

**Down Syndrome Indiana
Self Advocates!**
A collaboration of local
and national self advo-
cates. Email:
info@indianadsf.org for a
list of monthly meetings.

UPS AND DOWNS NEWSLETTER



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To enhance the lives and personal growth of self advocates ...

Meet the Self Advocate: Andrew Gerbitz



Uncle Andrew

My Uncle Andrew is very special to me. He has Down syndrome, but it makes no difference at all to my family. He is twenty-five and has accomplished many

things. He is both competitive and determined. When he is competitive he plays sports and is determined to win those sports. Since he is competitive, he can show me that I can be competitive myself. Swimming and basketball are two of the things he enjoys; they are also two of the things I enjoy, and he helps me along with practicing both. I have had various coaches so far, but he is the best.

Uncle Andrew is very talented. He's thrown out the first pitch at a Brewer game, said speeches, and won medals in Special Olympics. His determination has shown me that I can be determined in whatever I am facing in life. Uncle Andrew has determination to be like everyone else by wanting to drive a car, live on his own. High school one thing he has accomplished with determination. I do not think he's any different because he graduated from high school and has lots of jobs.

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Along with determination and being competitive comes the abundance of kindness. Uncle Andrew used to be my babysitter, and when he was babysitting he was never harsh. He was the most fun babysitter I ever had.

Overall, my Uncle Andrew is the best uncle I could ever have. On top of that he is an uncle and friend who you can turn to when you are having trouble with something or just want to do something. Just to turn to Uncle Andrew and see that he is *my* uncle, says a lot. Thank you, Uncle Andrew!

Cora Harmony Gerbitz



*Chris Burke
Joe & John Demasi*

Meet and Greet with Chris Burke, Joe and John Demasi

The Meet and Greet will be at the Down Syndrome Indiana ballroom on October 10, 2008. The time will be from 6-9:00pm it will be a Karaoke / Dance event with food provided. There will be a chance for you to get an autograph from Chris Burke and also bring a camera if you want to take pictures. This event will have a lot fun things to do. This event will be casual so wear appropriate clothing like a T-shirt and jeans. I will be passing out my self advocate newsletter if you want me to sign your newsletter. Don't be afraid to come up to me.

There will be Entertainment, food, Karaoke, Dancing, making friends!

COME WITH A SMILE WITH JOY

A LETTER FROM THE EDITOR : JESSICA GREEN

Hi, my name is Jessica Green and I am the self advocate for DSI. I am very happy that you are finding my newsletter entertaining. If you are interested in writing an article for my newsletter don't hesitate to contact me, all you would have to do is attach

an updated picture of yourself with your article and mail it to me at Down Syndrome Indiana 3050 N. Meridian Street Indianapolis Indiana 46208 or you can also call me at 317-925-7617. I am also doing an entry contest for my readers all you have to

do is think about what you want other individuals to know about you or a topic that you want to talk about that will be fine to but it has to be self advocate related.

UPS and Downs Editor in Chief , Jessica Green



DSI Self Advocate

REACH OUT CONTEST

This is a safe place for self advocates to share their feelings and problems. I will be doing a contest. The winning Reach out article will be featured in the next newsletter. If you

want to be included on the self advocate webpage all you have to do is think of some ideas you think you want to see. If there is any pictures you can think of you can send them as well. You

can send your entries to me at the DSI office. The DSI office address is 3050 N. Meridian ST, Indianapolis, IN 46208. If you want to email me you can contact me at work:

idsfselfadvocates@indianadsf.org .

Tropic Thunder Review by Craig Blackburn

I am a peer and self advocate and motivational speaker. I am twenty-nine years old and have Down syndrome. My motivational speaking takes me to all parts of the United States and I speak to all types of organizations and groups. These meetings include both audiences with and without special needs. My message is always positive and emphasizes inclusion, the ability of all, full participation in life, eliminating labeling and positive language.

Unfortunately, with the release of the movie, Tropic Thunder, mine and the message of all individuals with special needs, has been set back. It is NEVER appropriate to use hurtful and offensive language in the name of satire or comedy at the expense of others.

I have worked so hard everyday of my life facing challenges that most people will never imagine. I have worked toward a life of inclusion and acceptance that the majority takes for granted.

When you sit in a movie and laugh at this language, think of me and the millions of others who did nothing to be born with special needs and yet still make the most of the ability that they have. We only request what simply everyone else has.....respect!