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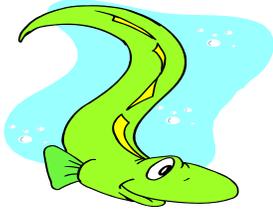
# THE BUZZ



Issue # 1 Volume 3

Joke of the  
Quarter:

What do you get  
when you cross an  
electric eel with a  
sponge?



Answer- A shock  
absorber

## Advocacy in Action: By Mr. James Burney



In the begin- everyone else.

ning of the  
month of  
March, I, and  
other advo-

cacy representatives from the state of Virginia, had the opportunity to meet with the US Department of Justice lawyer, Aaron Zisser. We discussed with him the lives of people with disabilities both in and out of institutions and what our experiences have been since then. Mr. Zisser is currently working on gaining Virginia's compliance with the mandatory closing of Virginia's institutions.

Most of the people in the meeting were able to tell their stories about their experience in institutions, how they were treated there, what they went through, and how their lives have changed since they have been out in the community. I spoke to Mr. Zisser about my life in group homes and compared it to my life now. I explained to him that I now have my own apartment where I can come and go as I please and enjoy my privacy like

After talking with Mr. Zisser, I felt much better knowing that I was able to speak up about those things that I have lived through. It was important to me to be able to tell my story because I was contributing to making the lives of people who still live in institutions better and advocate for other people with disabilities. I let my voice be heard amongst others and it felt great! I hope that by sharing my story I can help bring about a change in the way the state of Virginia houses people with disabilities by closing the current institutions and opening up apartments for people to live in within the community.

I want to thank Mr. Zisser for meeting us in Richmond, Virginia and taking the time out to hear us say what has been bothering us. I enjoyed this experience and encourage everyone to find ways to advocate and get your voice heard just as we did at this advocacy meeting.

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

This is Jeremy and if you have not had a pet before, I will give you my opinion on what to get first. When I wanted my first pet, I chose something easy, such as a goldfish. Goldfish are very easy. In fact, you do not have to do much for them at all. Let me tell you why. When I had my first goldfish, it took very little research. The fish only required a small fish bowl, water, Start Right liquid and fish food. All of these items came to about twelve dollars at the time. It is a little more expensive now but still the cheapest pet you can have. You can also buy decorations for fish bowls. To take care of goldfish all you have to do is fill up the fish bowl with water and put a few drops of Start Right liquid in the water. The Start Right will make the water real safe for your fish. When you clean it,

you always should pour some of the dirty water into a cup with your fish until you restart the tank. Always put the drops in and then put your fish back in. Then the cleaning is done. It is easy to clean a fish bowl. Fish bowls are not heavy at all. Take it from someone that has experience with fish.

Now that I have taught you how to clean the fish bowl, there's one more thing I need to teach you about goldfish, which is how to feed them of course. Goldfish are very small, so small that their belly is like the size of a tiny bead. You can feed them once a day or you can feed them every three days. All that's left to do for goldfish after that is to watch them swim. That's how easy they are to take care of. If you choose a

goldfish make sure you clean their bowl once a week and feed them right and you and your new friend will be happy for years.

Well! I have to go for now. Please keep reading what I write about. You can learn a lot from these articles.

This is Jeremy M. Norman saying over and out.





## My Trip to Las Vegas – By Ross Goldman

Hi! My name is Ross Goldman and I would like to tell you about my trip to Las Vegas. I arrived there by plane. I had only one layover to Baltimore and from there we went to Las Vegas. My plane ride was really nice. The hotel room I stayed in was nice as well. It was very clean and I got a lot of rest in there. During my trip I got to eat at a lot of different restaurants, gamble, visit the Colorado Bell, see some great shows, and visit the Grand Canyon.

The food that I ate was fantastic. I ate at so many restaurants that I don't remember them all. All the waiters and waitresses were very nice to me. It seems like all of the people in Las Vegas were very friendly and nice.

I had a terrific time gambling. I got to play the slot machines which were really exciting. When I visited the Colorado Bell, which is a casino, I played the slot machines there too. Although I didn't win any money I still had a really good time.



Oh my goodness... and the shows. The shows were remarkable. I got to see lots of impersonations of some of my favorite celebrities like Elvis, Elton John, the Beatles and Michael Jackson. My favorite was the Michael Jackson performance because they did Thriller. It was nice! At the Beatles show I received a really cool t-shirt.



When I visited the Grand Canyon I was blown away because I had never been there before. I took lots of pictures with my new digital camera. The view was beautiful. I wish everyone could see for themselves.

What I remember the most about my trip to Las Vegas was the robot man and woman. They were on the sidewalk near my hotel. Their entire bodies were covered in silver. In order for them to move, people had to put money in a bucket. I was so fascinated by them. I even got to take a picture with them.

It has always been a dream of mine to visit Las Vegas and I got to visit there. It was really exciting and I think everyone should visit there.



## All About Tim's 31st Birthday—By Tim Howard



I had a great time on my 31<sup>st</sup> birthday. It was a special occasion. I got a lot of nifty-nice gifts and money from my parents. I also got some nice gifts from my other relatives and friends. Being 31 sure pays well. To celebrate my 31<sup>st</sup> birthday I had a party at my day support program. I also received \$10 in cash in my birthday card. I really did have a great birthday party . At the party there was cake, ice cream and lots of my friends. To make it even more special I had a cake at my group home as well!

Turning 31 was really fun. My staff helped

me create my birthday plans. For my 31<sup>st</sup> birthday lunch I wanted to go to Taco Bell. I went with my friend Andie Plumley at Support Services of VA. I had the Mexican meal , it is a box value meal and a new tasty frozen drink. After that we went to the dollar store. I bought a few items. I got some birthday balloons and a few other small things. I got batteries for my dvd remote and some birthday candy. I had a really great time with Andie. I enjoyed myself and had lots of fun. The day was really much more special when I got to meet my girlfriend at Lynnhaven mall. She got me a nice gift and we had a real date together. It went really, really well. Jan, my girlfriend, and her family got me a lot of birthday gifts and I had a great time. I got all kinds of treats for my birthday.

Turning 31 was fun. I know I wrote a lot about the things that I got but my birthday would not have been the same without my friends, family, and girlfriend being there to celebrate it with me. I am really happy and thankful for them all. Wow. Being 31 does make you think a little older.





## Justin Dart—Our Celebrity for “Freedom”



Advocacy is around us everywhere. On a national level people all over the United States are fighting for the rights of people with disabilities. 1990 was a big year for our community. In 1990 the Americans with Disabilities Act was signed into law. Justin Dart was one of the lead activists on this campaign. He was a champion of freedom.

Justin Dart, Jr., was a leader in the international disability rights movement and a renowned human rights activist. He was widely recognized as the “father of the Americans with Disabilities Act” and the “godfather of the disability rights movement.”

Dart believed that everyone

had the right to lead their life on their terms, and for over three decades he led the crusade to fight for the rights of people with disabilities. Dart was the recipient of five presidential appointments and numerous honors, including receiving the Presidential Medal of Freedom – the nation’s highest civilian award – from President Clinton.

Dart is most famous for his work in passing the Americans with Disabilities Act (ADA) and was one of the few who was on the podium when President Bush signed it into law in 1990. The ADA was the first step to protecting people with disabilities from discrimination and ensuring everyone had the freedom of access to all public places and the right to work for the place of their choosing.

Dart was dedicated to his vision of a “revolution of empowerment.” Dart called for “a solidarity among all who love justice, all who

love life, to create a revolution that will empower every single human being to govern his or her life.”

Justin Dart is a champion for freedom: he played a critical role in passing the ADA, courageously challenged the government’s paternalistic beliefs, and tirelessly fought for the rights of people with disabilities. Dart embodies freedom which is why he is our freedom celebrity.

For more information on Justin Dart go to: [http://www.disabilityhistory.org/people\\_dart.html](http://www.disabilityhistory.org/people_dart.html), [http://www.abilitymagazine.com/Justin-Dart\\_remembered.html](http://www.abilitymagazine.com/Justin-Dart_remembered.html)





## Rock News—By Justin Brown

### Tailgate Down

I have seen Tailgate Down on a couple of occasions. I really enjoyed seeing this band. They play new Country and Southern Rock music. This band is very energetic and they engage the crowd. They are a cover band, which means they perform other people's music, but they make it their own. The band consisted of four people all of whom could sing and play. They are not a boy band. If you like Southern Rock and Country music this is the band to see. I really enjoyed watching them play.

### The Delorians

They are an 80's cover band with two great lead singers. They play a lot of 80's pop hits. They are a high energy group that engages the

crowd. They played "Sweet Child of Mine" by Guns N Roses (GNR), a song I enjoy.

### KRUNCH

They are my ultimate favorite local band of all time. I am familiar with this group and its members. They play Hard Rock, Heavy Metal and a little bit of Country Rock. I got a chance to see them perform last Friday night at Knuckleheads. I was able to interview them. My first question was "Who are your heroes?" Their responses were The Beatles, The Who, Kiss, Cheap Trick, and U2. My second question was "What was the last concert you saw?" Their responses to this were Disturbed and Crew Fest. I got to take a few pictures with the band and chat for a lit-

tle while. It was awesome. These are a great group of guys!

I have donated a new acoustic guitar to Hope House that is up for grabs! If you or anyone you know likes guitars, be on the lookout for upcoming information on how to win! If anyone wants to contact me about future events or to get more information about bands my email is [fender-strat84@gmail.com](mailto:fender-strat84@gmail.com) and my Facebook name is Justin Brown.





## This Is What I Think...

### A Critique Column-By Blake Thomas



Hi, my name is Blake Thomas and I *love* to play video games. If you want my opinion on this game, please continue to read. If you like movies that have video games affiliated with them, then please continue to read.

I would like to give you my view on Lord of the Rings/ The Two Towers, which is a game that I play on my Playstion 2. There are a lot of different missions within this game that you need to complete in order to win the game. At first, the missions are easy to win. But as you move up through the levels, the missions become harder to win. You can choose which character you want to use to complete the mission. Each character has a different ability; Aragorn is a Ranger and is a very strong man. He can use many weapons including the sword. Legolas is a noble Elven Prince. He is accurate with his Elven bow and knows the woods well. Gimli is a Dwarf but is very strong. I am giving this game two thumbs up because there are many missions and a lot of fighting in this game. I think people should buy this game because the graphics are cool and they have trolls, orcs, lurtzl, wargs, and many other bad guys to fight. But if you don't like a lot of blood and scary scenes then this game may not be for you. It is rated T for teen because of the blood and scary scenes.



## Hart to Heart- An Advice Column on Relationships

### Commitment in Relationships

When you are in a relationship, you should never cheat on the person you are with because when you do that, that is when it is over. There's no more trust because you've hurt the other person. So please, when you are in a relationship, don't cheat.

Once again, if you have question's about love, life, and relationships, send them to me at the Hope House Foundation Administrative Office.

Always on Call,  
Dr. Hart

## 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)



### Springin de Mayo

Celebrate the coming of spring at the 2nd Annual "Springin' de Mayo" on Saturday, April 30 from 6-10 pm, at the parking lot of Plaza del Sol at 2200 Colonial Ave in historic Ghent. The event is free and open to the public. The celebration will include music, live dance performances from the Mambo Room, a free salsa lesson and food from Plaza del Sol.



### Kentucky Derby Party

Grab your hats because we are off to the races with the Norfolk Nobleman on Saturday, May 7 from 2pm-7pm at Talbott Hall located at 600 Talbot Hall Rd in Norfolk. The Run for the Roses will be broadcast on 2 giant projection screens and will include a Best Hat Contest, live music, all you can eat Southern style buffet, and beverages.



### Studio 54 Dance Party

Come dance the night away in your go-go boots and disco suits. The Party Angels present a 70s style dance party at the Granby Theater at 421 Granby Street in downtown Norfolk on May 14 from 7pm-10pm. It is sure to be a groovy night.

### Stockley Gardens Arts Festival

Enjoy the works of over 145 artists in a variety of mediums such as paintings, ceramics, sculpture, photography and jewelry at the 27<sup>th</sup> Annual Stockley Gardens Spring Arts Festival on Saturday, May 21 from 10am to 6pm and Sunday, May 22 from 12pm-6pm. On Saturday from 6pm to 8pm come dance with the artists at the after hours party and reception. There will also be live music and kids' activities all weekend long. The event is free and open to the public.

### Ghent Summer Bar Tour

Tour the bars of Ghent for a good cause on July 30<sup>th</sup> from 4pm to 9pm. This event will be fun for everyone over 21 years of age. Play bar BINGO by stopping by each of the 10 participating locations, serving discounted food and beverages, and claim your prize at the end of the night.



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