



Upcoming Events

Dignity Fund Mayoral Candidate Town Hall: April 26 10:30-12 Herbst Theater For more information: <https://occupysf.net/index.php/event/dignity-fund-coalition-mayoral-candidate-town-hall/>

Friends Like Me: Mondays, Tuesdays and Wednesday afternoon/evenings Some Saturdays
See our events calendar at <http://www.thearc.org/news-events/event-calendar.html>

We Gotta Dance: Friday, April 20, 2018 6:00 pm - 8:00 pm

Question to the Editors: What are your thoughts for this Spring?

Laurette Helm: Love one another. Feel for one another. Support one another.

Sarah Lim: Respecting boundaries helps develop trust and self awareness.

Mira Yoon: Im thinking about my future with my best friend Chloe, and growing old together.

Connie Chu: I hope the Warriors win the finals!

Kelly Franklin: I hope the Giants win the championships this spring.

Jannaina Morbeck: My spring dream is to get a job at the Academe of Sciences.

Robert Repke: Im looking forward to working on my skills so I can acquire a job in the tech industry, helping people design programs and applications for people living with disabilities.

Vernae: I really hope to get a job, paid or volunteer, working with children soon.

Anne Slater: I want to get a job socializing puppies.

Spit It Out is published by students in The Arc SF journalism class.
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For people with intellectual and developmental disabilities



Voices of the Magic Stars

LATE SPRING 2018

My Dad Walter Slater

By Anne Slater

My dad used to be on the board for The Arc San Francisco. My dad used to go to meetings at the Janet Pomeroy center. He went to meetings at Golden Gate Regional Center, and at The Arc. He knew a lot of people like Jacy and Terry Goodwin who used to work here, and Meredith too I think.

My dad was from New York. He liked going to concerts. His favorite musical was Phantom of the Opera. He liked classical music, Frank Sinatra and Perry Como. He loved Baseball and Warriors basketball. He helped me a lot. He used to work with my mom. That's how they met. He helped buy the house on 5th Avenue for The Arc. We used to do a lot of stuff there. He bought many appliances to furnish the house.

After my dad passed my sister Jane came up with the idea to honor my dad by starting an award for Staff at The Arc. Francesca and Pam won in the past. I like to give the speech. I gave a speech when my mom passed away too. It makes me feel good to present the award in my father's name. The next Walter Slater award will be given out at The Arc All-Staff Meeting on Thursday June 28.

Life @ Helpers Bazaar

By Connie Chu

In the beginning, it was fun working in a big store, discovering new items that I've never seen at face value. Exploring the big store was an adventure in itself, not knowing what to expect. Every time you turn around a customer would buy something you never knew was an item in the store. But that was the fun in it.

Then we had to move to a smaller store. Business became slower. Oh, there were window-shoppers, but no takers because there were less merchandise. People much prefer a store with more merchandise so that they can browse around than a store with a smaller capacity, then they won't be able to explore as much.

In the beginning, I was afraid of speaking to customers, letting my job coaches do all the talking. When my supervisor told my employment manager I wasn't engaging with customers, I started to speak up more, saying 'Hello, how are you?' when the customers enter the store and 'Have a nice day' when they leave even if they don't buy anything.

I have been enjoying learning how to use the iPad system for a cashier, using IPay, better known as the 'Square,' to my supervisor. The hard part was counting change; money I could count but counting change is still a work-in-progress.

What I will miss about working at Helpers is meeting tourists from all over and some locals. I've even encountered some former and current Arc staff while working there. I will miss my favorite regular customer. I will miss the free admission for Ghirardelli Square employees to my all-time favorite museum, Cartoon Art Museum. I will miss the various events that they have at Ghirardelli Square. I will miss frequenting the Michaelis Food Store, which is the market right across the street from Ghirardelli Square and all its nice employees. I will miss all the nice employees who work at Ghirardelli Square, most especially the security guys. But most of all, I will miss my supervisor who has been so kind and nice to me, teaching me retail.

My thoughts on DACA

By Robert Repke

If you think about it, the whole United States of America was founded on Immigrants. President Trump wants to abolish DACA, which would basically kick kids who came here when they were young, who basically grew up here, out of the country. My opinion of this whole controversy is BS. Its idiotic to be so closed minded about the immigration issue; to have a president who is so surrounded by “Yes men”, who needs to tweet every thought that he has. Two of his wives and his parents were immigrants. How would it make him feel if we built a wall and kicked his family out of the country and said, “You’re not allowed to come back ever again?”

That’s not what America was founded on. It wasn’t founded on bigotry and racism, it was founded on inclusion. The plaque at the base of the **Statue of Liberty** reads: “Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tossed to me, I lift my lamp beside the golden door!”

Thinking of My babe

by Jannaina Morbeck

I love the way you make me laugh, the way you make me smile. The way you hold me close to you, and kiss me for awhile.

I love the way you support me, even if you disagree. You never turn your back on me, You're always there for me.

I love the way you look at me, Its makes my knees weak, The love and the glow in your eyes, makes it hard for me to speak.

I love the way you love how I am, How i shouldn't lose a pound. I'm so lucky to have you, You're the best boy around.

I love the way your protective, it shows me that you care. Without you around to protect me, Life would be unfair.

I love the way we can sit around, and not say a thing. We have a special bond, who knows what the future will bring.

I love the way we are different people, Our likes are not the same. Some of the things I like, You probably think is lame.

I love the way you cheer me up, especially when I'm sad. And even when we get in fights, we never stay mad.

I love the way we fall asleep, holding each other tight. With you being apart of my life, Everything seems so right.

I love the way you love me, and the love that we share. I know this love is true, and nothing can ever compare.

I love the way we love each other, and the time we spend together. I never want to loose you, I want to love you forever.

How Chloe (my this CCSF semester job club classmate) made a strong impact on

me

By Mira Yoon

A few years ago, Emma told me that I could find a friend who I have many things in common with me like me and Emma. Chloe's the one I found this year. We have 51 things in common so far! On first day of Job club class this semester, I thought Chloe was a teacher assistant because she's well-spoken. When I heard she's a fan of Harry Potter and BTS, I immediately became friends with her so I could learn a little more about BTS. After this, my social anxiety life and college life changed a little more. Chloe made my college days better and gave me so much joy by sharing more things in common with me like singing and having social anxiety, giving me gifts(soap from Hawaii, her creative writing mentioning me and Johnny Depp, and her old Gryffindor cloak), and inviting me to come to her home (She's my first college classmate who invite me to their home) on weekends. She's inspired me because we both have social anxiety while she's energetic, humorous and has strong courage. I never met anyone like her before. She also could be my youngest sister(I'm 25 and she's 19). This kind of friendship is pretty rare from my other kinds of friendship with people because we help each other overcoming our struggles(fears and anxieties). As a role of an older sister, I could calm her down when she gets loud by singing. I like to thank her adopted parents bringing her to me. She's my missing harmony, youngest friend, creative writing partner, and positivity reloader/stress reliever.

How my parents inspired me

By Vernae I. Gallaread

When I was a child I remember going to work with both of my parents I was able to see what kind of work they do. My mom worked as day care teacher and my dad was a police officer. I couldn’t make a decision what I wanted to be when I grew up. I would tell people I wanted to be a police officer just like my dad. I really like helping people and I want to be a day care teacher caring for kids or babies. My dad also volunteered at the red cross. Both of my parents inspired me to make the right decisions in life. There was a time I wanted to be a police officer when I found out it was difficult job and there was so many rules to remember. I was totally amazed by the kind of work my mom had to do she actually worked with all ages and with kids with disabilities. She really inspired me on how much I really like being around kids.

San Francisco Giants

By Gladys Rodriguez

I like the San Francisco Giants because they are a great activity for families to enjoy together. I’m a dedicated fan. When they were at Candlestick Park, my dad and brother used to work there. Now I have a friend who works at AT&T Park as a greeter and usher helping people find their seats. Pablo Sandoval and Barry Bonds and Buster Posey are among my favorite players. They’re handsome! They also know how to play the game good.

I used to go to the games in the early days of AT&T park. Win or lose, they are one of my favorite bay area teams.