

UPCOMING EVENTS: FRIENDS LIKE ME

Monday Performance and Public speaking class 3-5 pm
Monday Game Night 5:30-8:30
Tuesday Game Afternoon 3-6 PM
Wednesday Drama Workshop 3-5 PM
Wednesday Movie night 5:30-8:30 PM
Every 3rd Friday of the Month WE GOTTA DANCE 6-8 PM

If I Won the Lottery

by Gladys

If I was rich I would run for president and give money back to the poverty countries and kick Donald Trump out the world and send him to the alien country--- and buy my family and friends cars houses and build a zoo for the animals who treated people very cruel. I would send evil people to an alien country to be with Donald Trump. I would also see myself getting married to my boyfriend of almost 2yrs this coming April 2019 and probably buy a house or an apartment and have kids, live happily ever after.

How I got involved in Dickens Fair

by Mara Wolf

I first got involved with Dickens Fair when I was 13 years old. I don't remember how I got started. My favorite thing is helping out with the kids who do the Toy Parade. We learn the song really well. The kids need help to listen and co-operate. I show the kids what to do by following directions, and being a good example. I wear a costume. It's a long dress in a Victorian style. There are so many things that I like to do there. Some of my favorites are learning the history at workshops. Workshops are classes that teach us about acting and the history of the Victorian times. My two favorite things to do are Toy Parade, and go shopping for Christmas presents with my mom. I like going to the Greenman. It's a place I can go to hang out and wait for my mom to get off work. They provide free drinks for actors participating in the fair. I have seen the movie Oliver Twist. It's a really good movie. I like it. It's kinda sad, but that's ok. I like the cast of Oliver Twist at Dickens Fair. They are really cool. To learn more about the fair you can go to www.Dickensfair.com.

"The Righteous"

by Laurette

I want to talk about the meaning of being righteous, and what that means in the bible verse (Acts 24:15). To be righteous is to be morally right or justified, to be excellent, and to be good. In the verse, the righteous includes many people who may have lived before Jesus. Examples of people being Noah, Moses, Sarah, Abraham, Ruth, Esther who can be discussed in the 11th chapter Hebrew. It also includes God's servants who die in this day and time, and thanks to the resurrection hope, we can be less afraid of dying "Hebrew 2:15". I really like this word, because it motivates me to be my best self. I can become a representative to show excellence and be a leader for all of those I interact with. I hope that by me explaining how important these words are to me, I can help others become excellent as well.



VOICES OF THE MAGIC STARS

Spit It Out is published by students in The Arc SF journalism class.

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Found poems uncovered from the newspaper and their minds
by the Client Advisory Committee 2/15/2019
by Leo Branham, Jannia Diaz, Joseph Craanan, Clinton Rutland, Li-Kun Deng, Connie Chu and Hay Jue.

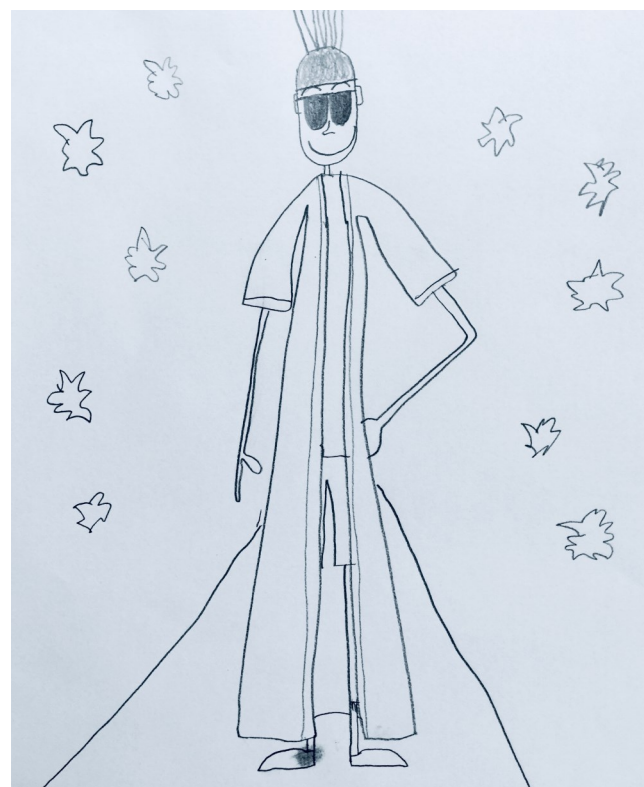
"Explore"

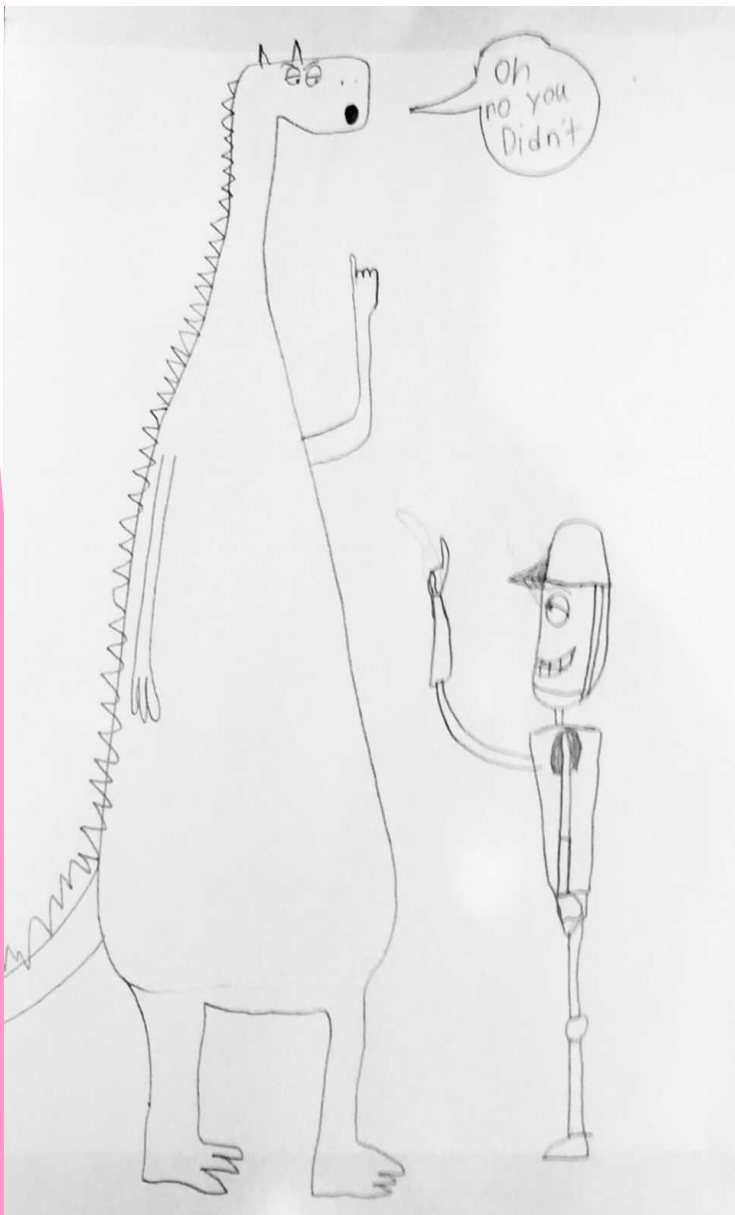
Explore

a shower of troubled stars,
Plaid lemon trees,
and
Catsup.

Fabulate
by Ade

I was in the fashion show and my friends that go to creativity explore and people from other art studios was in it too. The fashion show was last year in September. The thing about being in a fashion show is that you have to wear some fashion clothes and when you walk down the runway and people take photos of you, you have to make a pose. It was my first time being in an art show. And then people was looking around at our art. Some people design fashion clothes but me, I draw models wearing fashion and I get that idea by looking into a magazine and looking at pretty models in their fashion. So when I look at Models in a magazine and I think they are pretty super, I draw them and they would look exactly like the models in the magazine. And when I am done with the fashion pictures, I wait for them to dry because what I use to make fashion pictures is water color. Then my teachers stick my fashion pictures up on the wall. Then at the fashion show when people saw my art, they loved it so much. I even sold some of my art. Because my art costs \$50. And then I had fans and I got some of their cell numbers and I gave them mine. Then the fashion show was being filmed because there were video cameras. The fashion show was called fabulate. This year there is going be another art show at creativity explore. They do art shows in a pattern of months.





Dragon vs Knight.

A Silly Story by Kelly Franklin

Once upon a time a dragon was guarding his treasure from a knight.

Then the knight talked gibberish to the dragon waving his fist in the air.

The knight said to the dragon:

“I’m going to kick your scaly a##, and take your gold away from your smelly cave!”

The dragon got angry and snapped his jaws he said to the knight

“You little brat how dare you take my gold from me!”

They insulted each other until the knight took his sword out and cut the dragons tail.

The dragon cried out and said “F!!! that hurt. I’ll kill you with my fire!”

The dragon gave the knight a fire A!! Whooping.

The knight gave the dragon a raspberry and said “take that!”

“How dare you give me a raspberry” roared the Dragon.

The knight stepped on the dragon’s foot and gave him a slap on the face.

The dragon shook the Knight till he couldn’t breathe anymore.

He kicked the Knight down a spikey hill.

And he lived Happily Ever After.

Looking for a Job

By Francis Paw

My article is about my goals. I would like to be an office clerk. I like data entry. I know how to email and send attachments. I like to help others check to make sure it is done right. I also like to greet people. I want to earn my own money at a worksite. It would make me feel good because people would know I am smart.

Sometimes when I interview I get nervous. Getting up and moving around helps me be less nervous. I pay attention and answer the questions I’m asked. I recommend if you want to get a job to contact a job coach. They can help you communicate and set up interviews.

Spit It Out is published by students in The Arc SF journalism class.
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The Arc
San Francisco

For people with intellectual
and developmental disabilities

Knitting

By Azenith Reyes

I like knitting because I want to learn how to knit different things. I want to use different colours of yarn. Right now I know how to make scarves, but I’d also like to know how to make gloves, socks, tablecloths, etc.

I learned how to knit from Francesca at the Arc. I love to knit because it’s like meditation. It makes me feel relaxed. It takes a long time to finish a piece. My first time knitting it took me a long time to finish a scarf. It took practice to learn how to hold the needles right and make them work my hands.

I like to make things for myself and friends. I want to learn how to crochet too.

I miss Francesca who taught me many things, including how to Knit. I hope to have more opportunities for Knitting.

My experiences of going to Disneyland and Universal Studio

By Vernae Gallaread

When I was a little girl my mom, god moms, and friends surprised me with a Disneyland trip for a birthday surprise. When I found out about the Disneyland trip I couldn’t stop talking about it. When I first saw my favorite Disney characters I was so excited. I remember running straight to Minnie mouse and everybody was wondering where I was going. I really wanted a picture with my favorite character. I remember stay a Disneyland until midnight I couldn’t leave until I seen the fireworks and parade all my favorite characters was in the parade. The next day we went to Universal studio. I loved seeing Marilyn Monroe and other famous people. I still in enjoy going to Disneyland as an adult.

Lake Tahoe

By JJ

On Saturday for New Year we were going to the lake Tahoe. It was 3 hour car ride. I was really tired and I was really hungry when I got there. When I got there I was really cold. On Sunday we went to go to ice skate with my nephew. On Monday it was my sister birthday. It was really fun and we were wait for the court down for new years and on Tuesday we went to Reno to play casino and it was my first time playing at the casino and I won \$60,00. When I went home I was really sick.

The dangers and effects of Cyberbullying

Written By Sarah Lim

Cyberbullying is the most dangerous types of bullying .

In a cyberbullying situation the bully send the victim mean messages or post mean things about them online such as Facebook.

The victim may feel depressed and isolated.

The victim also may feel that their life is not worth living.

If the cyberbullying continues the victim may also commit suicide because it hurts them physically and emotionally .

If you see someone getting cyber bullied ask them to ignore the message or post .

If it continues ask the victim to save the message or post and report it to a family member, manager or a staff member. It is important to give them all of the evidence.

Cyber bullying needs to stop right now. It threatens people's lives.

Don't be a bully or a bystander online . Always be an ally to stand up to cyberbullying .

Think before you post things on Facebook and on Messenger . Words can really hurt people.