



## My First Time Experience at Comic Con/meeting well-known celebrity

By Mira Yoon

Last Saturday(June 9), my friend(Chloe)'s adopted parents drove me, Chloe, and Chloe's adopted cousin to Comic Con at Oakland and dropped us there. This was my first time going to Comic Con and going somewhere outside San Francisco with Chloe. At the Comic con, I saw a lot of people with costumes including Disney characters, Marvel such as Black Panther, and Star Wars characters.

We also saw a pet duck dressed as Donald Duck. I wore Chloe's old

Gryffindor cloak with Hermoine Granger's wand, a paper Gryffindor tie from De young museum Harry potter tour, BTS(Kpop group) necklace, and BTS socks while Chloe wore a Slytherin robe with Snape's wand and Fantastic Beasts' suitcase. Later, we went to the merchandise store. It's very expensive, so we didn't buy things there. While me and Chloe ate lunch there, one man's nachos flown to us by a wind and parts of our clothes were a little dirty with cheese. Chloe's cousin helped me wash my Gryffindor cloak. Chloe and I also took Star Wars lightsaber class there after two female staff talked about women fighting and protection armors. I was partnering with Chloe's adopted cousin and Chloe was partnering with a girl we don't know well. My lightsaber was blue while Chloe's lightsaber was purple. Finally at Comic Con, I met my first well-known celebrity: Bonnie Wright who played Ginny Weasley in Harry Potter series. I mostly like her as Ginny in Harry Potter 7 than other movies because Ginny showed more of her personality there. When Chloe's parents dropped me home, I left my jacket with Chloe.

## Privileged America

By Connie Chu

Isn't America about acceptance and diversity, not division and bullying?

Trump (who doesn't even deserve the title of presidency) is besmirching our nation with white supremacy, bigotry and hypocrisy. He doesn't deserve to be our president of the United States. What he's doing to the immigrants isn't justified; it isn't even constitutional. Separating the kids from their folks along with banning the Muslims from coming in these United States is scapegoating them. They've done nothing wrong except being who they are.

We are not merely labels—Muslims, immigrants, we are people, united as one. Don't let this poor excuse for a president deny our right to live in this wonderful country. This is still the land of opportunity despite what the president is demonizing our country by kicking the immigrants and disallowing any other new immigrants from entering our country. He is also won't allow any immigrants to enter into our armed forces. He should be castrated. I loathe him. He is wrong for treating immigrants this way. Kind of ironic since the Europeans stole the land off from the Native Americans' noses.

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



Summer  
2018

## VOICES OF THE MAGIC STARS

### Dear staff and Clients

By Kelly Franklin

My heart was broken two Mondays ago.

I was really saddened to hear what happened on Facebook.

No one should feel scared to come to the Arc, not even me.

Last Monday I was very scared to go to work.

Everyone I feel like had mixed feelings.

I will do anything for the arc.

I could tell that some of my friends had fear in their eyes.

I will protect the Arc from anyone entering who shouldn't be here

I really hope we don't have a threat here again.

I will do anything to keep my friends out of harm's way.

Sincerely,

Kelly Franklin.

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### Anti-bullying

Jannaina Morbeck

"I think in the early high school years I just tried to stay in the background, I was like 'Hopefully no one notices me.' And I would just walk through the halls like a ghost. And it seemed to work for a while but I mean with that you don't get the full benefits of a social experience." When I was 14 year old I got bullied with a lot of bad names and they called me fat, ugly, dumb and I was really upset with this and I did not want to go back to school again. And I started eating in the bathroom and I was crying every day. When kids see bullying, they may not know what to do. They may feel depressed or worried. They may be absent from school because they don't feel safe. They may join in or stay silent so they won't get over it.

When I was at school the bully came up to me and said mean stuff to me and hurt my feelings. I went to the principal and they said to me, "I would take care of the bully and do not worry about it."

There are many ways to respond to a bully when you encounter one. One of the ways is to go to an authority figure such as a principal, teacher, mentor, or parent, therapist, brothers and sisters. These people know a lot of stuff about how to handle a bully and can help be a guide through your emotions and actions with encountering one. Another way is to walk away from the bully no matter what they are saying. Take nice deep breaths and count to ten. Write down your feelings on a diary.

Another good way to respond to a bully to ask them to be kind.



## **Stephen Curry 3x Back To Back Champs**

**By Brandon Hom**

Stephen Curry is a Famous Basketball Player that is known by the best shooter in the NBA league. He is a 3x unstoppable undefeated champion that brought the Team to the playoffs and the championship Finals for the 4<sup>th</sup> consecutive year. I can't wait to see the Golden State Warriors Bring in New players or Trade their players for the Next year NBA Season of 2019 Let's Go Dub nation Let's get that 4x championship Back to the city of San Francisco Celebrate it with the fans. I'm so excited for the Parade Next year in 2019 can't wait let's Go!!!!!!

## **My Experiences in Education**

**By Cindy Choi**



My experiences working with kids started at a very young age. When I was 21 years old, I started volunteering at tots pre-k in the sunset. The kids were two-three years old. I fed kids, played with kids, put the kids down for a nap and helped clean up the play area. I wanted to know if there was a pre-k near my house that I could work at. My transition teacher and my mom helped me find Laura Vicuna Pre-k. I started volunteering there for a while. The

director saw how good I was with the kids. She gave me a job and it helped a lot that she had known me since I was a little girl. I was in their first pre-k class in 1987. The Director taught me how to write my name, help me make fun projects, get along with the other kids that were in the class, taught me how to have good manners. The Director taught me how to be independent. Now going back, I get to teach the kids how to write their own name, help them with their projects, learn how to have good manners, teach them how to get along with the other kids. It's funny how things I used to learn, I am now teaching. Now I am a teacher at the pre-k where I went when I was a little girl. I get to teach the kids how to be independent. I've been working for 12 years and love working with the kids. I got to meet a lot of new coworkers that I get along with. I provide important support for teaching the students I work with. I am continuing at City College Studies Early Childhood Education and I took a CEDV 67 class. It was my first time taking the class. It was not easy. I learned about how kids get along with each other, how they play with each other and how some kids are shy and need one on one time. It was not easy taking college class because there a lot of studying in the college class. I was kind of scared on my first day because it was a class I never took before and some of the homework and class work was not easy doing it on my own. But I got through it and finally finished one of my CDEV 67 classes. One down now five more classes to go until I finish school so I could get my certificate, and work full time at my pre-k job. I finally finished my CDEV 67 and I am very proud of myself. I got my grade back I got A for my very first class. Now I am finally a college student just like rest of them. You can do anything you put your mind to.



## **My Opinion about Trump's US-Mexico Border**

**By Mira Yoon**

Last week, there was news on Youtube and Facebook about the disgrace of Trump's US-Mexico border policy. Immigrants don't feel safe if they are being separated at the US-Mexico border. While I know the immigrants in San Francisco are safe, I'm worried about my friend (Chloe) since she was a legal immigrant from Peru and moved to San Francisco as US citizen. In my recent creative writing "2 short stories" I imagined myself and Johnny Depp putting a protection charm on Chloe just in case she's in danger from Trump and she has experienced discrimination before, but it wasn't her race that was discriminated. It was something else. Like an older sister, I care about my friend and she cares about me. Most of my family members are immigrants from Korea while me and my sister are born in San Francisco as US citizens. I feel both legal and illegal immigrants are not safe from Trump because of his immigration and this situation. I do not agree with Trump's decision to separate families because my grandmother was a refugee from North Korea. I think immigrants should be treated with the same respect as US citizens.

## **Capitol Action Day**

**By Leo Braham**

We had fun at Capitol Action day on June 7, 2018. We had lunch and we marched at the Capitol Building to raise awareness about living with disabilities and take action for programs and services that are funded by the state. I walked around a little bit. A lot of people were getting information from the conference. I want to let people know that the conference was my favorite thing. I like going to the conference and want to let others know about it, because the company is great! It's nice to have a place to have my say.

## **What empathy means to me article**

**By Sarah Lim**

I feel empathy is important to me because it helps me to regulate my mood and create better boundaries with all of my best friends.

I feel it is important because it can help us understand how people feel mentally and physically. I feel strongly that it helps me to be a powerful ally and good advocate. One of the most important tips of empathy is to be more forgiving with myself and not to put myself down all the time. I feel that taking good care of my mental and physical health is also very important. It helps me feel good about myself. Also, it helps me create and follow strong boundaries with all of my best friends. This is all a part of having good friendships. Having empathy is a big part of my life because I really do care about people.