



The NOODLE

Open up and say AHHHH!!!

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Florida Youth Council

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The Florida Youth Council is a program of The Family Café

Welcome To The Noodle!

Welcome to the October 2015 edition of *The Noodle*, written and published by The Florida Youth Council! For this issue of *The Noodle*, members of the Council were asked to write about one of our favorite topics, Disability History and Awareness Weeks! This topic allowed members to share their thoughts about leaders with disabilities,

and create fun games on disability history. We wrote about other topics like Helen Keller and the Disability History and Awareness Weeks bill, and even included a quiz. We hope you will take a few minutes out of your busy schedule to learn about our experiences and enjoy our thoughts and opinions in this October 2015 edition of *The Noodle!*

My Personal Hero for People with Disabilities is Helen Keller

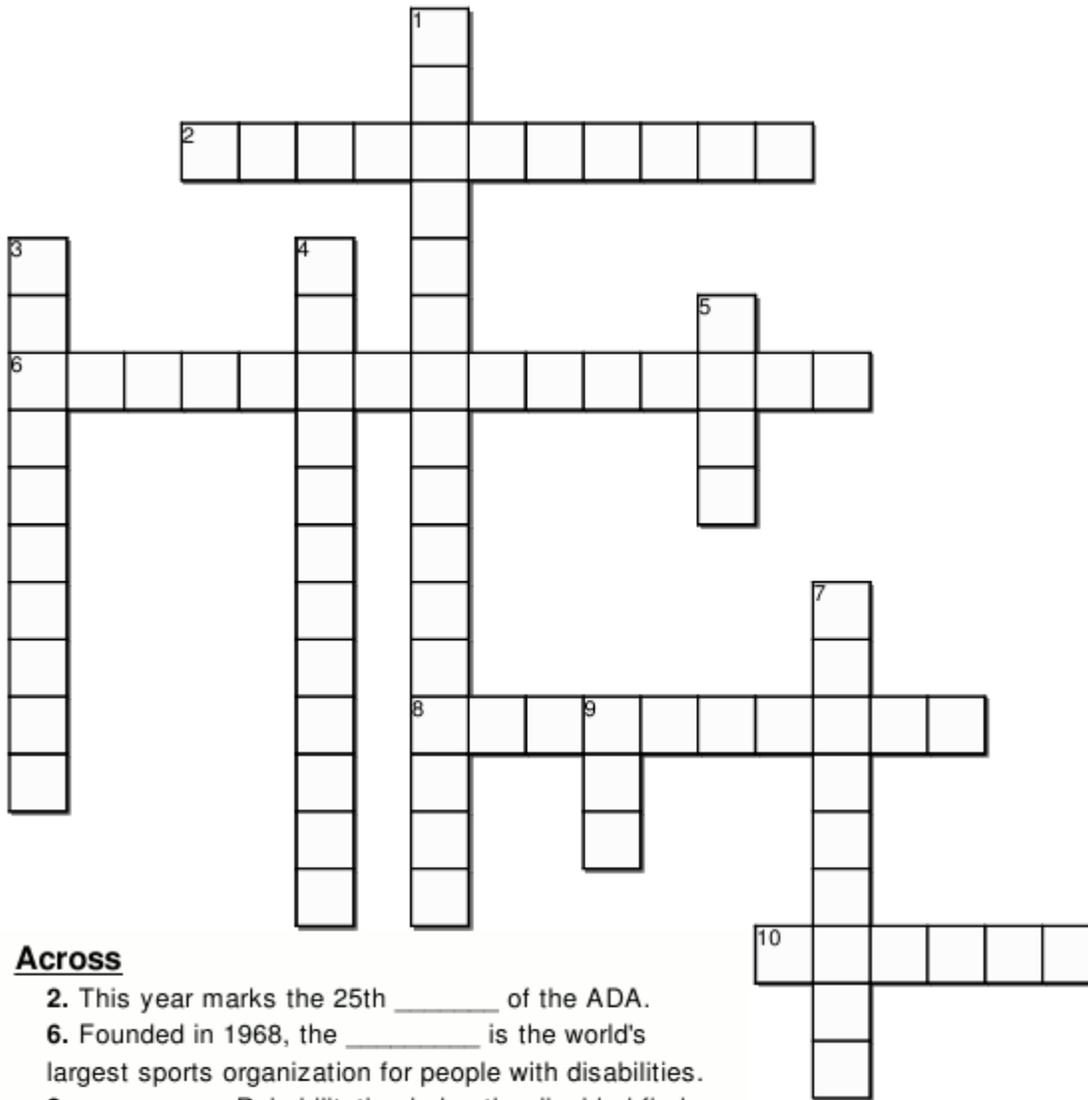
By Christina Waldron

Helen Keller was born on June 27th, 1880, with her hearing and sight intact. A few months before her second birthday, she got sick, and her sickness caused her to go blind and deaf. She learned to tell when people entered the room by smelling the air and by touching their clothes. It was Alexander Graham Bell who told Helen's parents about the Perkins School. Mr. Keller wrote to the school to ask for help in finding a teacher who could help Helen learn to talk. The school chose Anne Sullivan. Anne was also blind and had regained some of her sight. She met Helen in March of 1887. Anne taught Helen her first word, which was "doll."

Anne was by Helen's side all through school. Helen was a smart woman. She spent four years at the Cambridge School for Girls, then she went to Radcliffe College from 1900 to 1904 and graduated with a degree. She was the first blind and deaf person to go to college. Anne stayed by Helen's side until she passed away. After losing Anne, Helen traveled with her friend Polly, until Polly also passed away. During their time together, Helen and Polly visited soldiers and sailors who has lost their hearing and sight in battle. Helen received the Medal of Freedom for her work with the National Institute for the Blind. Helen passed away on June 1st, 1968 at the age of 88. Helen, Anne and Polly were the first women to be buried in the National Cathedral in Washington DC.

Disability History and Awareness Crossword

By Derek Carraway



Across

2. This year marks the 25th _____ of the ADA.
6. Founded in 1968, the _____ is the world's largest sports organization for people with disabilities.
8. _____ Rehabilitation helps the disabled find and maintain employment.
10. The Americans with Disabilities Act was passed in 19__.

Down

1. _____ is a 2011 documentary film that outlined the history of the disability movement that eventually led to the ADA being passed.
3. _____ was considered the 'Godfather of the ADA.'
4. On June 13, 2008 Florida Governor _____ passed a bill deeming the first two weeks in October to be Disability History & Awareness weeks.
5. According to a 2010 census, about one in _____ people have a disability.
7. Disability _____ Day provides students and job-seekers with disabilities through hands-on career exploration and ongoing mentoring relationships.
9. In October 2004, the _____ was established and tasked with serving the needs of Floridians with disabilities. (Acronym)



The Little Bill That Could

By Whitney Harris

The Disability History and Awareness Weeks bill, also known as Senate Bill 856, was passed in 2008. This bill was written and advocated for by the members of The Florida Youth Council. I had joined the council right as the bill was being passed. The excitement throughout the group was inspiring! They had gotten a bill passed through the State of Florida's legislature all by themselves. It was a moment that let us know we could accomplish anything.

The bill itself was written to mandate the first two weeks in October for Florida public schools as "Disability History and Awareness Weeks." Our hope with this bill was to educate students about the rich history of the disability community and to spread awareness about all the different types and forms of disability.

Through the education process, it was hoped that students with disabilities would receive better, more equal treatment in schools, and would be less likely to be bullied. Another outcome would be an increase in employment for individuals with disabilities, because the awareness learned in school would allow future employers to better understand those individuals.

Though no current research has been done to find out what the true outcomes of this piece of legislation has been, it has given youth and emerging leaders with disabilities across the state an easy transition to speak to their school about disability history and awareness education. The Florida Youth Council is eager to see what will be next in the lives of youth with disabilities, and hope that the passing of this bill has helped in some small way.



Answers to our crossword, word search and quiz can be found on our website! www.floridayouthcouncil.com

FDR: A Vision for the Future

By Josue Tapia Ortiz

A lot can be said about the history of Americans and citizens with disabilities. Here in Florida we dedicate the first two weeks of October, also known as DHAW, to teach future generations about disability history and awareness. A lot of people throughout the history of America have had disabilities and were still able to make a change around them. I'm one of many who have a disability and always strive to not let it define who I am as a person. My favorite person in history to write about when it comes to history is Theodore Roosevelt. I love reading about his toughness and macho persona. But one day as I was reading I also found out that 32nd president, Mr. FDR himself, cousin of Theodore, was a disabled person himself. Franklin Delano Roosevelt was the 32nd President of the United States. He was president during

the Great Depression and World War II. "This day will live in infamy" is one of his many quotes during his time as president. He said that right after the Japanese attacks on Pearl Harbor. I was surprised to read about all the physical ailments Franklin had because he was such a strong yet soft-spoken leader during a time in which everything was riding on his shoulders. One of his most famous ailments was contracting polio during a vacation. I've had bad days with my visual impairment, but I'm no one to complain when compared to being permanently wheelchair bound. To hold a position as high as he did with the everyday struggles that only a disabled person can relate to is astonishing. Franklin was someone who never saw an obstacle he couldn't overcome. As we celebrate DHAW, and we strive to build a better future for ourselves and our children through teaching, I say thank you FDR for showing me that my history can be inspiring to someone just as yours was to me.



Word Search

By Dakota Smoot

BLIND

DEAF

DISABILITY

EMPEROR

EPILEPSY

HELEN KELLER

JULIUS CAESAR

JUSTIN DART

PRESIDENT

RAY CHARLES

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

Quiz Time!

By Megan Atkinson

- 1) When does Disability History and Awareness Weeks take place?
 - A. During the last week of September
 - B. During the first two weeks of October
 - C. During the last two weeks of October
- 2) What year was the Disability History and Awareness Weeks bill signed?
 - A. 2014
 - B. 1990
 - C. 2008
- 3) In what sport was American Sign Language used?
 - A. Baseball
 - B. Soccer
 - C. Bowling
- 4) Who founded the National Organization on Disability in 1982?
 - A. Justin Dart
 - B. Alan A. Reich
 - C. Lady Gaga
- 5) What year was the Americans with Disabilities Act signed?
 - A. 1990
 - B. 2000
 - C. 2010

The Secret Lives of those with Disabilities

By Shevie Barnes

As I contemplated what to write for this very special edition of our Noodle I had no clue where to begin. This is simply because I wanted the world to know so much in my short amount of words. I decided at the last minute to post a question on social media: "If you could ask someone with a disability five questions what would they be?" Several of my friends, too shy or in fear of judgment, messaged me or sent a private text. Others braved the world (my others friends criticisms or praise). Here I have compiled the top four most thought provoking -

What can I do to help you?

How do others treat you?

What is life like?

Would you change your disability if you had the chance?

What can I do to help you? This question is a kind question and my simple answer is ask me. Ask me what you can do to help me. If you are constantly around and know what I struggle with do not make it seem like it's out of the ordinary for me to need assistance. Do not just do it unless you know me. Ask first.

How do others treat you? Others treat me in many different ways. Some take a while to get to know me. Others are overly generous or scorn me. Overall it depends on the nature of the person.



What is life like? My life is just like your life. I wake up every day and have morning breath. I go to bed every night and dream, or sometimes, I don't dream. The point is that having a disability does not set me apart from doing things in a regular manner. I just find a way to do everyday things with the skills I have. This could mean instead of walking around all the time on my weak feet, I crawl around to do things. It's nothing to feel sorry for. It's adaptive living. For most people with disabilities it's the only life we know.

Would you change your disability if you had the chance? No I would not change my disability. I have lived life with this disability. This is my version of "normal." Does this mean if there was some miracle surgery that could give me straight legs for a day I would not try it? No, I would try it, but I am also okay in myself and the way I am now.

I hope this is a little insight into the disability world. Though I can't speak for everyone, I can say it's amazing that so many participated, and my advice is to never be afraid to ask questions. Happy Disability Awareness Month!

Disability Facts!

By Serena Wetmore

Special Olympics was founded in 1968, by Eunice Kennedy Shriver, sister of President John F. Kennedy.

In 1976-1977, 8% of students enrolled in public schools had disabilities. By 2011-2012, that number increased to 13%

The Individuals with Disabilities Act (IDEA) was enacted in 1975, providing free and appropriate public school education for ages 3-21 with disabilities that adversely affected academic performance

Famous people with Dyslexia: Leonardo Da Vinci, Thomas Edison, Alexander Graham Bell, Pablo Picasso, Whoopie Goldberg, and Charles Schwab

Stephen Hawking is a theoretical physicist and disability advocate, and has even flown a zero gravity flight.

Jennifer Bricker, champion high school gymnast, was born without legs. Though adopted, she later learned that her biological sister was Dominique Moceanu, an Olympic gymnast.

Stevie Wonder became a famous singer-songwriter, instrumentalist, and record producer, despite being blinded by retinopathy of prematurity.

Julius Caesar

By Nick Grabowski

I chose Julius Caesar as the historical figure in honor of Disability History and Awareness Weeks. I find him very interesting because he started making what some might call the most powerful empire in history. He also had epilepsy. Despite sometimes having uncontrollable fits, he wasn't persecuted or excluded from society. Caesar was venerated for it. These fits were seen as something divine, due to how they couldn't be measured or understood with current knowledge. This didn't mean all were venerated, there are several times children were exposed (left outside to die) due to some physical/mental disability. It's very interesting that one of the men that helped form western civilization as we know it was disabled. The fact that Julius was venerated doesn't come as that big of a surprise historically, there are several people prior that had the same. In Greece there are several records suggesting the oracle would be disabled. In myth as well, the blind prophet can see more than others. This tells us that for thousands of years, there has been evidence that at least to a point people believe that those that are disabled have a different sight. If this is good or bad depends on the story/person.



My Disability Journey

By Christopher Regan

For most of my early life up until the end of my elementary school years, I never believed that I had a disability. The one exception was that I learned from my parents that I had stopped talking completely after I had turned one year old, and that I had to receive intense speech therapy to get me talking normally again. Of course, I have no personal recollection of that. For the most part, I viewed myself as a normal individual who was excelling at my academic and personal life.

When I was in fifth grade, however, my academic work suddenly became a lot harder. I struggled more often, and my teachers at the private Catholic school I went to weren't willing to give me extra help. My self-esteem started to erode, just like my GPA, and I thought that I was a worthless individual who just didn't measure up to expectations. As a result of all this, my parents scheduled numerous in-depth tests for me, which revealed that I had a mild form of Autism called "Asperger's Syndrome." They finally pulled me out of the school and home-schooled me for the rest of my fifth-grade year, but I still believed that I was an inferior freak in the eyes of everyone else.

The turning point for me came when I was in sixth grade, my very first exposure to the public school system. I didn't know anybody there, and was completely uncertain what to expect of everything. However, one day during lunch, I happened to notice two other kids in wheelchairs sitting in a small group with some other students, so I somehow managed to gather up the courage to ask if I could eat with them. Over time, I learned that they

had a severe disability called "Cerebral Palsy," a brain disorder that drastically affected their motor functions, to the point that they needed a wheelchair to get around. It was at that point that I truly realized how lucky I was to be the way that I am, and that there actually are people out there who have it far worse than I do. I didn't have to let my disability define who I was. I could rise above and chart my own destiny, and that was the most powerful motivating force in my life.

How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to express those issues in their state and local communities, and to develop strategies to solve them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The FYC's website at www.floridayouthcouncil.com. The program is open to application year round. We hope to hear from you soon!