That's right, horses.

Horses are shown to be safer, cleaner and are never recalled for mechanical problems. For families, many people are converting their old cars to horse carriages.

There are even painting shops for horses. So you can get those custom hot rod flames on your horse instead of your car. Buckle up for a fun, safe ride!

Self-Advocates in Riotia Get Things Done



Self-advocacy is very strong in Riotia. For years, self-advocates have worked to change things so that people can live the lives they want in the community with the support they need.

A lot has changed. Now, nobody ever uses the "R" word. There are no institutions in Riotia. Self-advocates live in the community with everyone else. They live either on their own, with friends or family. Self-advocates mostly all have good jobs too. There are fun things to do in the community with the transportation services people need to get around.

There is still work to be done, though. Self-advocates want to make sure that things keep getting better. Some want to get married and have their own families, but worry about getting support to be good parents. Others worry about the system sliding back to the old ways of doing things. Mostly, everyone wants to make sure that young self-advocates get a chance to live a good life in the community. "We will never stop working for a better life," says Salina Tiora of Self-Advocates United.



Fun Trivia about Riotia!

Did you know?...

- Wherever you are, Riotia is on the other side of the earth.
- Nobody has ever visited Riotia. You can't fly there, walk there, or take the train or bus there.
- People love boiled snake eggs for breakfast.
- Men never go bald, but women often do.
- The most popular sport is professional wrestling.
- The National Wishing Well grants each Riotian one wish in their life that will come true.



Lady 'Killer' West Takes Championship!

By Kika Igisomar

Lady 'Killer' West, of Riotia, faced many wrestling legends before taking the 2010 WWE World Championship. She is undefeated and continues to bring home belts for every match she has.

Her recent match was against "Lady Stomper Kura" who was the previous world champion. Lady West won the match by using a sleeper locking move called 'The Jupiter'.

When asked about her victory Lady West said, "I would like to thank you for giving me the Championship of the World. I will fight anyone to hold my title and will gladly defend it." Right on, Lady 'Killer' West!

Cool Recipe **Riotian UPSIDE DOWN SYSTEM**

Try this recipe. It's a lot like upside down cake but it was the recipe used to change the service system for self-advocates in Riotia. Try it!

1. Take parts of the current system you don't like and put them in a mixing bowl.
2. Take the bowl into the bathroom and pour the contents into the toilet bowl. Flush.
3. Go back into the kitchen and mix together:

- ✓ Person-centered planning
- ✓ Places to live in the community, jobs for everyone and fun things to do
- ✓ Supports that people need
- ✓ Power to be the boss of your own life
- ✓ Strong self-advocacy



Stir it all up and pour it into a greased cake tin. Bake at 375 degrees for 60 minutes. Take it out of the oven and pop out of the tin. Cool it on a cake plate and cover with pineapple. Serve and enjoy!



Horoscopes

By Monica Foster



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): Laugh a lot while having fun on the 15th and 16th. You never know who may hear and ask you out!

Aquarius (Jan 20 - Feb 18): Blue? Repeat these words: "Love, Laugh." You'll feel better soon after!



Pisces (Feb 19 - Mar 20): Feeling adventurous? Wear green on Wednesdays to see what happens!

Aries (Mar 21 - April 19): See rain clouds outside your window? Never fear! The Easter bunny will let you know when spring has sprung!

Taurus (April 20 - May 20): Feeling a little lonely and not sure what to do about it? Spring into action and ask that special person out on a date.

Gemini (May 21 - June 20): Watch out this coming month! Someone new will come into your life and make you happy.

Cancer (June 21 - July 22): Someone will smile at you on Friday. Be sure and smile back! You never know what will happen next.

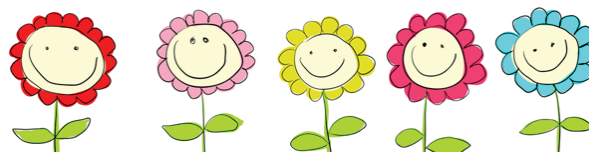
Leo (July 23 - Aug 22): A friend will make you laugh but when you tell their story, you can't stop laughing yourself. Be prepared for the giggles!

Virgo (Aug 23 - Sept 22): A friend will be feeling sad. Your hug will cheer them up.

Libra (Sept 23 - Oct 22): You've had your eye on a new purchase. This is the month to splurge on yourself a little bit. Have fun!

Scorpio (Oct 23 - Nov 21): A friend will do something nice for you. Be sure to thank them before they leave.

Sagittarius (Nov 22 - Dec 21): Give that special gift to someone this weekend to brighten their day!



Need Romance Advice?... Ask Jack & Jill



Dear Jack & Jill,

My boyfriend asked me to marry him and then started laughing! How do I know if he's joking or not?

Dear Reader,

I would ask your boyfriend, "Are you joking with me or not?" He could say something like, "Oh baby, at the same time I was thinking of something really funny, couldn't help myself and laughed. I'm sorry. I had something on my mind and you were a part of it."

Then he should tell you how he really feels about you. He could drop to his knees, take your hand and ask you again to marry him. If he can't propose the second time without laughing, find yourself a new guy that takes your relationship seriously.



~ Jack

Dear Reader,

You said your boyfriend asked you to marry him and then started laughing?



First, what kind of laugh was it? Did it sound like a "Laugh Out Loud" kind of laugh, or was he sort of looking down and laughing? Maybe looking away and laughing?

If he was laughing out loud, then he probably is joking, and is not really ready to get married. If he was laughing and looking down, however, or looking away, or just plain looking embarrassed, he probably was laughing out of nervousness because he really means it from the heart.

~ Jill

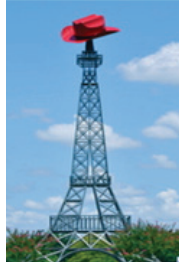
Email your romance questions to Jack and Jill at: theriotrocks@hsri.org

Hang Loose on Spring Break!

By Eric Matthes

Spring is here! You know what that means? Spring Break! Sometimes people have a hard time planning where to go on their vacation, so I wanted to offer some suggestions of awesome places to visit.

1. Ever wanted to go to Paris but thought it was too expensive? Here's the answer! Parris, Texas! There's a small version of the Eiffel Tower plus it's less crowded. Sometimes it can get hot, but I think you will like it!



2. Let's say that Paris isn't your thing and you want something more educational. How about a thrilling trip to beautiful Branson, Missouri to visit the world's largest ball of twine? I'm almost

too excited to type about this one. You should really check it out!

3. Maybe you're more of an adventurer on a tight budget? Have you ever gone digging for treasure at a dump? This is really cool. You can find all sorts of things there, and in most cities this is a free activity! Make a list of what you want before you go. Otherwise, you'll bring back too much stuff.



4. Toilet Seat Museum in Alamo Heights, Texas. This museum was started by Barney Smith who has over 700 decorated toilet

covers in his garage. His museum has over 1000 visitors annually...but no public bathroom.

Well, I hope this helps you narrow down your ideas for vacation. Be safe and explore!

Movie Review by Dayna Davis



Avatar

Rated PG-13: This movie is rated PG-13 because of the intense battle scenes, sensuality, language and smoking.

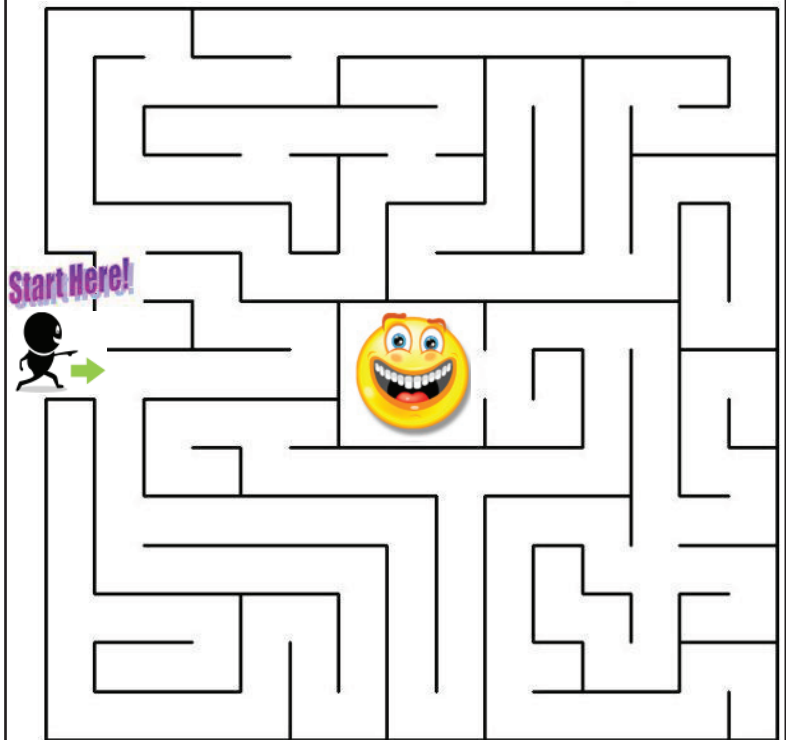


The Story: A hesitant hero begins a big adventure to save the alien world that he now calls home.

Riot Rave: The 3-D effects were pretty good. One of the main characters didn't have legs so he used a wheelchair. It was cool when he could connect to his Avatar body using a special suit where he could run and fly through the forest. I heard that NASA is testing the suit's technology for people with physical disabilities!

Riot Rumble: Sometimes when the characters were flying through the forest, I wish there were air sickness bags available! Back and forth... back and forth... I didn't like the sensation of flying! Plus, the forest scenes were a little 'too beautiful' to me. I rate it 3 out of 5 stars.

Draw a line from the start to the finish and find the laughter!
Puzzle answers are on page 9. Good luck!





Joe's Sports Zone

By Joe Meadours 

Salaries Strikeout!



Baseball has started again and this year there is a twist! With the poor economy and people being upset over how much money baseball players make, teams are in for a rude awakening! They're going from making \$30 million dollars to making \$30 **THOUSAND** dollars. Some may think this cut is a bit much but not me.

First, I remember growing up watching baseball, and NOBODY made this much money. It wasn't until the 1980s that people started raking in the big bucks. Nolan Ryan was one of the firsts when he signed with the Houston Astros.

Second, what are they doing that is so hard? I work 12 months a year, many times into the night and on weekends, and I make average pay. They work 8 months a year and make millions. I am a HUGE baseball fan, but I think this is a good step!

Here's a list of the top highest paid baseball players, and what their new salaries will be:

Player	Current Salary	New Salary
Alex Rodriguez, NY Yankees	\$33,000,000	\$33,000
Manny Ramirez, LA Dodgers	\$23,854,494	\$23,855
Derek Jeter, NY Yankees	\$21,600,000	\$21,600
Mark Teixeira, NY Yankees	\$20,625,000	\$20,625
Carlos Beltran, NY Mets	\$19,243,682	\$19,244

Can you imagine Alex Rodriguez taking the bus like you or me?

No more drivers or fancy cars!

Players won't quit because the job market is so bad. Plus, they have little work experience. I hear this is going to happen in the NFL and NBA, too. We will have to wait and see though.



...And in other news

Man loses head...but finds it!



Dog seeks revenge...
BAD DOG!



SELF-ADVOCACY MAN



Self-Advocacy Man Says...

Be a hero... Turn self-advocacy upside down in your community!





Craig Says...

“Nothing Stinks Anymore and That Just Stinks!”

The world has turned upside down! Things have finally changed! I keep hearing this everywhere I go. What does it all mean anyway?

People seem happy. All my buddies have jobs they like. No one has to ask for permission to do the things that they want to do. Life is good.

Huh? When did all this happen? HOW did it happen? One day my friends are struggling to be heard in their community and the next? They're RUNNING our country! About time!

No more lazy politicians that don't really care about what we want or need, controlling things. All they said was, "Give us your vote and we'll help bring change!" Maybe change in their paychecks!

Speaking of paychecks... even professional athletes are starting to feel the pinch! Derek Jeter from the NY Yankees makes just \$21,600 now? There's justice for you!



Guess he'll shop at his local dollar store to buy holiday gifts like the rest of us!

Even transportation has changed. Just the other day I saw someone riding a horse to work. A horse! Of course! What a sight... Now they just need to work on inventing big ol' poop scoop bags to take with them on the road.

Wow. The world IS good. Hmm... maybe a little TOO good. I'm not sure what to do with myself anymore! Everyone is so happy and carefree. I'm not used to such things!

I should take a road trip and do a little exploring. See what the rest of the country is up to and what great changes have been made.



Maybe some sightseeing too. I hear there's a cool place in Texas that has a toilet seat cover museum. Maybe I can make a pit stop there...

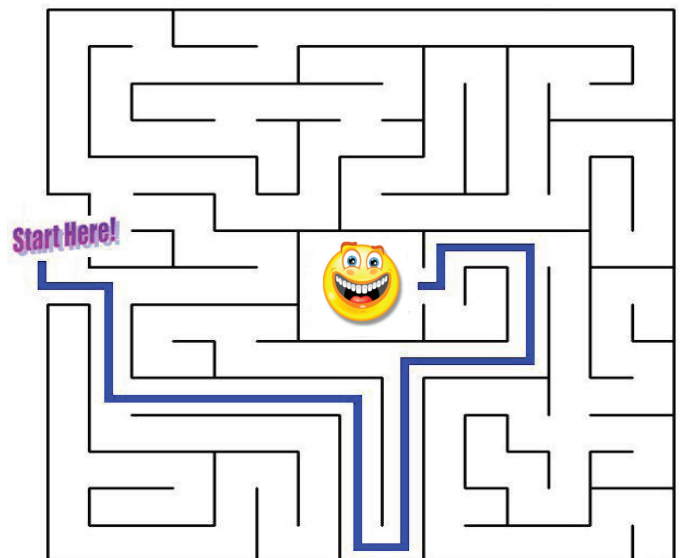
Everything is in Balance



Jazzy★

Yeah, but only when people get the support they need.

Maze Answers





Self-Advocates Speak Up! and Speak Out!



We Want Change and We Want it Now!

By Teresa Moore

This issue of The Riot! is dedicated to the future. Self-advocates want change! To make that happen, we can reach out to our state legislators and say what's on our minds. Here are some steps that your self-advocacy group can take to make sure your thoughts are heard.

- 1) Meet as a group. Make a list of things that are important and that you want to talk about.
- 2) Go online with a computer to find the contact information for your state's legislator.
- 3) Practice as a group the things that you want to talk about. Have one person pretend to be the legislator while another asks questions.

Here's a sample script that you can use:

Hello. My name is: _____ **and I live in**
 _____ (legislator's district).

Is the legislator in? May I talk to them?
 (If they are not in, leave a message with their assistant). **May I leave a message?**

I would like the legislator to _____ (list your 3 biggest concerns and how you would like them to vote on your issues).

Thank you very much!

Every call to your legislator is important. Celebrate each one because it's a step towards a better future. A future where every self-advocate feels stronger and knows that they can be in charge of their own lives.

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

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 Audio CD**

More info at: www.theriotrocks.org

**DONATE TO THE RIOT!
 WITH PAYPAL**

www.theriotrocks.org

Or mail checks payable to: The Riot! at:

**The Riot! at HSRI
 7690 SW Mohawk St
 Tualatin, OR 97062**