



## Upcoming Events

**Sonic Forest Ensemble: The Nature of Music** : Sunday, March 25, 2018 2:00 pm

**Friends Like Me:** Mondays , Tuesdays and Wednesday afternoon/evenings  
See our events calendar at <http://www.thearcsf.org/news-events/event-calendar.html>

**We Gotta Dance:** Friday, April 20, 2018 6:00 pm - 8:00 pm

### Thought of the day:

**We are deeply touched by the loss of life due to gun violence in our Communities. Here are some of our thoughts.**

Laurette: My dad got shot on my birthday. It hurts inside me. That's why I go to church.

Rob: People have the right to bear arms, but they ought to be sensible about it. They don't need an AR- 15 with laser sights and armor piercing bullets for home security.

Connie: Kids should not be allowed to have guns.

Anne: I don't like violence

Vernae: Stop the Violence!

Gladys: Some people should not own guns.

Mira: I couldn't own a gun. Loud noises scare me and my hands shake. I agree with Gladys. Some people should not own guns.

*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*



  
**The Arc**  
San Francisco  
SPRING 2018

## Voices of the Magic Stars

### Valentine's Day Gala Story

Written By Sarah Lim

On Saturday night we performed a dance routine at an event called Valentine's Day Gala for Friends Like Me. It is for a fundraiser.

Friends Like Me helps people to be more connected with special people that touch our hearts forever.

There were tons of elegant speakers and gifted dancers to showcase our talents with each other.

This event helps bring people together in a creative way to help express our emotions. Valentine's Day Gala means friendships and love with each other.

Friends Like Me is a life changing program for people who needs emotional support with special friends.

In this program friends give helpful tips to help us feel good about ourselves so that we can learn how to cope with our emotions in a healthy way.

The Valentine's Day Gala event has changed my life in a creative way to spend time with special people that I love the most.

There are special people that I love the most like Vernae, Cindy, Gladys, Liza, Kelly, Sarah Sandoval , Miranda, Linden, Peter, Lance, and Nona.

Friends Like Me program helps me be more connected with lovable people that I care about super dearly.

I always love attending Linden's public speaking class on Mondays. It gives me an opportunity to showcase my talents and skills.

I want to learn more about different types of performances from her. She is my favorite and elegant person. I will always sign up for her class every single semester.

I also love going to Game Night on Tuesdays because I love spending time with people that I love the most. I really do love spending time with Peter because he always makes me laugh.

### Oskar Fischinger at Weinstein Gallery

Art Review by Anne Slater

Oskar Fischinger lived in Germany and he made films. The first movie we watched was called "Raumlichtkunst" which means "Space Light Art". It was on a big screen and there were a lot of shapes; some looked like piano keys moving around. There were also circles, squares, blobs, fire and a sun also moving around. I liked the colors: orange-red, light green, purple, yellow, blue and black & white. The music was marching sounds like cymbals, drums and a xylophone. I think I also heard sirens and a piano. It made me think of "action" in some parts but it was also mellow in some parts. It reminded me of the movie Coco. This movie was in color but since it made in 1926 the movie was originally made in black and white. They did not have color film in 1926 so he had to paint every little piece of the film. The second movie we watched was called "Radio Dynamics". It was on a TV and there was no sound. There were a lot of shapes like diamonds, balloons, balls and lines. There were a lot of orange, green and yellow colors. The art in the film reminded me of paintings by Donna Osborn and Lakeshia King, two artists that I know from The Arc.

Oskar Fischinger's art was almost in the movie Fantasia. I liked this art show it was fascinating.

Weinstein Gallery, 444 Clementina St. at Howard, right down the street from The Arc. It's open Tuesday through Friday from 10-5.





## **Twelfth Night presented by American Conservatory Theater (A.C.T.)**

Theater review by Anne Slater

On Monday March 12 2018 ACT brought the play “Twelfth Night” by William Shakespeare to the Arc It was about a girl who pretended to be a boy. There was some romance and some fighting and some music. Someone played the organ– that ws good. They also sang a really old song. The fighting part of it was kind of like dancing.

They were kissing and touching. I felt kinda in-between about that. It was kind of like a soap opera. There was a lot of drama. Also funny parts. I liked that the best. I liked when a group of people were hiding beind a tiny screen.

I think the audience liked it. A.C.T. did Romeo and Juliet at the Arc last year. I think they did a good job and hope they come back again next year.

## **Advocacy With BTS**

By Mira Yoon

Advocacy is important to stand up to other people. I still have some trouble with standing up to people because I’m nervous what the people I stand up to are going to say, but I’m an advocate against discriminations and bullying. I could stand up to people who are patient and gentle because I have social anxiety. There is one celebrity group I like that has two members with social anxiety who are strong advocates. It is BTS (Korean pop 7 member boy group). Two BTS members who have social anxiety are Jungkook and Suga. BTS is popular all over the world including Korea and America for important reasons. The important reasons are talented and strong advocates. They’re advocating against some people( mostly adults) mistreating youngsters, bullying, and discrimination by music and made a UNICEF campaign “Love Yourself” to end violence against youngsters. They support LGBT and are very diverse in other kinds of people including African Americans. In Korea, BTS don’t like what some school systems did for students: teachers and parents over pressuring them with a lot of school. From <https://www.koreaboo.com/buzz/billboard-releases-exclusive-bts-photoshoot-interview-magazine-cover-story/>, Korean school systems and some school systems from America are “myopic”. Suga said to prevent school systems being myopic is to “create policies that facilitate that over-all social change. Right now, the privileged class, the upper class needs to change the way they think.” BTS also support women empowerment with their song “21<sup>st</sup> Century Girls” and help people with mental conditions like depression. In conclusion, BTS can help me stand up to people a little more and I always respect diversity including LGBT and African Americans.

## **My trip to Disney World**

By Vernae I. Gallaread

I was so excited when I found out I was able to go to Disneyworld, I actually flew in an airplane all by myself and I was so excited and nervous on the plane ride. I watched movies up to when I made it to Florida. I was so amazed about how beautiful it was out there with a lot of palm trees. I actually had a roommate who I met on my trip her name was Jennie. We exchanged number and we became best friends pretty fast. On our first night we talked ourselves to sleep. We stayed at the Best Western Hotel. I was on vacation for 5 days and 4 nights. We actually took a lot of pictures and they made me a photo book to cherish all the memories of my wonderful trip. I was able to see the Mickey Christmas special. It was so beautiful and I hope to go back really soon.

## **Why does Trump do that?**

By Laurette Helm

Why does Trump do that to the other Black people, other people of color and folks with disabilities? Why put people out of the main-stream? Why insult, hurt and exclude people he doesn’t understand? What is he doing to help people?

## **The Balance of Life**

By Connie Chu

To every strength,  
there is a weakness,  
to every effort,  
there is an ability laid hidden  
to every attempt at naive, innocent love,  
there are broken hearts everywhere

We are denied  
denied our rights to be  
accepted as humans with real emotions,  
not merely as a plaything to be manipulated  
denied our rights to be  
treated as equal,  
not to be demeaned and put down because  
of our differences  
we are sick & tired  
of being knocked down by people who think  
‘they know better’  
‘it’s for our own best interest’  
what do they know?  
they don’t have disabilities  
one thing i wish:  
they would love us,  
not be so condescending towards us,  
acting like we’re dumb and don’t know anything  
just because of our disabilities



## **Jack and Juliet**

By Kelly Franklin

Jack spotted a lovely girl.  
Her name was Kelly she had beautiful hair, lips  
red as the roses.  
Long beautiful hair with diamonds and gold and  
pink bling teeth.  
She acted very silly and sometimes very mean.  
Kelly was very excited to see her man coming  
to visit her.  
She kissed him and then they had a lovey dinner  
with wine.  
Then all of the sudden a big giant dragon came  
and took her away.  
Then a knight came and said don’t worry princess  
I’m going to kill the dragon!  
And take all of his gold and bring it back to you.  
The dragon was very ugly from head to toe.  
He had a foul breath with poison.  
The dragon spoke gibberish and cursed at every  
knight in the kingdom.  
His name is king Kong dragon.