

Upcoming Events

Dec. 15, 18, 20 and 22 (Mon, Wed and Fridays) Arc Artists Holiday **Pop-up Sale**, 11am-3pm, 1500 Howard Street SF campus.

Dec. 18, 10:30am-12pm, **Holiday Sing-A-Long**, Friends Hall (Info: Heidi, AccessSFUSD, seretanh@sfusd.edu)

Dec. 18, 5:30-8:30pm, **PULSE Cookie Decorating Party**, Friends Hall (Info: Arturo, aguillen@thearcssf.org)

Dec. 20, 6-8pm, Friends Like Me **Group Holiday Dinner**, Friends Hall, (Lance, lscott@thearcssf.org)

Dec. 27, 11:30am-2:00pm, **Holiday Pizza Party & DJ**, Friends Hall (Cynthia, ckreuz-uhr@thearcssf.org)

Dec. 28, 11:30am-2:00pm, **Games & Crafts Day**, Friends Hall (Lance, lscott@thearcssf.org)

Dec. 29, 11:30am-1:30pm, **Holiday Movie & Discussion**, Friends Hall (Lance, lscott@thearcssf.org)

Dec. 30, 4:30-7:30pm **New Year's Party**, The Arc Marin County (Info: Lori, lcalzaretta@thearcssf.org)

Christmas Songs

By Jannina Morbeck

When I was 3, I was waiting for Christmas. I was really excited for the songs and the Christmas Tree. My favorite song is Jingle Bells and I like to sing with my family. My favorite food for Christmas is really good Brazilian food.

I do not care about the presents. I care about spending time with friends and family. I love spending time with them because I love when they come to my Aunt's house to eat with us. I dream about going to Paris one day for Christmas with my boyfriend and a good friend.

Spit It Out is published by students in The Arc SF journalism class. Info: kthelen@thearcssf.org Visit us at: www.thearcssf.org



Voices of the Magic Stars

HOLIDAY SPECTACULAR

I Ain't a Label

By Connie Chu

I hate labels and being labelled as such. I hate being labelled as disabled or merely a client of the Arc because I am so much more than that. I am a well-rounded individual with many different talents and goals. Being disabled is only a part of me—a small part—but still, a small part. Don't discount me because I'm disabled. I'm creative with my hands and mind. I love making needlework by stitching and making jewelry by beading. I love displaying and selling my artwork. I love inventing a whole new imaginary world in my stories so that I can self-publish them and become a world-famous, renown author. I love writing down thoughts in poetic form, either they foretell a brighter, optimistic future or my own hopes and dreams. Being labelled puts me in a box. I despise being put in a box. It's like being in solitary confinement. I'd rather draw outside the box. I am a free-thinker, not to be boxed in or to be conformed to everybody's way of life. Don't label me! Even twins don't like to be labelled as carbon copies. They are two separate individuals, just like everyone else in the world is. Every single person in the world is an individual, not a label. Other people label each other through their actions. For example, if a person is disrespecting another race, ethnicity, sex, sexuality, they are called bigots. That is an example of a negative label. Another example of a negative label is from the book *Scarlet Letter* by Nathaniel Hawthorne where Hester Prynne wears the letter A for adultery for the rest of her life. Granted, this was the Puritan era (like the Amish). There are positive forms of labels. Although it takes years and years for doctors or lawyers to earn their degrees in MD Medical Doctor or JD Juris Doctorate, they have to earn it; it isn't handed out to them willy-nilly. It took hard work to get into the medical or law school. It is even harder work to learn the laws and medical procedures. They had to intern in their chosen fields. At the end, they have to pass either a bar exam for the law students or a medical exam for the medical students.

My wish for the holidays

By Nathaniel Jeung

My wishes for the holidays are to get to do some decorating, to get to celebrate with family and friends, and to get some new things to add my card collections. I hope to get a big Christmas tree and hang ornaments all around it. I like to turn on the lights and see the star shining at the top of the tree.

I am looking forward to celebrating with my family at home and my friends at school. At home we celebrate by cooking things that we like to eat. My favorites are corn, cheese, mashed potatoes and ham. They taste good with apple cider. We like to give Christmas presents to celebrate too. It is a lot of fun to go shopping to find gifts for people. I like to see all the new things that they have at the stores.



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Why Christmas is Special to Me

By C. Star Clifford

I love Christmas. It is special to me, friends and family. We give love, support and thanks for God all over the world. We come together at The Arc San Francisco as family.

Our friendship is made stronger by working and being together. I like Christmas. It is celebrated by people all over the world. Jason is my new friend this year. Our friendship is a gift. I want everyone to have a good Thanksgiving and Christmas this year.

My Favorite Christmas

By Gladys Rodriguez

My favorite Christmas was when I was going with my mom to Ottawa, Canada in 2001 to visit my brother and sister-in-law, my niece and the rest of my family members. It was my first time in the snow. I kept slipping on my but-tocks. It was my favorite time. At dinner we had turkey with Nicaraguan stuffing. Nicaraguan stuffing is like American style, but more juicy. We had apple pie for dessert and apple cider and red wine. We had Christmas oldies music playing on the CD player stereo system. The next morning we had Christmas at my sister-in-law's mother's house to eat more food and desserts.



We asked our editors:

What are your dreams for the New Year?

Liza— I want to continue working with my group and have a great New Year!

Jason— Celebrate the New Year with a big party with fireworks, music, dancing **with my friends and family.**

Gladys— To get and stay in shape.

C-Star— My dreams are friendship, caring, sharing, being supportive, dancing and gospel singing.

Kelly— To get a raise and visit my friend in Ann Arbor Mi. That would be really nice if I could see her.

Sarah— To be a good public speaker and help other people

Connie— to be an award winning best selling author.

Kwanza Celebrations

By C-Star and Jason Hurt

We celebrate our history through Kwanza on December 26th for 7 days. We light candles in red black and green, and share our hopes and dreams for the future. The seven principals of Kwanza include Unity, Self Determination, Work and Responsibility, Co-operation, Purpose, Creativity and Faith. In following these principals we make our community strong and the world a better place for ourselves and the people around us.



Students and instructor Erin of The Arc SF Photography Class out in the community exploring winter activities



Meaning of the Holiday Season

brought to you by Japan

by Connie Chu

To me, the meaning of the holiday season is gathering around with family despite the lack of a Christmas tree. It doesn't matter what we get (sometimes it does!) as long as we're with family because these past holiday seasons we've spent it vacationing at various locales. But we spent time with our immediate family before we jet-set on our vacations. That is the most important thing in my family: to spent time with family either if they're distant or immediate relatives during the holidays whether its overseas or in the States. My most favorite part of vacationing in other parts of the world during the holiday season is seeing the X-mas lights. But its fun being with family and bringing in the New Year in other parts of the world. The most fun Christmas vacation I've ever been on was when I went to Japan with my family. I saw snow for the first time and tasted it. It just tasted like ice. But when I came out of the cold, I thought I was drinking water, but instead I was drinking sake! We took a nice warm dip not in a hot tub, but in a hot spring. Cool! The food—that's another story...all sushi all the time! Not all these California sushi, mind you, but the real deal. That's the sushi buffet table for you! Where we were staying with the tour group we had to sit on the floor and eat food cook in the middle of the table, where there was a hot steaming pot. Japan was fun! Check out the manga and Hello Kitty store. Rank as one of my most fave vacations!



My inspirational Christmas story based on a true story

By Sarah Lim

Christmas is a special holiday for me to spend time with special people that I love the most like my best friend Liza, Kim, Jessica, Vernae, and Kelly. Having special friends during this magical holiday makes me feel like a super powerful and inspirational public speaker.

Christmas is also a time to spend time with family that I really do care about to make me super happy during this special holiday. I also love singing Christmas songs to celebrate the birth of the new-born king of the holy spirit.

Opening presents makes me feel magical and inspirational because it makes me feel super powerful and magical inside of me. Christmas is about love and peace. Christmas is a time to get together with special people in my life.

Christmas is also a time to share memories that we have together. During this special holiday I will always honor Kim forever because she is a very special person to me. She is amazing and a very compassionate person to people. I want to share my Christmas inspirations with her. I will always honor her amazing grace and beauty. I love her amazing personality.

Christmas is a special time to spend time with my best friend Liza because I really do care about her. She will always a very special person to me. She has a beautiful and magical heart. She is my magical and a holy angel. I really do love her amazing and beautiful personality. I really do feel Christmas is about love and peace. I will also honor my public speaking because public speaking gives me the power and inspiration to help me become a powerful and inspirational public speaker.

Christmas Eve

A short story by Jason Hurt

Once upon a time on Christmas Eve boys fall asleep in the bed. And Santa Claus just climbed down in the fireplace. He went to the kitchen. He wanted some cookies and milk.

After that, Santa Claus talked to the boy. The boy wanted a basketball. The boy fell back asleep.

Santa Claus put a basketball under the tree. Santa Claus went back up to the reindeer up on the roof, and said “ Ho ho ho, Merry Christmas little boy” and flew off.

In the morning the Boys mom knocked on the door. His mom said “Merry Christmas from Santa Claus!”