

Voices & Choices

A Newsletter For & By Self Advocates

2009 Youth & Adult Class Creative Communication

This year at the 2009 Youth & Adult conference, Nayef Albinali, Jackson Bean, Holly Colwell, Donny Smith, Ryan Teed, Lori Turbenson and Dan Wheat took Creative Communication, taught by David Forney. David spoke to the attendees about different means of communication. The attendees then wrote a short essay of their choosing.

About Me

By Holly Colwell

I lived on my own apartment for 15 years. I graduated from Edina High School and I'm 39 years old. I was a figure skater at the Special Olympics in the International Games in Reno, Nevada and won a silver medal as a Special Olympian and a famous guy, his name is Patrick Swayze from Dirty Dancing. I have a special friend, his name is Neil. We spend time together. My dad and I are going to New York City on June 4th through the 8th. And lots of shows to see and sight seeing too. I have 2 PCA's now. Their names are Marcy and Melissa. We do things together like cooking, exercising, games and do different things we can do. When I was growing up I was in the Edge Program with a group of friends and with John Rynders.



My Favorite Band

By Ryan Teed

My favorite band is Black Sabbath. I like the song called Ironman. It is cool and awesome and is really true heavy metal.



Music Inspiration in My Family Life

By Lori Turbenson

Music inspiration has been apart of my life, through my family there always has been music and I grew up listening to music and dancing to music. MY family is a musical family. My mom had played the piano and guitar, was always into singing. Dad played music to entertain himself, while building with woods or tools. I have a sister, who plays the cello and likes to sing, my brother Erik was a singer. I have musical relatives. Aunt Sally likes to sing in the kitchen, while she's cooking. I have two uncles who play two different size accordions, got two cousins, one played the violin and the other one sings. My grandma Opal played and organ and sang. I am also a signer. My niece Ellen dances now. Grandpa Carl played an accordion. I



even took choir up through high school grades up through 12th grade and took singing and voice lessons. My sister sang and sang beautifully. That's how I grew up in the musical family as my inspiration. It's all inherited.

Growing Up

By Nayef Albinali

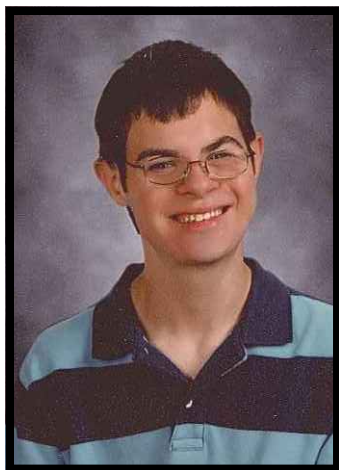
When I was a baby I lived in a duplex with my mom and dad. After that I went to Rubenlind. When I was a kid we went to a different house to live with my grandma. From there I went to Dowling. I graduated from there and then I went to Anthony Middle School were I first saw my fiancé and then I went to Washburn and saw Mack and Tom there. I graduated from there. I lived with my cousin for a long time and moved back home and now I am living in my first apartment and I am now an uncle of my cousin's baby, he was born on August 15.



Graduation

By Jackson Bean

I was sad when I found out my seniors were about to graduate from high school. I was sad for many days I didn't go to graduation. Then my tears turned to happiness when I found my seniors again in the lunchroom. Then I burst into tears because I was happy when I found them and now I am invited to a senior graduation party.



Super Hero Story

By Donny Smith

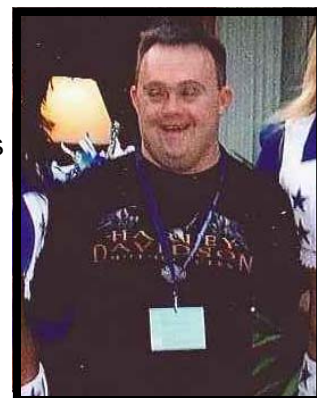
A long time ago there was a gladiator named Alexander the Great. He fight the wasteland of Creek, the Demon horse named Sender Horse/Mondor. They had a fight at the Creek, hero's of bravery and tear's and blood fight and fight fight, but the war has begun to end the battleground and the segue's fight to end the way. They lost the war but the battle never end long time ago.



About Me

By Dan Wheat

I graduated from Duluth East high school, class of 1994. I live in Duluth with my mom and dad. I like this class. My best friend is Matt Bubb, he is 33. I have a friend Erin who is 42, Matt who is 21 and Liz who is 32.



Are you a self-advocate and have a story, recipe or poem to share? Send it to Catherine@dsamn.org to have it published in the next issue of **Voices & Choices!**