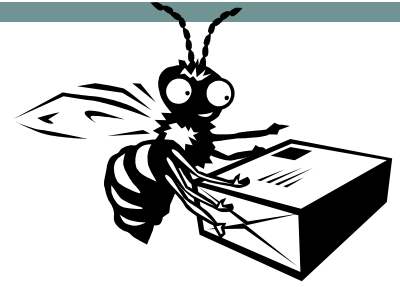


Newsletter Date: October 29  
2010

# THE BUZZ



Issue # 3 Volume 2



## Joke of the Quarter:

What kind of medicine do you give a sick pig?



Answer- Oinkment

By : Lori Shapiro

## Advocacy in Action: By Mr. James Burney



Have you ever felt so strongly about an issue or a topic that you wanted to tell others your opinions but you just did not know

how? Advocacy regarding on social issues helps people express their beliefs and solve their problems. Advocacy, by definition, means active verbal support for a cause or position. In this article, I want to explain different ways individuals can learn to speak up for themselves and get their opinions heard. Through communication, education, example setting, and support systems, are ways I believe that people with disabilities can advocate in their every day lives and make a difference within their community.

Communication is very important in every person's life. In order to advocate, one must use communication to explain how one feels about a topic. One aspect of advocating for people with disabilities is to share stories and past experiences .This is important because if we want people to know our problems and to respond, we have to tell them. Be open about your feelings and opinions. Do not bottle those emotions inside because no one will know that you are unhappy with how you being treated or how you feel unless you verbally expressing the way you feel. Do not let your bad past experiences hold you back from your future. Use communication as a tool to get your point across so that other people with disabilities will feel comfortable speaking up as well.

Education is also an important way to advocate for people with disabilities. People with disabilities should strive to educate others on the issues that people with disabilities face in society. We must make others understand our needs, how we feel, and what is important to us if we want to see a change in how people with disabilities are treated in their community. The best way to do this is through teaching people how we want to be treated and keeping an open mind in order to solve our problems.

Example setting is another way I feel people with disabilities can advocate in their daily lives. Live the life that you want to live and do not pay attention to negativity from others. Do not be afraid to go out in your community and enjoy yourself just like everyone else. By doing this, you prove to people that everyone is equal and everyone likes to be treated equally. People with disabilities should interact with the public the same as everyone else. Eventually, people will understand that we all belong to in the community and should be respected and treated with kindness. By advocating in this way, you will create a chain reaction where other people with disabilities feel comfortable going out and people without disabilities will understand that we can still enjoy all the fun things that communities have to offer and that we live our lives just the same as them.

I also feel that finding a strong support system or reaching out to an advocacy group is a good way to practice advocacy in your life. Support systems provide someone with a way to express how you feel to people who have been through the same things in their lives. By forming a group to advocate for your needs, it makes a bigger impact on society and also takes off some of the pressure to do it all by yourself. If you are the type person who does not feel comfortable talking to a group, you can use your support system to advocate for you. This gives you an outlet to get your opinions heard without putting yourself in an uncomfortable situation. Support systems provide encouragement and a life line to those who need to be heard but also need some help in advocating for themselves. You can find support systems in your local area by attending meetings or reading articles online that discuss the issues you find most important.

Advocating on the topics that you believe in is very important. Without communicating, educating, example setting and finding support systems it is very hard to practice advocacy in your everyday life. Do not be afraid to speak up for yourself. By standing up for what you believe in, you will give others the strength to do the same. Hopefully, learning about advocacy will help to bring about the change that we need in our society.

### Inside this issue:

Advocacy in Action	1
Fins, Feathers, and Paws	2
Upcoming Elections	3
Worker Bees	4
Rock News	5
Protest	6
Protest	7
A Day in the Life of Tim	8
This Is What I Think	9
Events and Classifieds	10





## Fins, Feathers, and Paws: By Jeremy Norman

Hello! It's Jeremy and I want to talk about my cat Mew Two. My cat Mew Two is very special. When I still lived with my Mom the neighbors next door had a litter of kittens. One of them was the runt. They call the smallest kitten or animal in a litter the runt because of its size. Because it was the runt the neighbors abused it by taking it by the tail and swinging it and letting it hit things. So when I saw that I went over the next day and I recognized that most of the kittens were taken. The only two left were the runt and his brother. I asked the lady if I could take the runt home with me and give him a good life. The lady said, "I thought nobody would pick him because he was the runt." I looked at the lady and said, "I saw what you did to him and I should call animal control on you. She gave me the most evil look. So I walked home with him and I played with him. If I wouldn't have picked him

up he could have died. I gave him a second chance to live a happy life. That day I became his hero. He is very healthy now and he's doing very well. He's a very happy fat cat. Whenever I'm home he plays with me and follows me around the house. Every night when I am in bed he sleeps on the bed with me. When he wants something he will pat me on the face with his paw and he will show me what he wants and then we will play together for thirty minutes. When I play with him it takes all of my worries away.

I've always wanted a cat, but my Mom wouldn't let me when I was little because she always questioned how are you going to pay his vet bill when you have no job. If I asked her again she would ask do you have money for flea treatment. I would say no. So we left it at that. Now that I have my own

apartment and my own job I could have any animal I want. But I have to stick to a limit of animals because I live in an apartment. But back to Mew Two's Health. He is not a runt anymore. He also has deformed front paws. He has eight toes on one paw and seven on the other. It makes my Mew Two more special like me. Me and Mew Two are a match for sure.

Well I've hoped you've learned from this article. Thank You for reading it. This is Jeremy saying over and out.





## Mid Term Elections- By Lori Shapiro and Josh Harris

Your peers at Our Voices are committed to promoting advocacy within our organization and the community at large. In a few days there will be a opportunity for all of us to be heard loud and clear, on Tuesday, November 2<sup>nd</sup> is election day. This midterm congressional election is a competitive and important race which revolves around many issues that are near and dear to the heart of Hope House such as healthcare and the economy. The incumbent 2<sup>nd</sup> district congressional democrat, Glenn Nye is being challenged by republican candidate Scott Rigell, and the independent candidate Ken Golden. Additional races include city council and school board officials.

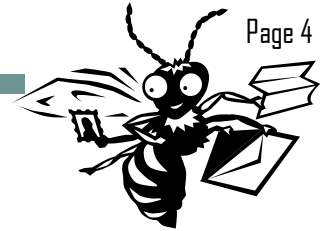
Glenn Nye is the Chairman of the House Small Business Subcommittee on Contracting and Technology. His platform revolves around reducing governmental spending, increasing tax cuts and standing up for military families. Nye “voted against the bailout and wants big banks to repay every taxpayer cent. He supports tough new rules to make Wall Street accountable and prevent a future financial crisis”

Source: <http://www.glennnye.com/issues>

Scott Rigell is founder and Chairman of Freedom Automotive in Virginia Beach and former president of the Hampton Roads Automobile Dealers Association. His platform revolves around job creation, cutting “**government programs are ineffective or cannot demonstrate tangible results**”, health care reform and energy independence. Source: <http://www.scottrigell.com/where-i-stand-on-the-issues/>

Ken Golden’s platform revolves around providing resources to businesses to create jobs, energy independence, and increase in national defense, education reform, and creating national wide standards to make new and current off shore drilling safer. Source: <http://www.kennygolden.com/>

Information on races can be found in the Virginian Pilot, and any of the major news networks. This mid-term election in which you vote for your Congressman and various municipal offices such as City Council will resonate through the heart of the country all the way to Washington DC. Please use this opportunity to be heard with the simple click of a button at your polling station.



## **Worker Bees- An Interview with Kevin Latham**

Do you work, participate in a day program, volunteer, or want to work? Are there issues relating to your employment or job search that you would like to share with *Buzz* readers? If so, I'd love to have the opportunity to meet with you and listen to what you have to say. Contact Christie Sumner at the Hope House Administrative Office at 625-6161 ext. 12 or [csumner@hope-house.org](mailto:csumner@hope-house.org).

### **Interview With Kevin Latham-**

**Have you had a job in the past?**

No because I just graduated high school. I have a high school diploma now.

**What kind of work are you looking for?**

I am looking for EMT work. I want to help people.

**What do you believe your case manager's role should be in supporting you finding a job?**

She should help me find a job. She is thinking about putting a wanted ad in the newspaper.

**Do you think your case manager is doing a good job? What do you want her to do differently if not?**

She just now brought it up to my attention. I wanted a job long time ago and she is putting it off to last minute.

**What is your dream job?**

I want to help take people back and forth to the doctor. My grandfather used to be a paramedic, so I'd kind of be following in his footsteps.

**What advice do you have for others looking for a job?**

It's hard because a lot of people are getting laid off.



## Rock News- By Justin Brown



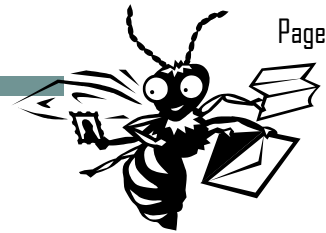
I do not personally like to dance to the song, it makes me laugh out loud to see everyone get up and try to do it together even though some people aren't on beat. Whether you are on beat or not, at least everyone is having fun.

Music is something that makes us all unique, but also brings us together at the same time. There are so many different types of music such as rock, hip-hop, country, pop, classical, oldies, techno, and everything else. There are no rules in music. We are all allowed to pick out what we like to listen to, and we can change that music depending on our mood, what we are doing, or the day. For example, when I am angry I like to listen to Pantera or Metallica.

Therefore, music is a way for people to express themselves.

Music is used by all people. Athletes use music to pump them up before a game and to put them in the mood or right state of mind. This is true for basketball players, football players, boxers, wrestlers, even volleyball players, and all others. This is not only for male athletes but also for females too. Music is everywhere, and makes the world go round. It is used in movies, TV shows, and commer-

Music is a big part of my life, so I thought it would be fun to write about. I go see bands play every weekend. I want to write about them so maybe you can go see them too. I will look up new releases for the month and let you know what albums are coming out next.



## A Recent Protest and Interview with Richard Edge



On September 23<sup>rd</sup>, 2010 at 9:13 pm, Teresa Lewis was pronounced dead. She was 41 years old and realizing the sentence for the 2002 murders of her husband and stepson. The prosecution and defense argued over evidence of what Lewis's involvement was. The prosecution argued that she plotted the killings of her husband, Julian Lewis and his son, Charles Lewis, for the insurance money. She hired two hit-men, Matthew Shallenberger and Rodney Fuller; Shallenberger, 22 at the time, was her lover. The prosecution contended that Teresa Lewis masterminded the plan and gave her conspirators \$1,200 to buy guns, set up an alibi for an earlier failed attempt to kill Julian Lewis, and then also left her door unlocked for the

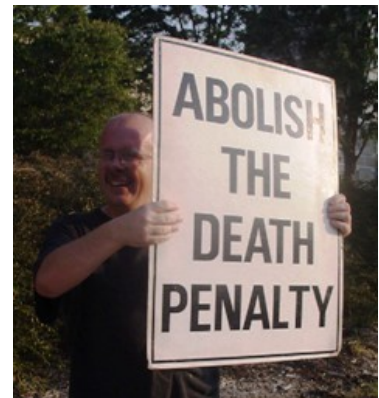
gunmen. Lewis' defense argued that Shallenberger, who committed suicide after his conviction, was the brains of the operation, motivated by his plan to take the insurance money and become a drug dealer in New York.

Most convictions are born from the arguments over interpretations of evidence. Judges and juries make decisions on twisted schemes such as Lewis' quite often. Yet, this execution polarized much of the country, even the world.

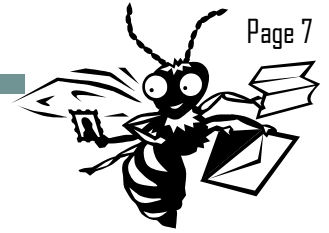


Shallenberger and Fuller were sentenced to life in prison as the gunmen. Fuller made a plea bargain with prosecutors for life in prison and the judge sentenced Shallenberger to the same. Lewis pled guilty to capital murder, but was sentenced to death. The

European Union appealed to Virginia Governor Robert F. McDonnell (R) to commute her sentence to life; Iran's President Mahmoud Ahmadinejad made reference to the case repeatedly. According to the Washington Post 5,500 people signed an electronic petition asking Governor McDonnell to spare Lewis the death penalty. The disparity in the sentences was one point in the argument for dissent. The media



pointed out that Lewis would be the first woman executed in Virginia since 1912. Virginia also schedules execution dates before the Supreme Court decides if it will take a case, and in this case it was a matter of days before the Supreme Court would convene to determine such, and emergency clemencies were denied. The fuel to the discourse was that Lewis had an IQ of 72, which equates to the intellectual abilities of a 13-year old. In 2002 the US Supreme Court ruled against the execution of the "mentally



## A Recent Protest and Interview with Richard Edge



retarded,” but Lewis fell just outside of the threshold. Numerous experts appealed to Governor McDonnell citing that determinations for intellectual disabilities come from a range of assessments, not just the IQ. It was also possible that Lewis was manipulated by Shallenberger. McDonnell rejected the requests for clemency, asserting that Lewis was an active plotter and participant in the crime.

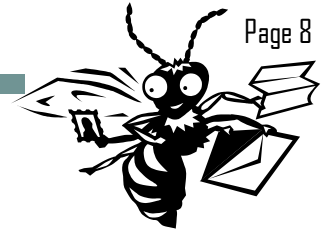
Protests against Lewis’ execution were organized all over Virginia. One protestor in the crowd was Richard Edge, who protested in front of the Juvenile Detention Center in Norfolk, Virginia. Edge lives in Portsmouth, Virginia where he receives services from the Afton team of



Hope House Foundation. He learned about the execution

from his Community Support Coordinator, Latoya Smallwood, and was compelled to make his voice heard. He asked people he knew to come with him, and he said that he was surprised by the amount of people who showed up on his behalf, and the general public’s presence. He said that what Lewis did was wrong, but you have to take the results of her IQ test into account. Having a low IQ, it may have been difficult for her to understand the consequences, even though she was able to plan at least some part of the murders. The two gunmen who had full understanding of their actions were convicted to life, while Lewis suffered the harshest penalty. Edge said of the sentencing: “I was surprised that they still went along with it. It was wrong to execute her because she had an intellectual disability. People say all the time that she knew what she was doing, but you have to take her disability into account.” Edge said that he hoped the Governor would reduce her sentence to life in prison. Edge said that he was against the death penalty in this case because of Lewis’ capacity.

If you have any comments, opinions, or just want to contribute contact the Hope House Foundation Administrative Offices at 625-6161.



## A Day In the Life of Tim.- By Timothy Howard



Hi , its me Tim again. I wanted to share with you all a day in the life of Tim. First, I think it is important you know a little more about me. I grew up with my Mom, Dad, and baby Sister. She is 23 now. I enjoyed living with them but I was growing up. I eventually moved out and moved to my first group home, Lucas Lodge. This is a group home. I was there for about 3 years. Originally I moved there and was really excited to go. I really didn't care for it. They didn't treat me well at all. They would holler and scream at me. They demanded things of me and I didn't like it. So with the help of my case manger and parents I moved to a second group home in Portsmouth, VA called Orville

House. This is a group home set up by Support Services of Virginia. I was not there very long and was moved to Tranquility House because I was showing significant progress.

Besides living with Support Services or SSVA I also attend their day programs. I also work at Cox Enclave in the Cox Building Monday, Wednesday, and Friday. I go all the way to the Chesapeake building from Virginia Beach. Some of my tasks are to clean remote controls, power cords, and adapters. I just recently learned a new task called Braid Eight. I like my job and I like the people there.

My life at Tranquility is great. I love living here. Starting in November I am going to be allowed to walk to the stores by myself. I will be able to go to the Dollar Tree or Jr. Market once a week. I get to go all on my own with no

staff. Before I leave I have to sign out in the log and when I come home I have to sign back in the log. I am allowed this privilege because of my behaviors.

At Tranquility house I have my good days and my bad days. On my bad days I have used nasty unacceptable language like cursing and being aggressive towards staff. In the past I have used hands on staff, I have grabbed them and hit them. Now, I am doing better. I have gotten it together.

When I don't have these behaviors I get rewards, like being able to go to those stores all by myself. If I have bad behaviors at work or at home my staff will write it down and I might not be allowed to go to those stores by myself anymore. I am doing better at it though. I like where I live and am happy here.





## This Is What I Think...

### A Critique Column by Blake Thomas



Hi! My name is Blake Thomas and I LOVE playing video games and watching movies! If you want my opinion on games, please continue to read

on...If you like movies that have video games to implement them, then please continue to read on...

I would like to give you my view on the game Dynasty Warriors. Dynasty Warriors is a game I play on my Xbox 360. I give the game two thumbs up. There are lots of characters who fight with swords. The game has a character named Lubu in it and he fights with an axe. He fights all of the bad guys with his axe and he has a nice amber coat with a bandana on his head. Lubu is big and strong. The game also has another character named Guan Yu, who is a sworn brother of Liu Bei and Zhang Fei. There are also a lot of sword tricks that can be used during battle. I recommend this game because it is rated T, meaning there is no blood and it is only a little bit violent. The graphics are good with a lot of cool color and great sound effects. My favorite part of the game is that it has a lot of characters and when you defeat an officer you can unlock all of the characters. The characters are really different with green, blue, and red eyes. Another part I like

is that some of the battles happen in the snow.

The next thing I would like to give my view on is DVD Wrestlemania XXIII. I give the DVD a thumbs-up. I like this DVD because it has "Money in the Bank" matches. It also has a lot of action and fighters. The wrestlers Edge and Batista are also in it. In the DVD Batista fights, gets hurt, and loses the match. I really like the Undertaker's moves. This DVD does not show any blood. I like the fight scenes where the wrestlers use ladders. My favorite part of the DVD is when they jump on the ladders during the match between Batista and the Undertaker. The Undertaker is a really good Wrestler. If you're not into violence or scary scenes or dangerous and rough acts then I suggest you don't watch Wrestlemania XXIII (23).

Lastly, I would like to give you my view on the DVD Wrestlemania XXIV (24). I give this DVD a thumbs-up. The wrestlers Undertaker and Edge are in it and they fight each other; this is my favorite part of the DVD. It also has other wrestlers like the Big Show, Batista and Triple H in it. I like wrestling and there is no blood in this movie. I don't think that others should watch this DVD because it's scary, violent, and its rated R.

## Events/ Classifieds

Have any events coming up you want to share? Do you have items you just don't need and want to sell? E-mail [buzz.connections@yahoo.com](mailto:buzz.connections@yahoo.com) .



REMEMBER TO HIT THE POLLS NOVEMBER 2ND, 2010 TO VOTE. If you need help please contact your local registrar\star.

The Buzz is looking for contributors. If you have an opinion or story to tell please call 757-625-6161. .

“People for People” is an advocacy group open to service users. The group meets every 1st Wednesday of the month. The meeting takes place from 6 pm- 8 pm at Eggleston Services on Ingleside Drive. Starting at 5:30 there is a dinner available. Due are \$10 a year.



Trying self-advocacy or want to find another way to practice standing up for yourself when one of these issues arises. Have and questions or just want to share then email me at [jamesburney20@yahoo.com](mailto:jamesburney20@yahoo.com)

The Able Gamers Foundation has unveiled a groundbreaking area of accessible web games on their website, [AbleGamers.com](http://AbleGamers.com). The accessible games are an unprecedented development in the area of gaming for people with disabilities. The new games on [AbleGamers.com](http://AbleGamers.com) are sorted by what devices are needed to play (mouse, keyboard, both, etc).

If you have any comments, opinions, or just want to contribute contact the Hope House Foundation Administrative Offices at 625-6161.