

I love Christmas
by Kelly Franklin

The city just makes me happy as a clam
Beautiful decorations
Spending time with family and friends
Rocking around the Christmas Tree
Having a Christmas Tree decorating party
Getting cards in the mail
Calling to wish friends and family a Merry Christmas
Listening to my favorite Christmas Music
Giving and Getting Gifts
I Love how beautiful our Christmas tree is
How beautiful the ornaments are and how excited I get
to have a fun time in December.
How beautiful my house looks.



My Job Experience This Past Month

Brandon Pon

Over the past month I have been out of the Arc because I obtained a temporary job at Hanson Bridgett. Hanson Bridgett is a corporate law office. The position that I worked in was being a janitorial maintenance temporary employee. The routine schedule every day when I come into work is that I will be making coffee, dumping coffee, and checking conference rooms making sure chairs are nicely tucked in. After certain hours I recheck conference rooms, pick up things and put stuff back where it belongs. It's all about cleaning and organization. The most difficult time at work was having problems with coworkers about the daily work. The way I handled it was to give some space to the person, and remain professional with the job. I waited until the next day for things to cool down to work things out. Now since I have gained this work and professional experience, I am ready to move on to find the next opportunity.

Upcoming Events:

Arc Closed in observance of Dr Kings Birthday

Friends Like Me

Mondays: Cooking , Games and Socializing with friends

Tuesdays: Game night

Wednesdays: Movie Night

We Gotta Dance: February 15 6-8 PM \$1.00 cover

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

Info: kthelen@thearcsf.org Visit us at: www.thearcsf.org


The Arc
San Francisco

For people with intellectual
and developmental disabilities



**Winter
Holiday
2018**

VOICES OF THE MAGIC STARS

Open Letter to SFPD

By Connie Chu

Leave the Disability Community Alone!

My experience with police enforcement was less than friendly. My last encounter with them was when I had a seizure at Skyline College, and security was called, thinking I was acting up, but in fact I was really having a seizure. They misused their power and put me in their squad car. It not only happened once but twice. They put me in the back of their squad car, giving me time to cool off, not knowing I was having a seizure.

Dear SFPD:

Stop picking on people with disabilities. It isn't a crime to be homeless, jobless or disabled. Stop picking on the less fortunate, the misguided. You should walk a mile in their shoes. See how you like to be picked on because of your status in life. Just because you wear a badge doesn't give you the right to bully someone in a lower status than you. They didn't commit any crime.

What if you turn out to be homeless, jobless or even disabled? Would you want to be treated that way as well? What if they're your mother or father or even your childhood best friend whom you don't even recognize?

Don't incarcerate them for being disabled; get them help like job services, housing in the form of homeless shelters, childcare while the parents are job hunting and/or house/apt hunting. If they're disabled, get them the right kind of treatment. Sometimes all they need is a shower, a warm meal, a nice clean bed and a change of clothes. Maybe some money? Don't even shoot to kill or maltreat them just because they can't fend for themselves.

Besides bullying the disabled, why don't you go fight REAL crimes occurring in our fair city of San Francisco? While you're hassling the disabled, other REAL crimes are happening. Often the people who are disabled aren't even doing anything wrong.

A solution to this is for the police enforcement to have sensitivity training on how to treat people with disabilities, homelessness, and the LGBTQ community, not excessive use of force.

https://tonic.vice.com/en_us/article/d3xvkx/disabled-people-arrest-rates

Corruption in Nicaragua

By Gladys Rodriguez

My family lived in the capital of Nicaragua which is Managua but with projects like MASIA and Leon the young people are getting killed left AND right. The president of Nicaragua, Daniel Ortega, has been the leader of Nicaragua since 1979, and became president officially in 2007. He is 72yrs old now. He is similar to the United States of America's president Donald "Orange" Trump. He is trying to make Nicaragua like other countries, discriminating against women, minorities and killing people who disagree with him. Daniel Ortega is a Sandinista which is an ideology named after a political leader in Nicaragua. Sandinista waged a revolution and guerilla civil war in the 1960-s through the 1980s.

My parents immigrated in the mid 70s to escape the Sandinista government. It hurts me that this is still going on. We still have family there. I love my family, but I do not feel safe going to visit them.



Pride By Ade Lewis

The Pride Parade is a parade where people come and dress up in rainbow costumes and celebrate gay pride and a lot of fun things happen. That's when floats go by and when people march past. I went on the 29th of June because the parade happens only on the last Sunday in June. My favorite part was when somebody at the parade gave me rainbow sunglasses. I also liked when there were some video cameras cause it feels like we were on TV and best of all I love seeing people dressed up and when I walked up to the fans they were very excited about pride. I learned that at pride some people are gay. Men are attracted to men and Women are attracted to women. I would recommend that my best friend would be in the pride parade with me and my Dad.



My job at the Church By Laurette Helm

I work at a church on Mission. I assist with passing out candy, or pizza, or any food that they bring. I also help with babysitting and monitoring the children and making sure they are safe. I help them set up and play games with them and have a lot of fun. On Sundays I show up at 9am to begin the days work. I leave after lunch to go home in a car. I work with a lot of kids. Betty is my supervisor at the church, and she helps out a lot with me and the children. I have learned how to help kids play games, and everything I do helps the kids behave all while having fun. My shining personality is infectious and they say I'm a good employee. I have had to practice patience working with children, and I am very grateful for my job and it pays well.

The Iconic Stan Lee Lives On By Rob Repke

When I first found out that the legendary Stan Lee passed on I was sad, but then I realized he was in his 90's and had been active for 70 years as a comic writer and producer. Stan Lee is the person who first got me interested in comic books and I feel that he is the Godfather of the genre. One of my favorite characters in the Marvel Universe is Spider Man because he is very human. I identify with Spider Man because he is smart, brave, honest, humble, and sticks up for the little guy. I also like the X Men because they fight for mutant rights, and that coincides with the fight for adults with Developmental Disabilities', rights both groups of people are seen as "different." The X Men mutants have special powers and that's what makes them unique, people with developmental disabilities also have unique talents and should not be marginalized. I will miss Stan Lee but his legacy will live on through other people's writing.

This year's Tang soo do Halloween Party Experience by Mira Yoon

This year's Tang soo do Halloween party was crazy. The four black belts(2 of my instructors and 2 of my classmates) were wearing inflatable dinosaur costumes. My first reaction was "What the.." and thinking to put a Stunning Charm or Disarming charm if they attack me. I was in a Gryffindor costume (my friend Chloe's old Gryffindor cloak, blue brooch, BTS necklace with Rainbow Moonstone pendant, Hermione Granger wand, Gryffindor paper tie from De young museum, and a Pirates of the Caribbean bracelet with a dragon pendant that's based from dragon transformation amulets in my imagination world, and a golden starfish pendant that Chloe gave to me for my birthday). I'm a Gryffindor Protector. Protector is my imagination world alter-ego. Some of the children tackled the black belts and one of them did a Killing Curse to one of the black belts(according to my tang soo do black belt classmate Jen). When the black belts did sparring with each other and did a martial art form, I laughed so hard. My chief instructor's green dinosaur costume was deflated during that time. I phone-videoed them doing the martial art form. There were some games at the party including musical chairs, 4 corner, Guess how many candy in the jar, Dinosaur Says, and Eating a Donut String with no hands. I participated doing the 4 corner, Donut String, and Candy Jar Guessing. I guessed Candy Corn jar close to the amount, even though it's not my favorite candy.



Employment Dreams By Francis Paw

My 5 year long term goal for my future is to become an Office Clerk. I think I would make great eye contact with good manners. It would be good to greet customers.

Questions:

1: How do my skills and talents apply to the job details?

My skill is to type speed faster also learn Data Entry.

2: Why do I want a job?

I would like to earn more money. I would like to talk to a coworker.

3: Do I have any past experiences working or volunteering?

That P G & E internship was on

8/2012 to 5/2013. Then I worked at the internship at the

California Academy of Sciences on 8/2017 to 6/2018.

4: What business' can I do this job at?

My business job is to get the grocery store.


The Arc
San Francisco

For people with intellectual
and developmental disabilities

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