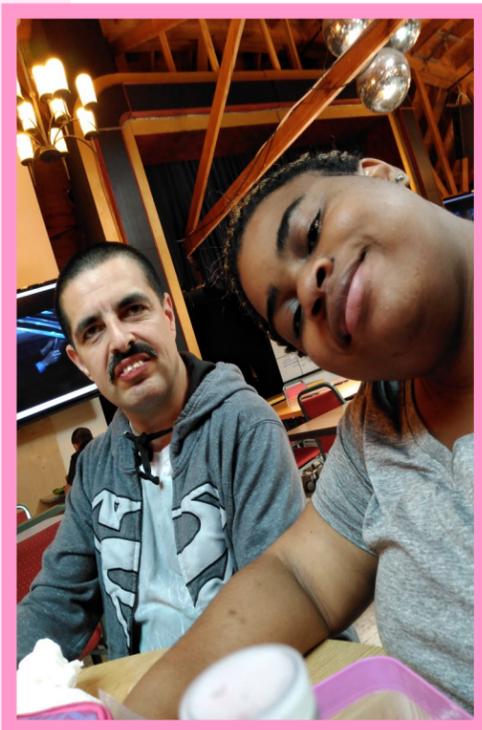


My Car Accident

Alia Anderson

On February 10, 2018 my ex-boyfriend's mother, my ex-boyfriend and I were on our way to Petaluma. We were driving there to pick up a new car. After we stopped by Denny's to get something to eat, we hopped on the freeway toward what we thought was San Francisco but when we realized we were going the wrong way, it was too late. We were driving toward oncoming traffic and were struck by a large construction truck. I was terrified and immediately went into shock. Paramedics arrived and treated me at the scene of the accident. I was later taken to the UCSF hospital where I met with an ankle specialist. A few days later, I had surgery on my ankle. Since then, I have not been able to move my ankle. While, I am finding it difficult to walk without being able to move my ankle, I am so grateful that I survived the accident. I feel really lucky.



Heartbreak

Kelly Franklin

Today has been really hard because of a condition I have called, TMJ. It makes my ears and my eyes hurt constantly. My jaw pops as well. I hate being in this much pain all the time. When I'm in this much pain, I feel like crying. I wish my sister or my mom was here. The pain has become so intense that I can't sleep and may have to begin wearing a night guard. This condition also prevents me from enjoying some of my favorite foods like, steak. Coping with this level of pain has been extremely difficult but, I find that it's easier when I listen to music or call my friends.

Life after Internship

Anonymous

When I first started coming to program here, at the Arc, I was unsure it was right for me. Once I began the project search internship program at the Academy of Sciences, I knew it was the right place for me. During my time at project search I worked in several different parts of the museum. The first part was guest experiences. There I learned how to interact with customers and help them if they needed anything. The next area of the museum that I worked in was security. In security I had to keep an eye out for any potential danger. I didn't enjoy this part as much as guest services. After security, I got to work in the café. There my responsibilities included bussing tables and restocking café supplies. Now, that I am back in program I am anxious to get a job for Pierre. I hope that one of the many interviews I've had lately will turn into a job or two. Life after internship isn't easy but, I'm looking forward to hearing back from some of the people I've interviewed with.



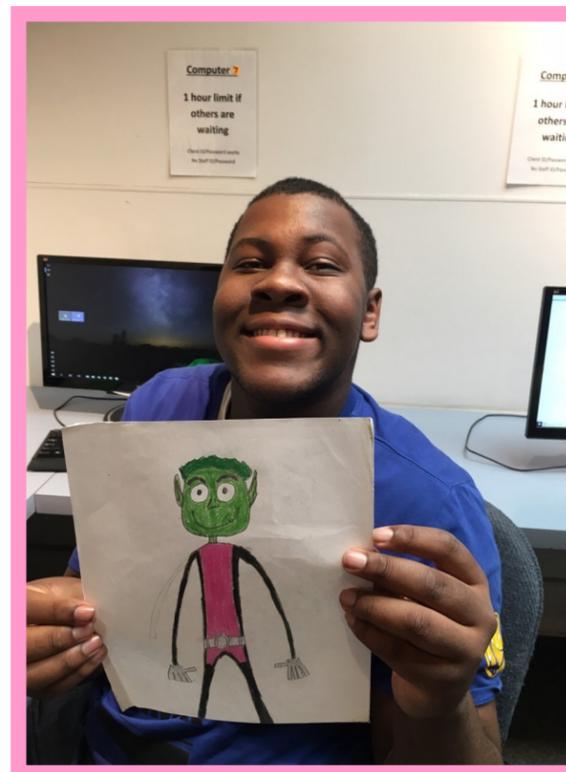
Fall 2019

VOICES OF THE MAGIC STARS

In Memory of my friend, Arlene

Laurette Jeannine Helm

Arlene de Guzman was a good friend of mine. In fact, she was like a sister to me. We met at the Arc of San Francisco. Arlene was a great artist and an advocate. Everybody here looked up to Arlene especially me. She was always looking out for other people. I miss speaking to her every day. I really hope she is in a better place with God now. I love and miss my friend Arlene. Every time I sing "Oh Happy Day" in Karaoke, I sing it for her.



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Let the Dreams Keep Rolling

Brandon Pon

Today is one of those special days for me. Why? Well, because today I turned twenty-four. I can't believe how quickly time has flown by. God bless my friends, family, staff and manager here, at The Arc for wishing me a very happy birthday. Now, it's time to focus on trying something new, never looking back, and never giving up on what I've been dreaming of throughout my entire life. My dream is to get my driver's license and start driving. My dream car would be a Ferrari 488 McLaren 720S, Nissan GT-R Nismo, or a 2020 Lamborghini Huracan Evo. It might just seem like a dream but, my dreams inspire me to get up each morning and make the best of each day.

Pride Month

Ade Lewis

It was such a beautiful day at the pride festival this year. Nobody in my family went but, I didn't mind. In fact, when it comes to pride, I prefer to go alone. The people were fashionably dressed for pride this year and there were rainbows all over the place! I got to wear my brightly colored shirts to the parade. In the parade, you HAVE to wear a pride shirt! This was my first time going to the festival. I can't wait for next year!

Why I love The Blue Angels

Terence Hong

I love The Blue Angels because they are cool. The pilots can do aerobatic tricks like delta formation and knife inch pass. They perform in San Francisco every year. I am seeing them perform for the fourth time in October. I am really excited about this. In the past, I have met the pilots. They were nice people. They gave me their autographs and shook my hand. I hope they do the same this year. My family are taking me to watch the performance. I really cannot wait.

Family Parties

Jesus Garcia

Over Labor Day weekend my family celebrated my Mother and sister's birthday. Both my Mother and my Sister were born on the same day! The party was so much fun! We listened to dance music, we ate lots of birthday cake, and sang "happy birthday!" Lots of family came to the party. My neice and nephews, my sister, my Mom, my Dad, AND my brother we're all there to celebrate. Parties like these are important to me and my family's traditions. We do big parties every year! Weddings, Quinceañeras, birthday parties, and Día de los Muertos are all important events to me and my family. I look forward to the 20th of October when my family will together to sell food from our restaurant, Mama Coco's at a street festival.

Punch Punch in the Hurricane of Deceit

Connie Chu

Kill the rampant death rays
With the poisonous eye glare
Suck the vapor out
Kill Kill Kill
Kill the zombies/werewolves/vamps/
End apocalypse forever!!!!
Life Sucks!
Each day's a struggle
Don't let it perish without
Loving each and every moment
Rainbows and sunshine will overcome all else
Every broken heart have a blessed day—
You don't learn from the truth till you learn the struggle
Eat my dust
Eat my dirt
Learn from sorrow
Triumph over every heartache with happiness
Learn from your past—
Your past is what makes you who you are
For every gloomy passage,
There will be sunshine around every bend
Break the routine with the impossible
Be the impossible
Stand up for the moment
The moment's yours for the takin'

Why I want to go to College

Darius Harris

It has long been my dream to go to college. I had always thought that my dream to go to college would never become a reality because of my disability. I have realized that I can't give up and that if I was able to get through high school there is no reason I can't do the same in college. I want to go to college so I can achieve more independence and to mature. I want to be able to tell people that if I can make it so can they. I want my story to inspire others to never lose hope and to never lose sight of their dreams.

Let the Dreams Keep Rolling

Brandon Pon

Today is one of those special days for me. Why? Well, because today I turned twenty-four. I can't believe how quickly time has flown by. God bless my friends, family, staff and manager here, at The Arc for wishing me a very happy birthday. Now, it's time to focus on trying something new, never looking back, and never giving up on what I've been dreaming of throughout my entire life. My dream is to get my driver's license and start driving. My dream car would be a Ferrari 488 McLaren 720S, Nissan GT-R Nismo, or a 2020 Lamborghini Huracan Evo. It might just seem like a dream but, my dreams inspire me to get up each morning and make the best of each day.

Holiday Parties at the Arc

By Ade Lewis

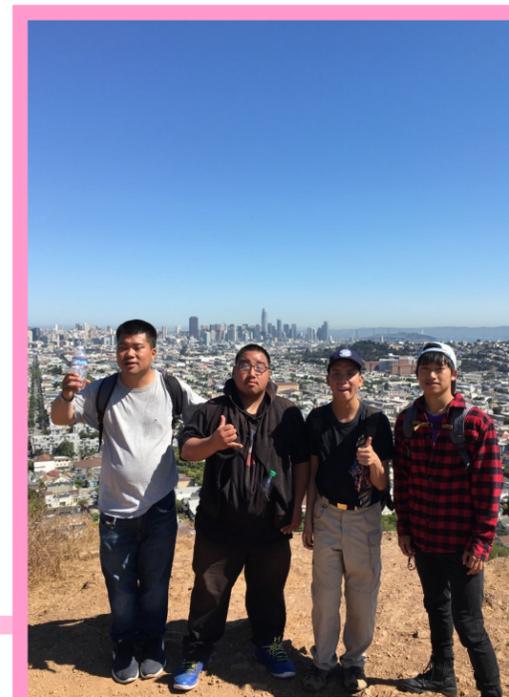
Sometimes, at the Arc, there are parties to celebrate different holidays. My three favorite months, October, November and December have lots of parties. In October, at the Arc there is a Halloween party. At the Arc's Halloween party, there are lots of fun and different things to do. Last year, I was a bunny rabbit for Halloween until; the face painting changed me in to a monster. I became a scary devil bunny rabbit *and* my most favorite part was that we pretended gallery one was a haunted house. Some of us were being scare'ers! This was a challenge for the trick or treaters! They have to go inside the haunted house and get their Halloween candy and get out... but when they walked past us we jumped out and scare them like monsters! I was roaring so much, my throat hurt! I started talking like I was a hillbilly in Texas too! That's why I like parties at the Arc!

Movie Review

Hansel & Gretel: Witch Hunters

Connie Chu

This movie is a different twist on the Disney version of Hansel & Gretel. The filmmakers made the witches into bad people. There was only one good witch throughout the whole entire movie. It was a disturbingly wicked stereotypically movie portraying that ALL witches are bad; it is so wrong. The media shouldn't portrayed witches as doing black magic; some of them do magic for the good of humankind. An example is Charmed or the Harry Potter series. Some witches that are portray in mass media made them into good witches triumphing over evil, but in this film, there was only one good witches out of many evil witches. Even if it is a fictional character, they shouldn't have stereotyped it as wicked. People who watch it, especially children, will be influenced by this stereotype and think that ALL witches all evil. That isn't so. There are practicing Wicca out there that aren't even evil. They just want to help others or themselves. Why are mystical creatures portrayed as evil when they aren't? Some aren't even evil. They just may have lost their way in life (like the X-men). Some are good-hearted, wanting to help others. In mass media, mystical creatures are portrayed as monsters or some unknown beasts to be feared. But some aren't even too fearful or monstrous. It's just the beauty that lies deep within your heart. Don't fear what you don't know. Get to know the beast. You might be surprised by what you find out.



Spit It Out is a student-run publication at the Arc of San Francisco.
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San Francisco

For people with intellectual
and developmental disabilities

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