

# Self Advocacy Speakout

SEPTEMBER 2020

## *My Driver's License Journey*

By Justin Galloway

I was tired of waiting on others to take me places and waiting on the bus to take me to and from work, so I decided that I wanted to get my driver's license. I went to the BMV and got the permit packet to review. After studying for a couple of months, I took the permit test and failed it. I was disappointed and discouraged, but my mom was very encouraging. I studied harder and took it again but once again i failed the test. The third time I was very determined, so I studied even harder and felt confident. When I passed it the third time, I felt really good about myself because I worked really hard and i was excited to take my driver's test.



I enrolled in a driver's education class with Kinston in Boardman and I drove with my mom on weekends. I took the driver's test the first time and failed the whole thing, so I had to take online classes and then drive 8 hours with an instructor. After I finished that, they gave me a certificate and I kept practicing with my mom until I got better. I took the test two more times after that and failed. I did not feel too good about myself and I was discouraged. I kept practicing and built my confidence and now I'm ready to try again.

I am scheduled to take my driver's test in a couple of weeks and I'm excited. I know the test will be different this time because of COVID-19, but I still feel confident. This time I will not drive on the street, just around the parking lot. I am determined to keep trying until I get my driver's license.

## *Bullying*

By Danielle Cesene

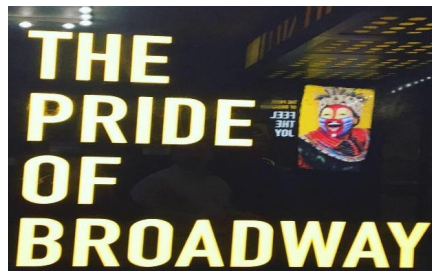
Bullying can be a form of verbal or physical harassment, sometimes leading to self-doubt, depression, and suicide as the bullying continues. Anyone can get bullied, even adults, and anyone can be a bully. Bullies use hurtful words and actions on purpose to discourage others. It's hard to understand why anyone would want to hurt someone else in this way. Most of us just assume that bullies are disrespectful when really they can be hurting too. In some cases, the bullies are stressed or angry and don't know how to express it and making someone else suffer with them makes them feel better.



We don't always recognize bullying, sometimes it's unnoticeable and other times it's right in front of us. In my opinion, insults are also considered bullying. Even little comments can hurt a lot. An example of when I witnessed bullying was when my friend got shamed because of her body size. I know it has happened multiple times and I have witnessed it. I'm not proud of being a bystander, and if I'm being honest, I was scared of standing up and getting bullied myself.

It's challenging to get over hurtful words that come out of someone's mouth and that memory can stay with you for a long time. My friend was hurt I could tell. It's hard fixing someone's thoughts once something is said to make them feel bad about themselves.

We can't stop all bullying, but we can prevent it from happening so often. Sometimes bullies just need someone to talk to about the anger they've kept inside for so long.

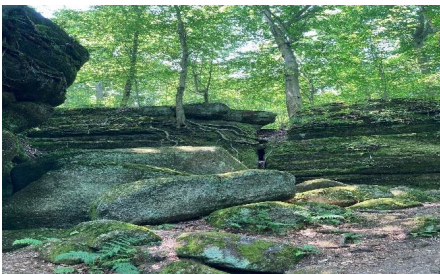


## *My Love of Photography*

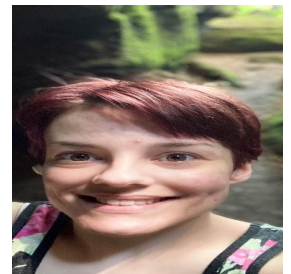
By Laura Stark

I was very young when I started to take pictures. I think i was about 8 years old when my dad bought me my first camera and showed me how to take photos. I saw lots of people taking pictures and I wanted to try it. Some of the first pictures I took were of my stuffed animals and my family. I loved how the pictures looked after I took them. My favorite thing to photograph was my family. Especially when they didn't know I was taking their photo. Like an action shot! Or when they were laughing. I love making people laugh while I'm taking their picture. This is a picture of my cousins with my grandma that I look last year *(top left)*.

When I really got into photography, I discovered all the editing apps on my phone. I edited almost every picture I took. It's so cool how many different ways you can enhance your photos! Now that I'm older, I love taking pictures of nature and my personal activities like visiting New York! This is when we went to NY for my 21st birthday and went to see the Lion King. The picture I took was a billboard. *(top middle)*.



Here's one of my edits I made! *(top right)*. I love how it looks vintage...I don't know, you just have to find the right angle sometimes.



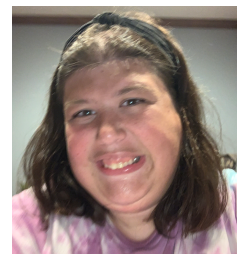
The picture directly to the left is one of my favorite pictures! We went on this beautiful hike. You had to almost climb up rocks to see it! It was a lot of fun.

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## *My First Camping Experience*

By Olivia Parker

A couple of weeks ago, I got to go to the Salem Camp Ground with my friend Renee. We stayed in a really nice cabin. We spent time swimming in the swimming pool even though the water was freezing. It was really hot outside so the water felt extra cold. One night, they set off fireworks, so that was awesome!



We had breakfast and dinner with Renee's family because her Aunt and Uncle were camping at the same campground. Renee took me around the campsite in a golf car that she rented. It was so much fun and I enjoyed it very much!

We had a campfire and made smores. I enjoyed spending time with my friend, Renee, and her family. I can't wait to go again!

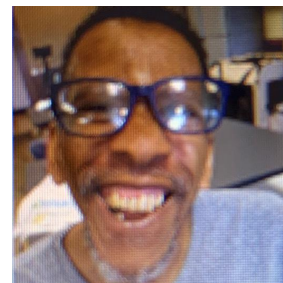
## *Fourth of July Before and After COVID-19*

By Anja Calior

A usual 4th of July for me is eating dinner with friends and family and watching fireworks. However, this year we couldn't have a big crowd because of COVID-19 and we had to practice social distancing. I spent the night outside with my friends from next door watching them shoot off fireworks! We ate snacks and drank Capri Suns and surprisingly we still had a really good time.

Because of the virus I couldn't do as much as I usually would have, but I had fun! Since the start of COVID-19 things have not been the same, but that doesn't mean you can't make the best of it and still enjoy the holidays.

I hope everyone is staying safe inside and wearing a mask while going to the grocery store or work because if you get the virus, it could have devastating consequences!



- Which pop/rock singer wrote the song Manic Monday for the Bangles?
- Which Streets of San Francisco & Battlestar Galactica actor share the same name with a person on CBS-TV's Survivor?
- Which actor sung the rock song, "She's Like the Wind" with Wendy Fraser from the movie Dirty Dancing?
- Which Canadian city has the Upside-Down House Restaurant?
- Which actor was in both Battlestar Galactica & The A-Team TV shows?

Did you know this little known fact? The longest word in the dictionary is:

*Pneumonoultramicroscopicsilicovolcanoconiosis*: an illness caused by the inhalation of a fine silica dust found in most volcanoes.

**If you know the answer to Abe's questions or have a question of your own, you can send your thoughts to Abe at [askabelne@gmail.com](mailto:askabelne@gmail.com)**

The Self Advocacy Speakout is published every other month. The next issue will be released on November 2, 2020.

If you want to be a part of the writing team, have something to share for the Speakout Spotlight or if you would like to subscribe to this newsletter contact [TekissaGraham@tcbdd.org](mailto:TekissaGraham@tcbdd.org).



Use a Camera  
or a Phone!

## PHOTOGRAPHY CLUB

Join in expressing your creativity through photography!




- Design unique photos using paintings.
- Learn to use photo effects and edits.
- Develop photo printing techniques.
- Learn to mat photos like a professional.
- Visit places and pick favorite things to photograph.

Explore photography with Laura B. (using virtual and in person meetings)

Meetings will be held the 1st and 3rd Mondays of the Month!

If interested, please contact Laura at [lstark399@gmail.com](mailto:lstark399@gmail.com)

**Meet & Greet Monday, August 31 @ 7:00 PM**  
Bring a photograph that represents you or your interests  
**Zoom ID: 861 259 9172 Password: cat**



Sunday's  
@ 4:30 PM  
Studio Oxygen  
Feb. 9, 16 & 23  
March 1 & 8  
584 E Main St.,  
Canfield, Ohio

**\$5**  
or donation

## POWER YOGA BASICS COMMUNITY CLASSES

One lucky Yogi will be going home with a wonderful door prize after each class!

**Cost: \$5 or Donation of Your Choice**

All monies will be supporting Autism Ability Advocates, Inc.'s "YogAbility" workshops.

These workshops are provided at low to no cost for a wonderful community of special needs individuals!

I hope you can join us, Namaste - Denice Stout (I teach Feb. 9 & March 8)

**SUNDAY'S @ 4:30 PM - STUDIO OXYGEN**  
**584 E. MAIN ST., CANFIELD, OHIO**  
**FEB. 9, 16 & 23 MARCH 1 & 8**