

THE BUZZ

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2011

Issue # 4 Volume 2



Joke of the Quarter:
By Lori Shapiro

How many folk musicians does it take to screw in a light bulb?



Answer- 5 !

1 to screw it in

2 to complain because it is electric

and 2 to write a song about it.

Advocacy in Action: By Mr. James Burney



You Gotta Fight!!
Throughout history, people or groups of people,

have had to fight for their rights. African Americans struggled to fight for their rights and equality during the civil rights movement in American history. Women have also had to fight for their legal rights during the suffrage movement. Without these efforts to change society's views, they would not have gained control over the civil and legal rights they have presently. Today, people with disabilities are fighting to hold onto the same rights that other groups of people have had to struggle for in the past. If they did not fight, then who would stand up and speak out for their rights? Someone with disabilities values their civil and legal rights just as much as anyone else. It is very important to be aware of one's rights in order to identify when they are being trampled or taken away.

I recently heard about a person with disabilities whose rights have been severely taken away. Hearing this person's story made me feel like it was my life that had ended and my dignity as a person had been crushed. I imagined that

this person felt like he or she had been hit by a low blow. Being a person with disabilities, I feel like if that happened to one person, it could happen to many. If people with disabilities do not advocate for the maintenance of their rights, the person taking their rights away has gained control over making everyday decisions to life-changing decisions without even considering the opinion of the person involved. If people with disabilities do not have control over their rights, it would be like they have control over nothing in their lives.

It makes me angry because some people with disabilities do not fully understand what their rights mean or what they are entitled to as human beings; this makes them extremely vulnerable to having their rights violated without even knowing it. That is why I feel, as a group, people with disabilities need to be aware of their rights and know that they can fight to keep them and not let someone else dictate what they can or cannot do. I can not stress enough how important it is to speak out when you feel you're being walked all over and taken advantage of because if you do not stand up and fight....who will? Maybe you should ask yourself that question.

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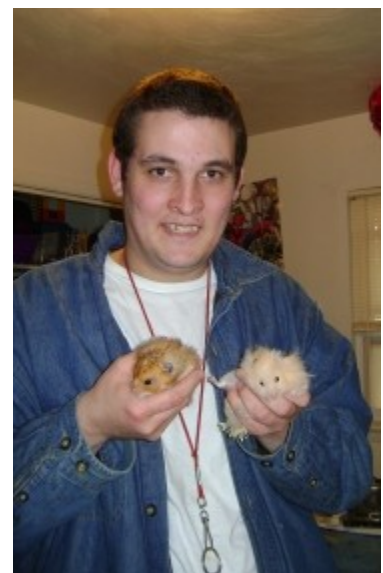
Fins, Feathers, and Paws: By Jeremy Norman

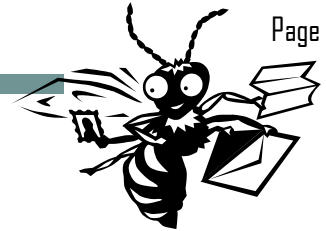


Hey! This is Jeremy. It has been a long time since an article was written but I'm back. Today I'm going to teach you about what to do if your pet passes away. Now when your pet passes away remember it is ok to cry because I've cried when mine did. It always takes a little while to get over it. The best thing to do is either bury them in your back yard or have them cremated. If you have them cremated you can still have them with you wherever you go. For a cremation they will give you the ashes in a jar and you could put

his or her ashes in your house somewhere safe. That way your pet will always be with you and you can remember him or her always. It's always good to remember the good times you had with your pet. After you move on you might want another pet down the road and you can start all over again. The thing is when you have a pet and it bonds to you and you bond to it, it can easily become a family member. What I am trying to explain is that people make a bond that is so close to their pet that the pet can be like a child. To me animals are my children because I clean up after them, I feed them, I give them love and care and a good home. It could be the same for you too. I love my pets very much and when they die, I will cry! Always remember its ok to

cry. I've decided that I don't want any blood kids in life because I have all of the kids I need. Remember that you can make the same choice. The good thing about animals as your kids is that they don't talk back to you! Animals can be very sweet. Well! I hope you've learned something in this article. I've got to go for now. Please keep reading. Over and out.





Advocacy Speech: By Timothy Howard

Hi, my name is Tim Howard and I am from Support Services of Virginia. I think there shouldn't be any waiver cuts because I like to work and make money. I love working at my job. I am very happy at Cox Enclave. I love what I do. I clean remotes and put together power adapters. I also have done a lot of other tasks here. I would really hate if I did not make money. I would also hate if I did not have transportation to get to work. All of these things in my life are connected with the budget. I don't want the budget cuts because it can affect my job and my life. I don't want to leave where I live now because their budget was cut. I would hate if I had to move. Please keep this in mind. Thank you for listening to me. I greatly appreciate it.

BE HEARD IN RICHMOND

What would YOU say to your Legislators in Richmond if you had the chance?

Would you talk about the transportation system?

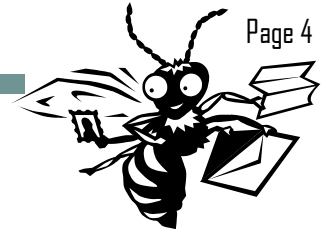
The number of people on the waiting list?

The state budget?

The lack of jobs?

The lack of representation of service-users on Boards, Committees & other Decision-making groups?

Please send your questions, comments and discussion topics to the BUZZ.



Tips for a Stellar Resume:

The last time you wrote your résumé, did you look at the blank page and wonder how in the world you were going to tell an employer about yourself - your qualifications, education, and experience - in a series of bullet points? On top of that difficulty, the current job market is extremely competitive and your résumé has one chance, and about 10 seconds, to grab an employer's attention. The standards for a *great* résumé have also changed since many of us drafted our original versions. Read on for some helpful tips on revising your résumé, or maybe even generating one for the first time.

First of all, there is not a "one size fits all" for résumés. You will need to adjust the format, language, and what you include or omit to fit the job you are applying for. Print your résumé on quality white or ivory paper. Wal-Mart has some affordable résumé paper and envelopes. You should accompany your résumé with a cover letter that states the position you are applying for and why you are the best candidate.

The obvious must-haves for your résumé:

Your name and contact information.

Accuracy. Have others review your résumé for typos and clarity.

No more than two pages. If you only need to take up one, then keep it at one. Don't feel you have to stretch it with wordy or irrelevant information.

Professional appearance. Keep the fonts simple, the margins around 1", and content divided into coherent sections.

What's Out:

Listing references. Laws prohibit employers from contacting references without the applicant's written consent. If you have letters of recommendation, include those in your résumé packet instead.

Objective. It's considered old-fashioned to list the ever so obvious objective "*to obtain a position with opportunity to advance..bla bla bla*". Replace that with a Summary of Qualifications instead and tailor it to the position you are applying for.

What's In:

Core competencies. This is a newer section for résumés meant to list key words for computer searches. If you apply for a job online, chances are a computer is actually the one reading it. It's programmed to catch certain words or phrases and score the applicant based on how many key words it reads. Use the job description to pull out such key words.

Creative formats. If you're applying for a marketing job, design your résumé to resemble a flyer. Applying for a position at a restaurant? Have your résumé read like a menu. If you're trying to get hired at a printers, make your résumé look like a newsletter. Don't make it over the top, but use formatting and fonts that lend a hint of creativity and individuality.

There are hundreds of books on résumé writing out there, and this article isn't meant to cover it all. I highly recommend Knock 'Em Dead Cover Letter and Knock 'Em Dead Résumé by Martin John Yate, available from many of the local public libraries. Both of these books provide hundreds of examples of résumés and cover letters tailored to specific career sectors and applicants.



Rock News- By Justin Brown

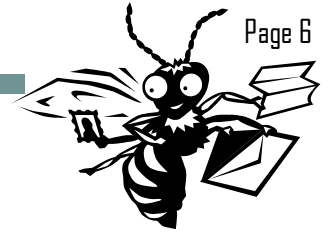


If you are bored and are looking for something fun to do over the break, maybe you should check out some of the local bands around the area. Many of them play in the same local bars like Knucklehead's, H2O, Crazy Wing Cantina, 501 City Grill, and Diesel Rock and Country Bar. These are some of the places that I have been to and have seen my favorite bands play. I like to go to Knucklehead's the most because it's a lot of fun and the people there are really friendly and like to have a good time and you don't have to pay to get in! One of my favorite bands to go and listen to is Krunch. I love going to see them play because it is really packed and the crowd goes wild, especially all of the ladies! It doesn't matter what kind of music you play because every girl is into a guy who plays guitar. If you talk to any guy

who plays music the first thing they will tell you is, "I got the girl." This is probably why so many guys come out to see Krunch play. Don't get me wrong, they come to listen to the band, but also because

they can pick up the girls. It's like the best of both worlds if you love music and women. Another cool bar to go to is Crazy Wing Cantina. This bar is huge and has three separate bars within it that play all different types of music like Rock, Country, and Hip Hop. So no matter what kind of music you are into, there is always something for everyone. It is also kind of neat because it is the only bar around here that still has a bull you can ride if you are brave enough. I haven't been wild enough yet to ride it, especially after seeing so many people fall so hard off that thing. I have seen a few bands play there though, but mostly a southern rock and country band called Tailgate Down. They are more of a band that people like to bust out their cowboy boots and hats to, but they always give a good show. The most recent bar I went to

was a place called 501 City Grill in Virginia Beach. At first I didn't know what to expect because it looked a little fancy for the places I am used to going, but one of my favorite bands Borderline Crazy was playing so I thought I'd give it a shot. It turned out to be a really nice place that reminded me of a jazz club. I think that it would be a pretty good place to take a lady on a date to eat, relax, and listen to music. One of the reasons why I like Borderline Crazy and was willing to travel so far to see them, is because the lead singer is a girl. You may think I am only saying this because I am a chick magnet, but she is really one of the best singers out there. I guess the best way to describe her would be that she is somewhat of a Gwen Stefani kind of sound that sounds good with any type of music. Nothing against the male singers out there, but you really don't see a lot of girls as lead singers in a rock band. The best way to say it is that she has that music funk about her. Her band is definitely not as crazy as Krunch, but they are more of a radio friendly band that all types of people would enjoy. These are all places that I have been to and would recommend that you go and check out. It's really easy to find out who is playing where, all you have to do is go to the bar's or band's webpage.



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



I was very happy to be home this Christmas! I enjoyed staying over there. I was on my best behavior. I helped clean and straighten up and make my parents bed. I got some really nice Christmas presents from my mother and father. I liked them and really enjoyed them. I stayed at home from Thursday Dec 23, 2010 to Sunday Dec 29.2010.

My parents were really glad to have me home for the holidays. I was lucky and got to stay longer because of the snow. We got a couple inches of snow so I was unable to go home. The snow was

very deep and kept falling over Hampton Roads. The snow was really beautiful. It felt just like a wintery snowstorm being at home. We really did get a white Christmas even though the snow came the day after. I really enjoyed my stay at my parents house.

While I was at home I was on my best behavior. I really wanted to be good so I could stay longer. Thanks to the snow I really did get to stay longer. I was the man of the house. I relaxed and helped out around the house. I would help my dad get the newspaper and the mail. I helped by sweeping the fur and dirt off the kitchen floor. To amuse myself I wanted to see Yogi Bear in 3d. We had the whole day planned but we unable to go because of the snow. I then watched tv and

enjoyed being at home with my family.

During the holidays I also went to see my girlfriend Jan at her house. I did a little bit of shopping around to pick up a few things before going to her house. When I got there we exchanged gifts. I got a really cool gift from Jan. I liked it a lot. I got Jan some nice body wash and lotions.

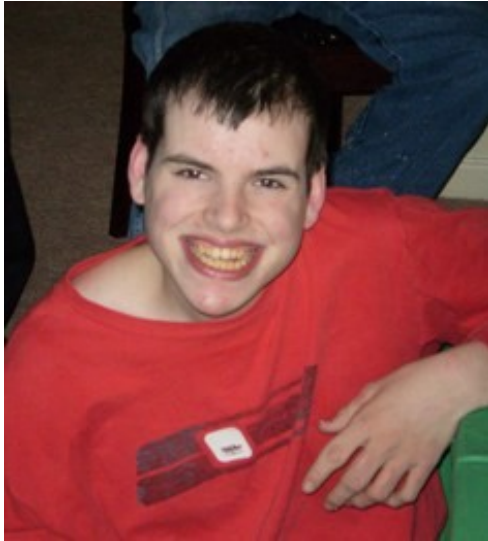
Overall it was great Christmas and I really enjoyed myself. I really liked being home and seeing my family. I also enjoyed the snow a lot. I hope everyone had a safe and happy holiday.





This Is What I Think...

A Critique Column by Blake Thomas



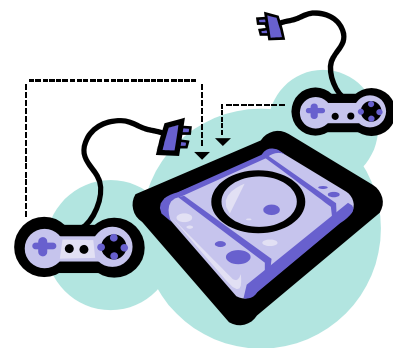
Hi, my name is Blake Thomas and I love to play video games. If you want my opinion on a

game, please continue to read this. If you like movies that have video games that go with them, then please continue to read this.

I would like to give you my view on Ghostbusters, which is a video game that I play on my X-box. This is a really cool game which I will give two thumbs up for sure. The controller is easy to use with this game and has many different guns which the player can use. The object of the game is to destroy the Marshmallow Man. One of the main characters is Bill Murray. He is very funny throughout the whole game. Before you can destroy the Marshmallow Man, you will have to fight some ghosts, which include the likes of a spider witch, the Bellhop ghost and the Black Slime. To see the other ghosts and monsters, I suggest that you check this game out for yourself. My favorite part of the game is destroying the Marshmallow Man at the very end. If

you are scared of the dark, then I suggest that you do not play this game because it has many ghosts in it which may give you nightmares.

The next game I chose to give my review on is called Duck Dodgers. Even though this is an older game which I play on my Nintendo 64, the graphics are still good. It is fun and easy to play, which is why I give it two thumbs up. It has Porky Pig's hints to help Daffy defeat Marvin the Martian. If you like to explore different planets (like Mars, Planet X, etc.) then I suggest you purchase this game. It also has some familiar Looney Toons scenes including Daffy's bill spinning around his head when he gets shot. Even though there is no blood in this game, it may be a little too violent for some people's taste. My favorite part is all of the humorous things that are said throughout the game, as well as beating the Martians. If you still have a Nintendo 64 then I would suggest that you check out this game.



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 .



This newsletter The Buzz celebrates “belonging.” Belonging is about more than just living in the community, it is about being a part of the community. Having friends, going out to the movies, working where you want to work, and being respected for who you are. We are celebrating “belonging” because we ALL belong!

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. Dues are \$10 a year.



The Able Gamers Foundation has unveiled a groundbreaking area of accessible web games on their website, AbleGamers.com. The accessible games are an unprecedented development in the area of gaming for people with disabilities. The new games on 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.