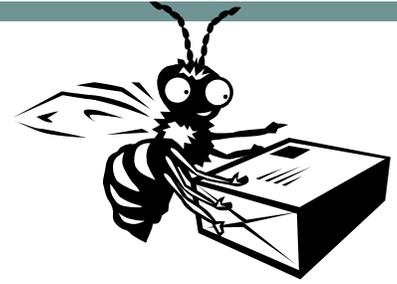


Newsletter Date:  
April 30, 2015

# THE BUZZ

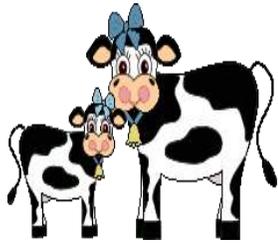


Issue # 6 Volume 1

## Joke of the Quarter:

What do you call a cow who has just given birth?

DeCalfenated!



## Self-Advocates By Mr. James Burney



### Making a Change in 2015

Happy Spring everyone. My name is James Burney. As an experienced advocate, I never feel need to stop what I am doing. The more I get involved the more I feel rewarded from helping others. As the New Year of 2015 begins, set high goals for yourself this year. As your journey through this year striving to reach those goals, you will be surprised how far you get. The more you accomplish in reaching those goals, your determination will increase and you will feel good about yourself. As I continue to inspire others, they continue to inspire me back. This inspiration is what encourages me to carry on with advocacy. I hope my dedication motivates you all to advocate for yourself.

**See Pages 6 & 7 for  
inspiring photos.**

### Conflict Resolution Tip: Always Make a Good

**Faith Effort:** Agree to make a good faith effort to resolve your conflict. Make a serious and honest attempt to communicate clearly and work cooperatively with the other person to reach a settlement that works for both of you.



## A Day at the Wizards' Castle A Short Story by Josh Turner

Once upon a time there was a very big ancient castle where two wizards found out that they are indeed gay from their parents. Their parents had told them that they should date each other before they both decide to get engaged to get married to each other. They waited for the day of their last date to get here so that they could get engaged to be married to each other.

Then they started looking for their own castle with a whole lot of bedrooms and a whole lot of bathrooms as well. Both of them had decided to adopt young gay male wizards so that they could start teaching the next generation of young gay male wizards how to control and use their powers for good, and how to cast spells as well.

They went to the grocery store to buy a whole lot of groceries for their very own castle. They went back out to buy a whole lot of cartons of cigarettes, and then they had to go right back out to the grocery store to buy their desserts. They ordered pizza for their dinner that night and after dinner was all done and over with, they ate their dessert after they were all finished eating all of the other food on their plates. Then they went to their room to get ready for bedtime so that they could already be dressed for bed and go right to sleep and stay fast asleep.



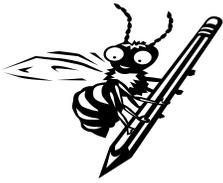
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The Buzz is looking for contributors. If

you are interested in writing a one-time feature article or in being a part of our regularly contributing staff writers please contact Angela Stevens at 757-625-6161 ext. 513 or [astevens@hope-house.org](mailto:astevens@hope-house.org). We look forward to reading new and exciting articles!



## CRITICS' CORNER— A New BUZZ Feature



Spongebob: Sponge Out of Water 3D—Reviewer Larry Guynn says: Five out of Five Stars. This movie is a comedy good for all ages. This was different than the cartoon because it was in 3D! It's full of surprises and you never quite know where the plot is going. My favorite part was Spongebob's evil twin. I went shortly after this film came out and it still wasn't very crowded. Regal Cinemas MacArthur is the best local place to see movies in my opinion because the staff supporting you can come for free.

I also saw the Wedding Ringer (Rated R) at Regal Cinemas 18 and would like to review it for you all. It is a new comedy starring Kevin Hart and Josh Gad. I laughed from beginning to end. The funniest parts were the dancing scenes and whenever Kevin Hart tells stories. At Regal Cinemas 18 (MacArthur) you can ask for a FREE companion ticket for your staff! I rate this movie 5 out of 5 stars. Everyone should go see it.



The Imitation Game— Reviewer Daniel Gunn says: Hello. I am 30 years old and I just moved in at Harrington. I am doing good in my new apartment. I am liking living alone; I get my freedom then I can go visit to town and then go to the library and go grocery shopping myself. I'm making better choices than I did when I was at home. I saw The Imitation Game (PG-13) at the Naro. It is a drama/thriller based on a true story about code breaking. I recommend anyone interested in World War II. This film is also LGBT-friendly. I rate this movie 5 out of 5 stars.

## COMING EVENTS



© TOWN BANK PRESENTS  
**Stockley Gardens Arts Festival** Saturday, May 16<sup>th</sup> & Sunday May 17<sup>th</sup>, 2015 – Stockley Gardens Spring Arts Festival; Stockley Gardens, Ghent.  
Contact Keeley @ 757-625-6161 ext 509

**Friday, June 5, 2015** – Hope House Administration Office Retreat, Virginia Living Museum  
Contact Donovan 757-625-6161 ext. 508

**Thursday, June 25, 2015** – Hope House Foundation Annual Dinner; Norfolk Waterside Marriott  
Contact Donovan 757-625-6161 ext. 508



**Saturday, July 25 & Sunday, July 26, 2015** – Hope Cup Soccer Tournament; Virginia Beach Sportsplex Contact Keeley @ 757-625-6161 ext 509

## This is What I Think... by Blake Thomas

Hi! My name is Blake Thomas and playing video games is what I do. The game I have been playing is Legos Batman 3 Beyond Gotham. I play this game on my Xbox 360. I received this game from my mom this year for Christmas.

I give this game 2 thumbs because it's a Lego's game. Anyone can play this game because it's rated E for everyone. It's not scary at all and it does not have any blood in it. My favorite characters to play with are Batman or Robin. The Justice League helps them beat up the bad guys. When they all fight they make a big Lego mess especially when they fight the big Lego dragon. When they fight the Lego dragon he spits out fire made from Legos and they explode into smaller Legos.



My favorite level that I've played is the Yuspault level because it has volcanoes in it that erupt strawberry lava. So Batman and the Justice League to cross the Lake of Strawberry Lava they have to build this huge bridge out of green Legos.

The funniest part of the game is when the Joker wears Batman's costume and pretends to be Batman using a funny sounding voice.

### SPRING WORD FIND

R M G C A L I L L D S M S  
 L A N E T R A L A I K L D  
 A R N F R S C F R R C L A  
 L I I O T A F I E T O R I  
 A G N E G O N W T D H F S  
 I O R U D A O I I U Y S Y  
 S L Y I T L R H U O L U E  
 H D L L F E C D T M L I A  
 C N I N I R P D P S O I P  
 U Y U K O L R S R A H L E  
 F S C A R N A T I O N C S  
 L V I O L E T O Y P A S O  
 S I T A M E L C F E A C R

#### FLOWERS TO FIND

Aster	Geranium	Orchid
Carnation	Hollyhocks	Petunia
Clematis	Iris	Rose
Daffodil	Lilac	Snapdragon
Daisy	Lily	Sunflower
Fuchsia	Marigold	Tulip
		Violet



**Diabetes Tip of the Quarter: *Always eat breakfast:*** Starting your day off with a good breakfast will help you have energy as well as steady blood sugar levels. ***Eat regular small meals—up to 6 per day:*** People tend to eat larger portions when they are overly hungry, so eating regularly will help you keep your portions in check.



# CELEBRATION STORIES

\*\*\*\*\*

## Old Friends in a New Place—by Joe Lightfoot



I'm Joe Lightfoot and I had my first birthday party in my new apartment at Harrington. I turned 67 on December 12<sup>th</sup>. I had a lot of fun with my friends from Redgate, Bison, and Harrington. My neighbor from down the street even came to celebrate and take a picture with me. The best part of my day was having a birthday dance and going to see the Christmas Lights at the Botanical Gardens. Thank you all for making my day special. Let's do it again next year!

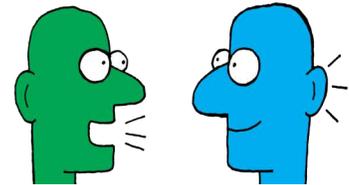
## Family—the Best Holiday Present EVER—by Tim Howard



Hello, my name is Timothy. What I like about the Holidays is spending time with my family. I like spending time with my mom and dad, and sister and her husband. I like going over to my mom's condominium in Norfolk. We had great holidays this year. My dad was over and my sister and brother came down too. They gave me presents and money. My dad gave me DVD's and money. My mom gave me some new sneakers and some other nice things like cologne to smell nice and fresh, and some jelly bellies. We gave my mom some nice gifts and also gave wonderful gifts to my dad, my sister and my brother –in-law. And best of all,

I had a great time spending the Holidays with my family at my mom's condominium. That was the best Holiday Gift I could ever have!

**Communication Tip of the Quarter:** Listening is more than just being quiet while the other person talks. Be an Active Listener. Pay attention to what the other person is saying. Then think about it for a moment. Then respond. That's Active Listening.



## Health Tip of the Quarter- Water is essential to good health – by Dorothy Clark

*Note: Always follow your Doctor's Directions about your fluid intake.*

**Follow the 8 by 8 Rule. Drink eight 8-ounce glasses of water a day. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember.**



**Remember that the rule really means: Drink eight 8-ounce glasses of fluid a day since all fluids count toward the daily total. So: drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal and drink water before, during and after exercise. And ENJOY YOUR SUMMER!**

## ROCK NEWS by Justin Brown

### WTC coming to an END??

This past December 2014, there was the most explosive band party at Grumpy's Bar and Grill for Virginia Beach's loudest & craziest rock bard bands last performance... White Trash Circus! The Name says it all. The 5 piece hair metal band has enough talent to light the barge of fireworks on the 4<sup>th</sup> of July. These 5 guys are rockers by nite and all professionals by day. One is a school teacher for Special Needs students; another is truly a Rocket scientists for NASA and that's just the beginning. They have a full-time hard hitting drummer, but in the very creation of the band, the original drummer was (you are not gonna believe this) Scot Travis! Of Judas Priest!!! And for this final performance, who came to play the drums that nite? The Thunder Banger Himself, Scott Travis! I have the proof too – I caught the drum stick and got his autograph!



They R-O-C-K-E-D the place down. It was monumental.

But if you have not had the chance of hearing this exceptional Band, don't get all teary-eyed and heart-broken just yet... I have heard some rumors. But I am sworn to secrecy for now! I can say 'The Great Never Go Away' and something about the month of April? Check it out Rocker Fans. You will never be disappointed.

Keep Rock-n-Rollin

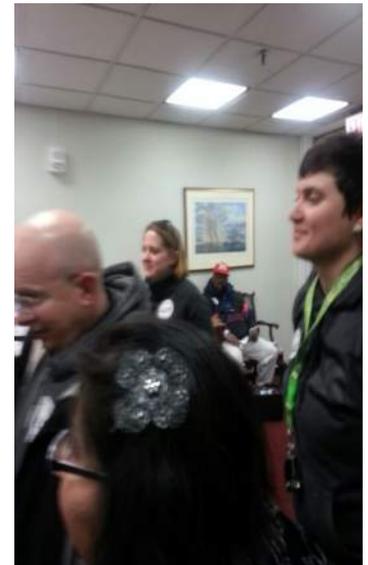
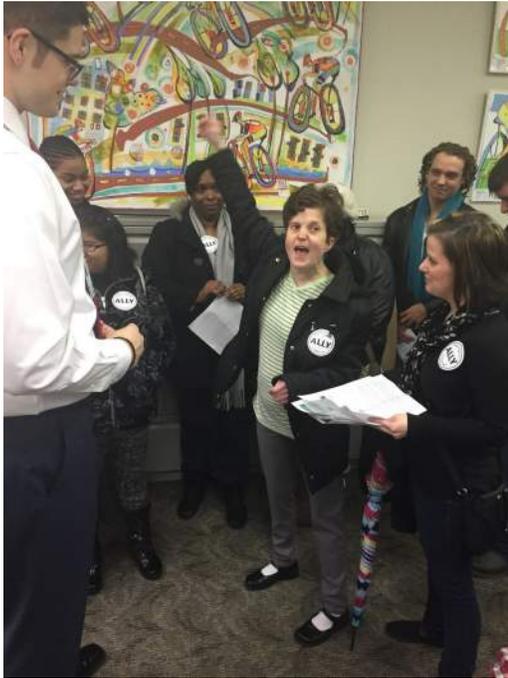
### Motley Crue—Final Tour

# MOTLEY CRUE

It certainly wasn't 'The Same Old Situation' at the Motley Crue Final Tour. They opened with a 'Primal Scream' that 'Kick-started Everyone's Heart!!' Motley Crue Final Tour was held at Farm Bureau in Virginia Beach and it was a Sell-Out. Especially for the 'Girls, Girls, Girls' that were everywhere. Old and young, short and tall, a lot of girls. As always, Motley was a 'Live Wire' act. Tommy Lee show'd his 'Wild Side' as he drummed solo and upside down! These amazing musicians, Tommy, Neal, Vince and Nikki of Motley Crue will live on as one of the Greatest Heavy Metal Bands spanning generations. Keep Rock-n-Rollin—Justin

**S.A.F.E. Tip of the Quarter:** Keep your own private business PRIVATE.

# Activists In Action—DD Advocacy Day Richmond



### Page's Pita Pizza

Weight Watchers Approved – 3 points



#### **Ingredients:**

- 1 whole wheat pita**
- 2 tablespoons of pizza sauce**
- ½ cup 2% milk shredded cheese**
- 3 low-fat turkey pepperoni slices**

**Optional toppings are up to you!**



**Try veggies. Some of my favorites are onions, sweet peppers and black olives.**



#### **Directions:**

- 1. Preheat the oven to 350**
- 2. Line a baking sheet with tin foil**
- 3. Lay pita flat on baking sheet**
- 4. Spread pizza sauce evenly on surface of pita, starting in the middle and working your way out in circular motions, leaving ½ inch crust at the edges of the pita**
- 5. Evenly sprinkle shredded cheese of your choice on top of the sauce**
- 6. Lay pepperoni slices out on top of cheese, spacing evenly. It's optional to tear the slices into bits before sprinkling**
- 7. Place pita pizza in oven and bake for 7 minutes or until cheese is thoroughly melted and edges of the pita are toasted crisp**
- 8. Turn off the oven, take out the pizza and transfer to cutting board. Cut into fourths and serve immediately. Pairs well with a side salad for a healthy, yummy and quick meal!**

## **DD Advocacy Day—Activism at Work in Richmond**



**SPEAK OUT!  
GET YOUR VOICES HEARD!**



## Sharing our homes—Friends Indeed!



In the spring of 2013, the Redgate team was contacted by Mike Ney to see if anybody might be interested in a visit from a registered therapy dog. Being an animal lover, Lucinda eagerly accepted the offer. In March of 2013, Mike brought his beautiful female Yellow Labrador Retriever, Sandy to visit Lucinda, and the trio have been friends ever since. For almost two years, Mike and Sandy have been regular visitors on Thursdays with Lucinda

(weather and health permitting). The two are very dedicated, reliable and conscientious. Lucinda enjoys simply petting the dog and giving her treats for obeying simple commands. On nice days, Lucinda, Mike and Sandy take a leisurely walk down Redgate Avenue. Lucinda states that she knows it is good exercise for her to walk regularly and she loves to walk with the dog. Mike and his wife, Arlene attended Lucinda's birthday party at Olive Garden last fall. In November, Lucinda was selling Chick Filet "Cow" calendars to benefit the Therapeutic Recreation Center. Mike stepped up and purchased one. During the Holidays, Sandy the Lab wore her adorable red and white jingle bell Santa collar, which put a huge smile on Lucinda's face. Mike helped Lucinda decorate her Christmas tree, and the three friends exchanged gifts. Quite a friendship has evolved! It has been really nice for Lucinda to have Mike and Sandy in her life.



*What do you do when you decide you want an animal or in my case a Guinea Pig by Elvi Goldschmidt.* When you decide you want the responsibility of an animal, you need to do research to find out how much it will cost to take care of it, what all it is that it will need and what is required to keep them healthy and happy. With me, for Mojo my Guinea pig, he needed a cage, bedding, water bottle (so he doesn't drown) food bowl, guinea pig food (he can't have my favorite sea food) timothy hay and treats. After doing the research and thinking you are ready for the responsibility, you need to talk to your money lady so they can help you budget for it. Once you budget for your animal then you can start looking

and find the one right for you. It took me several weeks looking with staff to find the perfect one for me. It was worth the wait. Mojo is now my baby doing well and is very spoiled. My neighbors even love him and spoil him. I hope this helps you find your perfect animal!

After what seemed like endless searching, Ashley has finally found her PERFECT companion, Buster.

