

How to help people with depression?

Mira Yoon

While I have hard time helping two people (one who was from Arc around 2017 and one who is a tang soo do member in a different martial art studio from me around 2018) who I know has depression on facebook long time ago, I only say to them is keep moving forward and stay positive (think positive thoughts more than negative thoughts). While I too feel depressed sometimes, I remembered that I sometimes imagine myself doing self harm in my imagination world while not doing that in real world. My imagination version of Johnny Depp helped me with this by saying “Remember, you have some people supporting you and you have wishes that needs to be fulfilled”. This stopped me doing self harm in my imagination world and this can help people with depression. The only person with depression so far that I gave this advice to is to a tang soo do member named Izzie(boy) around

January 2019. I also told him that there is a great future ahead of him. Even though BTS music could help people with this problem by remembering to love yourself, I feel IJD’s advice helps too.



My Dream Vacation

Laurette Jeannine Helm

I often dream of going on a vacation with my friend, Betty! We cruise around in a fast white car! We have delicious chicken and explore a cool downtown area. We overhear lots of interesting people’s conversations. We window shop all the boutique stores and even buy some jewelry. We listen and watch jazz musicians perform in the street. They get people dancing, smiling, and just having a great time. I want to visit my uncle and my niece. They are really great people that I don’t get to see often. I hope my dream vacation can soon become a reality!

Music, fame, and fortune!

Ade Lewis

I love going to concerts because it is an opportunity to see celebrities face to face. I want to be famous because I like how many celebrities write their own songs and perform them in music videos. I love being able to see them on YouTube and listen to them on CDs. Best of all, fans are able to get posters and t-shirts of famous celebrities at concerts. They like to show their appreciation for how talented they are. When I was 4 years old, I went to a concert and saw a famous celebrity, Raven Simone. Unfortunately, I was not able to meet her because my family had other things to do. Now, I can follow my favorite celebrities on Instagram and Twitter. So, this is what I’m going to do, I’m going to take voice lessons in a singing group and maybe solo too. If people think I have talent and a strong voice they might get excited and let me in the singing group forever. I’m going to practice my singing voice and when I get good, I might have fame but, fame does not happen right away. So, I do other stuff that I’m good at like, art.



Summer
2019

VOICES OF THE MAGIC STARS

Dream Maker

A poem by
Connie Chu

There is a power within you
To make your dreams come true
Aspire to be who you are
Whatever you wish to be
Who cares what anyone thinks of you
Don’t let the system box you in
Triumph over all else
Be carefree and
Let it ride
Be you
Don’t let anyone tell you to be someone else
Don’t be scared to step out—
To be whom you want to be in life
Take chances
Show the whole wide world
Who you really are
Stand out in the masses
Don’t be part of the crowd
You know who you are
Make the impossible possible
Make your dreams a reality
Shoot for the stars
Climb the glass ceiling
Break the mold in every possible way
Scream from the highest apex in the whole wide world
Be the impossible
Don’t be marginalized
Be the top dog in a world of underdogs
It’s a dog eat dog world out there
We can achieve the impossible by overthrowing the
Meanest
Most bad
Ugliest
Of this despicable place we called our world
There is a whole other part of the world—
A whole galaxy that we can occupy
We don’t have to live on planet Earth
My dream’s to live on other planets besides planet
Earth!

IN THIS ISSUE

Dream Maker Pg. 1

Crush Pg. 2

Learning to Live Again Pg. 3

How To Help People With Depression Pg. 4

Stalker In The Woods

Andrew Kurpieski

Once while I was in the Presidio, I was trespassing in part of the forest where it’s closed to the public due to a dangerous cliff. Out in the distance, I saw a person standing in a plain field. Then, about 10 minutes later, out of nowhere, a little car drove up to me. Inside was a Park Ranger. He said, “Hey, you can’t be here!” I said, “Oh, I’m sorry, I’ll leave.” Then, I left. While walking down a hill I noticed I was being followed by the Park Ranger. I started walking faster but, it didn’t matter, he kept following. So, while freaking out, I called a friend asking for help. He didn’t know what to do. Then, a cop car pulled up to me and asked me to take a seat. He asked, “Do you know why you are being stopped?” I said, “For trespassing?” He said, “No, for stealing.” Surprised by the accusation, I yelled, “I DIDN’T STEAL ANYTHING!” The officer told me to be calm and that just made me more upset. The cop then asked me for my I.D. and I told him I lost it. Then, I saw two more police officers approach me. One asked me if I had stolen anything today. I said, “No.” The other police officer said, “he won’t let us look in the backpack, we need see what in the bag.” So, I showed them my bag and they said, “okay, you can go.” Afterwards, I called my friend back and said, “guess who’s not going jail? We both discussed how weird it was that the cops got involved. I was simply exploring part of the forest. I don’t understand why police are so quick to assume. I hope I am never accused of something I didn’t do again.

Walt Disney Museum

Heidi Sanchez

I liked the trip to the Walt Disney Museum that I went on last week. I went with my group- Alejandra, Theoren, and Ivy. The museum is in the Presidio. I liked the photos, videos, art, and the old car. In one of the videos we watched paints being made with different powders for the art in Fantasia. We also saw a big replica of Disneyland. There were lots of tiny moving rides, it was cool! My favorite thing I saw was the desk that the artists drew on when making the cartoons. Going to the museum made me excited about a trip I'm taking to Disneyland in September with my mom and friends. I can't wait to see everything there, especially Mickey Mouse! I will take lots of pictures to show my friends when I get back

Making Friends

Ivy Lui

When I was in school at George Washington High, I had difficulty making friends because I was shy. I was afraid of making mistakes. I was afraid of being judged. Ultimately, I was afraid people wouldn't like me. Eventually, I decided to just be kind and to help people in need. I felt like if people saw that side of me they would understand I would be a good person to be friends with. For example, I would help people in art class put away their supplies. Especially, if they were having trouble doing it on their own. Now that I'm here at the Arc I've had a much easier time making new friends. I think it's because I am just able to be myself now. We have a lot of fun together playing basketball, cards, and cooking. I am really grateful for the friends I have and am glad I was able to overcome my fear of meeting new people.

Experiencing & Taking Advantage of Going on a Hike

Brandon Pon

The one way I have taken advantage of hiking on Monday mornings is by getting over my fear of heights. I have also used the experience to get fresh air and burn calories. I want to get back in shape like I was when I was younger. Every Monday morning my Arc group and I go on a hike to stay fit. It's a good experience and getting in shape is important to our health. When your body is telling you it's time to put it to work you got to put it to work. This is the reason why me and my arc group work together and stay strong to be healthy for the rest of our lives.

Breaking Up

Maranda Personius

I recently had to breakup with my first boyfriend. We dated for seven months. It was the longest relationship I have ever been in. It was really difficult because I have never had to breakup with someone before. I was not sure what to say or how to say it. But, I knew it was the right thing for me to do. Sometimes, doing the right thing is really hard. I just want everything to be OK. I do not understand why it is so hard to just be OK but, I talked to staff about it and now I feel much better. If anyone is ever going through the same thing, I recommend talking to a friend about it because they can help you feel better. You must listen to your heart, your brain, and trust yourself. I did, and I am happy I did.

Crush

Anonymous

Developing a crush on someone in program can be difficult. It can also be really fun and exciting. But, sometimes it's difficult to communicate these feelings because the other person may not feel the same way. If they don't feel the same way, it really hurts. Rejection is scary and fear of it can make people shy or nervous. Even if you find out the person has a girlfriend or boyfriend already, it doesn't change the way you feel. I wish I was better able to communicate my feelings without fear of rejection. Because keeping them to myself doesn't feel good either. I really hope that one day I will be able to overcome this fear and tell the person how I really feel. Because being true to myself is important. And people shouldn't be afraid to be themselves.

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The Arc
San Francisco

For people with intellectual
and developmental disabilities

Love poem

JJ

You make me laugh so much.
I love the way that you support me.
I love the way you are always there for me - even when you disagree.
You never turn your back on me.
When I first saw you, I felt like my heart was going to jump out of my body. I fell in love.
I love the way you look at me! It makes me feel good.
I love the way you kiss me! Your lips nice and smooth.
When we see each other on Fridays, we have lots of fun.
But, I get upset because when you go to work...I worry you may forget me.
And when you return, I want to hug you so much!
I love the way you show me how I am always in your thoughts.
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 you touch me, always sending chills down my spine.
I love that you are with me, and glad that you are mine.



Importance of Upcoming Presidential Election

Mira Yoon

The upcoming presidential election is important to me because it is an opportunity for us to stop Trump's policies from making the world worse. He is giving immigrants, people who depend on the federal government for health insurance, and people with disabilities a hard time. However, I do not know who will win the Democratic primary, but I will vote the next popular Democrat if many people like him or her. We need to fight for our rights and fight for our freedom. "We are only as strong as we are united and as weak as we are divided." – Albus Dumbledore.

Learning to Live Again

Darius Harris

Hey, I want to tell you something about me, Darius. When I was 13, I was involved in a bad accident while riding my skateboard. I almost lost my life. I can't blame anybody else, especially my family. I can only blame myself because I refused to listen to my friends and family when they told me to wear a helmet. Because of my horrible accident, I had to learn everything all over again including talking and walking. I had to learn to live my life again. Because my heart stopped in the hospital three times, I basically came back to life three times. Do you know how it feels living your life all over again? Because of the accident and how rude I was and how I didn't listen, I almost died. I want to apologize to my mom, my grandma, and my whole family. I want to thank God for keeping me alive. I also want people to know that I overcame a lot of challenges when I started life over again. I learned to live differently and positively. Many doctors told me I'd never be able to walk. They told my family I may not even live. I proved them all wrong. I now want to show people how important it is to remain positive and to be grateful for life.