

SELF ADVOCACY SPEAKOUT

March 2022

Weather & Sickness Prevention

By Anja Calior

The weather has been so up and down, it is crazy! First of all, it didn't snow for Christmas and that was just WRONG! In January, the hottest day was January 1, 2022 with a high of 55 degrees and a low of 38 degrees. The coldest day in January was January 29, 2022 with a high of 17 degrees and a low of -1 degree.

Unfortunately, these drastic changes have increased the COVID numbers. Here are some precautionary measures that have helped me stay healthy and that everyone can follow:

Wash Your Hands: Your hands are able to spread germs everywhere! Gross, right? Multiple surfaces can hold billions of germs, but sickness can be prevented by simply washing your hands. If you sneeze, cough, or even touch anything that may harbor germs, wash your hands! I cannot stress this enough. Be mindful of washing your hands, especially before eating since you don't know what your hands have touched. The next best thing is sanitizer, but soap and water is your best option.

Gargle Water: Did you know that people who gargle with plain water are less likely to get sick? Newsflash, this is a good way to make sure your mouth is bacteria free. You should rinse with tap water whenever you can since there is a small amount of chlorine in it. The recommended amount of time for doing this is 60 seconds.

Get a Flu Vaccine: If you get vaccinated for the flu you are less likely to get sick, right? Getting vaccinated for the flu will not only help you, but it can keep others from getting sick as well. The flu can spread quickly, therefore, the more of us who have the flu vaccine will help prevent the spread.

Stay Active: Exercise, exercise, exercise! You hear it all the time. Get this, exercise may help prevent you from getting sick and will help you stay in shape and stay healthy! There was a study done that showed people who exercised (at least 45 minutes, 3-5 days a week) were healthier than those who didn't.

I'm really scared of getting sick with COVID. My roommate had it and was sick for at least a week and I'm being very careful to keep this from happening to me.

We Thrive Together offers virtual events Monday - Saturday for individuals in Trumbull County. You can register at: <https://wethrivetogether.org>

The Self Advocacy Speakout is published quarterly. The next issue will be released on June 1, 2022.

If you want to be a part of the writing team or have something to share for the Speakout Spotlight, please contact AlyssaSmith@tcbdd.org



How My Service Dog Helped Me

By Natalie Morgan-Martin

My name is Natalie Morgan-Martin and I have spastic quad cerebral palsy. Quad means 4 - 2 arms and 2 legs. Today I'm going to tell you about a special animal that helps people with different disabilities. This type of animal is called a service animal. There are different types of service animals, including autism service animals, service animals that can alert to seizures, and service animals for veterans. Today I'm going to focus on the type of service animal that my dog, Peepers, is which is a mobility service animal.

When I was younger, my doctor recommended that I use a service animal to assist with my disability. My mom and I started to research how much a service animal would cost and it turns out that we would need to raise \$13,000. We knew that it would be a lot of money, but we didn't get discouraged because we had the support of the community. Through Champion Middle School and some local businesses, we raised enough money to purchase Peepers when I was 16 years old.

When I first got Peepers, she was one-year old and I just started petting her. My mom asked me if I liked Peepers now that I met her in person and I told her that I was so happy and excited to finally meet and take home my service dog. We had to go through training with Peepers for 10 days at "4 Paws for Ability". Peepers has 3 sisters that are also service dogs, but they are seizure support dogs. They all came from the same litter of puppies, and it was called "P is for Perfect".

The service that Peepers has provided for me was comfort when I was going through procedures by giving me her paw, she would pick up objects that I dropped and give them back to me, and she would even hit the button on wheelchair accessible doors so I could go through in my wheelchair. Peepers is retired and no longer has to work, so she enjoys sleeping on the couch, lounging, having fun, and she even comes in my room just to keep me company at night. In conclusion, service dogs provide people with disabilities great company throughout their lives.



When I Had COVID

By Stephanie McBee

I got the virus and had to stay home for 2 1/2 weeks. It felt like I was in jail because I was in my room all day and was only allowed to come out when I needed to use the restroom. I was not able to communicate with my roommates or my staff because we did not want to spread the virus. I had to wear a mask in my own house which was weird to me. I could not wait to go back to work but knew that I had to wait until I was better so I did not get any of my friends sick. I felt bad that my roommates had to stay home for 1 1/2 weeks because I had COVID. When I was finally able to go back to work I was so happy to see my friends and my boyfriend. Oh yeah, also to make some money!



Help Stop Animal Cruelty

By Alexa McAlister

I have a short calico cat named Cali, but her nickname is Mama Kitty. She was typically a cat that liked to live outside and she was a really great hunter, but also a super friendly cat to anyone she would meet. In October 2021 she was injured while enjoying her time outside. After we took her to the vet, we discovered that she was shot in the back leg by someone in our neighborhood, which resulted in her leg needing to be removed through surgery.

Mama Kitty now has to be an indoor cat since she only has three legs and cannot protect herself outside. She quickly adjusted to life as an indoor cat and now enjoys her life in the house with our family. Although Mama Kitty was lucky enough to have a family that cares for her and helped her after her injury, some animals are not as lucky. Please stop animal cruelty. Some ways that you can help are to consider adopting an animal from your local shelter instead of buying one from a pet shop, or volunteering at a local animal shelter in need to help. Pets are loyal and loved members of our families and we should help whenever we can.



Interview Corner with Olivia Parker



Can you tell us all your name? My name is Karen Ronga.

What is your position at KSU? I am the Library Director at Kent State University.

What is your day like as the Library Director? A lot of my day is spent making sure that we have all the books that the students need, helping students find books, and just taking care of day-to-day needs at the library.

What got you interested in being a librarian? I really enjoyed helping students find information that they needed. Helping students is still my favorite part of this job.

Do you have any pets? I do. I have a cat and his name is Emerson.

What is your favorite book? I am currently reading "The Godfather" and I really like it so far, so I would have to say that one is my favorite book right now.

Was your first job as a Librarian at KSU, or did you work somewhere else? I started at Youngstown State University and worked at Ohio State University before coming to KSU.

If someone doesn't like to read, what book would you recommend? I would first ask them what they are interested in, and find out what they would like and then make a recommendation based off of their answers.



Ask Abe Trivia!

- Which color is not on the 1960's/1970's NBC Peacock?
- Who played in the 1970's CBS-TV show, Phyllis?
- Which TV actor played in the 2 NBC-TV shows, Banacek and The A Team?
- Which TV actress not only played in the NBC-TV's McMillan and Wife TV Show, but also played in CBS-TV's Kate & Allie TV Show?
- Which TV actor not only played in the 2 CBS-TV shows, Gunsmoke and Emerald Point N.A.S., but also played in NBC-TV's McCloud TV Show.



Answers:

1. Black, 2. Cloris Leachman, 3. George Peppard, 4. Susan Saint James, 5. Dennis Weaver.


If you have a trivia question for Abe, or you just want to share your thoughts, email him at askabelne@gmail.com.

ABE'S FIVE LITTLE KNOWN FACTS IN AFRICAN-AMERICAN HISTORY:

- **Claudette Colvin - 3/1/1955:** She refused to give up her seat on a Montgomery, Alabama bus 9 months before Rosa Parks did - in the same year. She felt like Sojourner Truth and Harriet Tubman all in one.
- **Matthew Henson - 4/9/1909:** He was the first key member of the first successful expedition to the North Pole and made 1 separate voyage to the Arctic.
- **Phyllis Wheatley - 1773:** At 12 years old she published her first poem in Boston, Massachusetts after she was taken from her home in Africa when she was 7 or 8 years old.
- **Josephine Baker - 1937:** Not only was she a singer and performer in the U.S., she was a spy for the French during World War II. She encountered racism in the U.S. then she married a French spy and moved to France.
- **Rebecca Lee Crumpler - 1865:** She was the first African-American woman to become a doctor in the U.S. She opened a clinic in Boston, Massachusetts to help poverty-stricken patients.


BETHANY AND FRIENDS MOVIE REVIEWS! WITH BETHANY & FRIENDS STEPHANIE, AMANDA, TATUM & KELLY

Bethany:




Have any of your readers watched the 1999 film "She's All That" Starring Rachael Leigh Cook (Laney) and Matthew Lillard (Brock)? The movie I watched for my review was a spin on that movie! The movie "He's All That" is rated TV-14 and is about a popular girl who makes a not so popular boy cool by giving him a makeover and ends up falling for him in the end. The main characters are Padgett Sawyer (Adison Rae) and Cameron Kweller (Tanner Buchanan). Anna Sawyer was my favorite character, I liked her in the original movie as well. Cameron does get into a fight with a guy named Jordan because Jordan was trying to date Cameron's sister. Jordan is Paget's ex-boyfriend. A cool fun fact about "He's All That" is that Rachael Leigh Cook and Matthew Lillard play Padgett's mom, Anna Sawyer and Principal Bosch! The movie is so similar to the 1999 film and the fact that some of the original characters play in this one. I would encourage all of you to watch this movie in your spare time. Thumbs up from me for "He's All That"!

Stephanie:




Are you an Adam Sandler and Chris Rock fan like me? Then prepare yourself for some laughs if you choose to watch "The Week Of" after reading this review! I love to watch comedies and this movie did not disappoint at all when it came to making me laugh the whole time. Adam plays Kenny Lustig and Chris plays Kirby Cordice. Kenny's daughter is getting married to Kirby's son and they are expected to spend the week before the wedding together - and to stay civil while doing so! It made me think about when I get married some day and how I hope my weeks, day, and hours leading up to my wedding are better than what I saw in this movie. I had so many favorite parts, but I did really like the father-daughter dance, it made me tear up and had me about to cry. I give this movie TWO big thumbs up and would suggest this movie to anyone that asks for a good comedy to watch.

Amanda:




I watched the movie "The Starling" and I think you guys would like it too! The Starling is rated PG-13 and stars Melissa McCarthy who plays Lilly Maynard and Chris O'Dowd who plays Jack Maynard. I was sitting in my room looking for a movie to watch and came across this one and thought it looked interesting so I decided to watch it. I can relate to it because I have experienced loss in my family like the characters in this movie have. The father, Jack, has to go away to a facility to help with the loss of his daughter and the grieving process while his wife stays at home. While at the facility, everyone is in a room talking about the losses they've experienced and Jack talks about the loss of his father. I almost cried a handful of times while watching this movie, so keep the tissues nearby when you watch this movie! I give "The Starling" a big thumbs up and hope you all find the time to watch it!

Tatum:



I watched "After We Collided" and I loved it! This is a sequel to the movie "After", which is why I chose to watch this movie and review it. Tessa (Josephine Langford) takes the internship at Vance Publishing and befriends a new guy, Trevor (Dylan Sprouce) and her boyfriend Hardin (Hero Fiennes Tiffin) does not like this at all. The movie follows Tess and Hardin through their rocky relationship as they learn how to navigate through the ups and downs. I had a lot of favorite parts, but I really like watching Tessa and Hardin work on their relationship throughout the movie. I would recommend this movie to anyone and give it 10 out of 5 stars and a huge thumbs up!

Kelly:



I have been a fan of the "Marine" movies since they came out and stumbled across "Marine 5: The Battleground" one evening while looking for a movie to watch and it gets a big thumbs up from me. I have the first four movies and I was curious to see what happens in the fifth movie. It also stars Mike "The Miz" Mizanin and I am a huge fan of his. "The Miz" plays Jake Carter and his wife, Maryse Mizanin plays Ana. This movie is an action packed R rated movie about an EMT who is trying to keep a person from getting killed by a biker gang. One of the members of the gang got killed in a random attack and the gang members vowed to seek revenge. If you like action movies, I would strongly suggest you check out not only "The Marine: The Battleground", but all of the "Marine" movies!

SELF ADVOCACY SPEAKOUT

SAVE THE DATE FOR THESE EVENTS IN MARCH:

THE NATIONAL PACKARD MUSEUM'S 22nd ANNUAL MOORCYCLE EXHIBIT

January 8 - May 21, 2022
Tuesday-Saturday 12:00 - 5:00 PM; Sundays 1:00 - 5:00 PM
National Packard Museum
1899 Mahoning Ave NW; Warren : 330-394-1899
www.PackardMuseum.org

2021 BIENNIAL JURIED EXHIBITION AT THE MEDICI

February 5 - May 15, 2022
Wednesday - Sunday 11:00 AM - 4:00 PM
Medici Museum of Art
9350 E. Market St.; Warren : 330-856-2120
www.MediciMuseum.art

JEFFERSON STARSHIP AT THE ROBINS THEATRE

March 3, 2022 : 8:00 PM - Doors Open @ 7:00 PM
160 East Market St.; Warren : 234-437-6246
www.RobinsTheatre.com

THE WINTER RETREAT AT RED MAPLE BARN

March 4-5, 2022 : 6:00 PM
612 Center St.; Warren
www.Facebook.com/TheRedMapleBarn

A TRIBUTE TO STEVIE NICKS AT THE RED MAPLE BARN

March 5, 2022 : 6:00 PM
The Red Maple Barn
612 Center St.; Warren
www.Facebook.comTheRedMapleBarn

SPRING OPEN HOUSE

March 5, 2022 : 10:00 AM - 5:00 PM
Galleria of Arts & Antiques
179 South High St.; Cortland : 330-638-0009
www.GalleriaofArtsandAntiques.com

SLICE OF THE VALLEY: ANNUAL PIZZA & BEER CHALLENGE/CHINESE AUCTION - 50/50 RAFFLE 2022 CELEBRITY JUDGES

March 6, 2022 : 4:00 - 7:00 PM
*Registration is limited
Eastwood Event Center
5577 Youngstown Warren Rd.; Niles
www.SliceoftheValley.com

PORCH PARTY

March 9, 2022 : 4:00 - 8:00 PM
Country Porch Winery
2282 Wilson Sharpsville Rd.; Cortland
www.Facebook.com/CountryPorchWinery

MURDER AT THE RED MAPLE BARN - HE KILLED AN IRISHMAN

March 12, 2022 : 6:00 PM
612 Center St.; Warren
www.Facebook.com/TheRedMapleBarn

VIRTUAL DEMO WITH TONY WILLIAMS

March 23, 2022 : 6:00 PM - Virtual
Medici Museum of Art
www.MediciMuseum.art

WARREN CIVIC MUSIC - THE EVERELY BROTHERS EXPERIENCE

March 24, 2022 : 7:00 PM - Doors Open @ 6:00 PM
Packard Music Hall
1703 Mahoning Ave.; Warren : 330-395-4885
www.WarrenCivicMusic.com

AN EVENING WITH PRESIDENT LINCOLN

March 25, 2022 : 4:00 - 9:00 PM
Greene Eagle Winery
2576 Davis Peck Rd.; Cortland : 330-282-2596
www.GreeneEagle.com

ACE FREHLEY AT THE ROBINS THEATRE

March 31, 2022 : 8:00 PM - Doors Open @ 7:00 PM
160 East Market St.; Warren : 234-437-6246
www.RobinsTheatre.com



We encourage you to follow any recommendations by the CDC and state public health authorities due to the COVID-19 pandemic. Please check the event organizer's website for ongoing updates, postponements, restrictions, limited admissions and possible cancellations.

SAVE THE DATE FOR THESE EVENTS IN APRIL:

SUGAR SHOW AT THE METROPLEX

April 2-3, 2022 : 10:00 AM - 4:00 PM
Metroplex Expo Center
1620 Motor Inn Dr.; Girard : 330-759-1674
www.MetroplexExpo.com

ART CRIME AND THE FBI: HOW MASTERPIECES ARE STOLEN AND RECOVERED

April 6, 2022 : 7:00 PM
Medici Museum of Art
9350 E. Market St.; Warren
www.MediciMuseum.art

PRINTMAKING WORKSHOP WITH J. LEIGH GARCIA

April 9, 2022 : NOON - 3:00 PM
*Registration Required - Space is Limited
Medici Museum of Art
www.MediciMuseum.art

PORCH PARTY

April 13, 2022 : 4:00 - 8:00 PM
Country Porch Winery
2282 Wilson Sharpsville Rd.; Cortland
www.Facebook.com/CountryPorchWinery

WARREN PHILHARMONIC ORCHESTRA - PARIS IN SPRING!

April 24, 2022 : 3:00 PM
First Presbyterian Church
256 Mahoning Ave. NW.; Warren : 330-399-3606

WARREN CIVIC MUSIC: ILLUSIONIST RICK THOMAS

April 27, 2022 : 7:00 PM - Doors open at 6:00 PM
Packard Music Hall
1703 Mahoning Ave.; Warren : 330-399-4885
www.WarrenCivicMusic.com

Save
the Date

SAVE THE DATE FOR THESE EVENTS IN MAY:

ART CRIME: FRAUDS, FORGERIES, & FAKES

May 4, 2022 : 7:00 PM
Medici Museum of Art
9350 E. Market St.; Warren
www.MediciMuseum.art



We encourage you to follow any recommendations by the CDC and state public health authorities due to the COVID-19 pandemic. Please check the event organizer's website for ongoing updates, postponements, restrictions, limited admissions and possible cancellations.