

REFRAMING — DISABILITY & — RECLAIMING — AGENCY

with
Nicky!



JAN 31 @ 7^{PM} FEST

Thanks for coming to a SAW
Friday Night Workshop!

REFRAMING DISABILITY & RECLAIMING AGENCY

This workshop was led by
NICKY RODRIGUEZ

[https://www.
artofnickyrodriguez.com](https://www.artofnickyrodriguez.com)
[https://www.instagram.com/
artofnickyrodriguez](https://www.instagram.com/artofnickyrodriguez)

On January 31, 2025

Contributors to this
collection in order of
appearance are:

Nicole Young
Debbe
Gabriel Schleifer
Bruce Childs (2 pages)
Catherine Crane
Jason Gael
Jeannie Mecorney
Selena J
Alondra Araujo
Alun Clewe
Sofía Ramírez
Hernández

Next workshop → [https://sawcomics.as.me/
friday-night-comics](https://sawcomics.as.me/friday-night-comics)

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We hope you'll share your work on social
media with the hashtag #fridaynightcomics .
Please tag us
@comicsworkshop

Thanks so much for being here!

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I found it later,
So it's not in my
memoir.



And in 2 years,
I never played in an
official game, but..

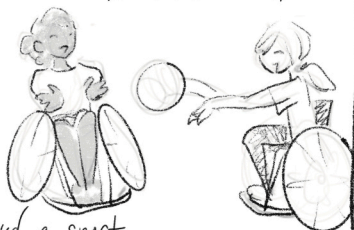


finding wheelchair bball
was like

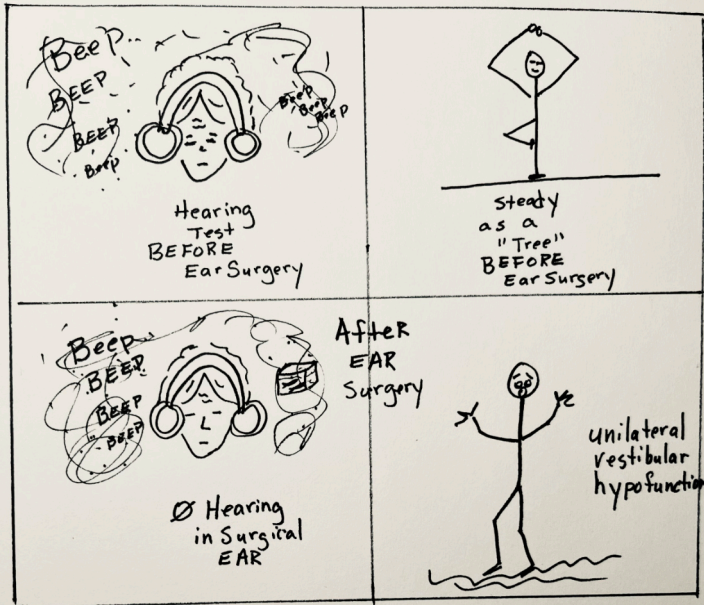


finding a dream because...

for the first time,



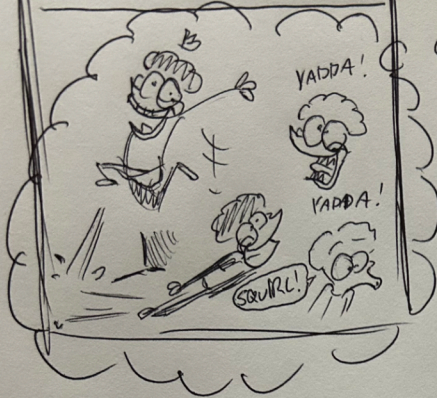
I loved a sport.



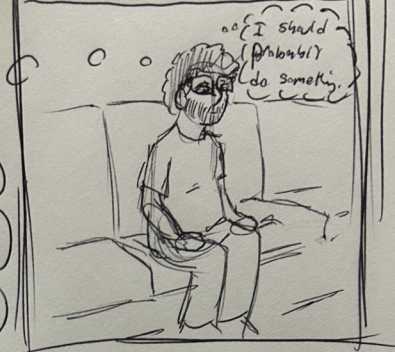
Surgeon
incurious
· very unusual results

You Won't See These Things - Just like my fibromyalgia, etc.
Therefore, you don't have to Believe me or think about it.

THIS IS WHAT ADHD LOOKS LIKE IN MOST PEOPLE'S IMAGINATIONS.



WHAT IT ACTUALLY LOOKS LIKE.



YOU NEVER HAVE ENOUGH DOPAMINE...

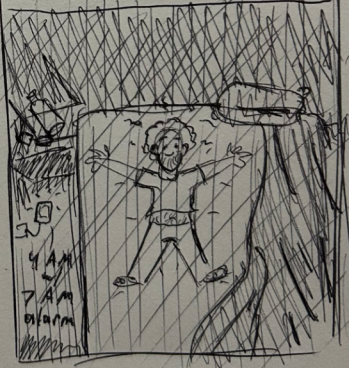
I got a full night's sleep...

10:30AM

How am I already tired again?



... When you need it.



Friday Night Comics for “Reframing Disability & Reclaiming Agency”
With Nicky Rodriguez

Bruce Childs.January.31.2025

Panel One: I experienced my first vertigo attack while driving to my studio, about 16 years ago. Doctors used scanning tools and came up with Menier’s Syndrome. A prescription for Meclizine was thought to be of help, then.

Panel Two: I was always unprepared for an attack, which disabled my sense of groundedness or the ability to focus on any one thing in the environment. The pills were far from being effective, so I was living in a community that had many acupuncturists and wellness clinics to choose from.

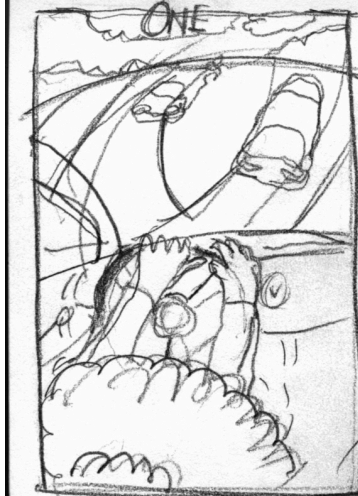
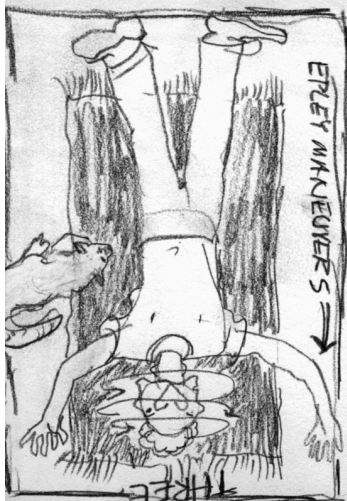
Panel Three: Acupuncture helped, as did Epley Maneuvers, where I moved my head in a circular motion, left, then right, while laying on my**Comics for “Reframing Disability & Reclaiming Agency”**

Panel One: I experienced my first vertigo attack while driving to my studio about 16 years ago. Doctors conducted scans and diagnosed me with Meniere’s Syndrome. They prescribed Meclizine, believing it would help.

Panel Two: I was never prepared for an attack, which disrupted my sense of balance and my ability to concentrate on anything in my environment. The medication was ineffective, so I turned to one the many acupuncturists available in my community.

Panel Three: Acupuncture was beneficial, as were Epley Maneuvers, which involved moving my head in a circular motion from left to right while lying on my back.

Panel Four. My next step was equally proactive, however has become the best preventative medicine of all, practicing T’ai Chi, in my case T’ai Chi Chih, a simpler form of 19 movements and one pose. I now bring the practice to others, teaching in the clouds with sufferers of vertigo and imbalance issues.



SAW
Friday
01.31.25



Vade retro
Satanas

I ignore it,
most of the time.
They're just
ignorant!...

Kat, how can you
stand it?



I pity them. They can do
less with their ten fingers
than I am able to do!



It makes me sad and
angry that you have to
go through this. People
can be so backwards
and rude.
It's not the Middle Ages
anymore...





one day while sitting
 started on (aching) so more
 my to down. I had
 chest open soon. the sides
 of my abdomen and
 they shoot right to
 my groin like and
 it couldn't move to
 the couch for a
 whole day and
 then they my belly
 so that the needles
 on my back the best
 my nurse wanted
 on this one to see 2



SO
 UNCLE
 COULD
 REET IN
 WELL
 MAKE
 AND STAY
 THE WIDE
 PAIN
 THE WIDE
 WAS IT A HERNIA
 OR AN ULCER?



OH NO BABY, ITS CANCER



IT'S NOT
 A MAN
 BAG.
 IT'S A
 CHEMO
 BALL
 PUMP



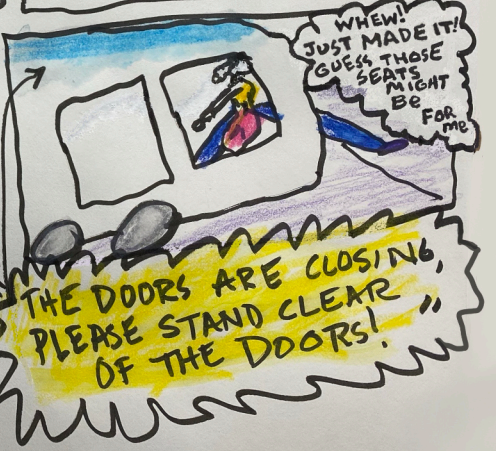
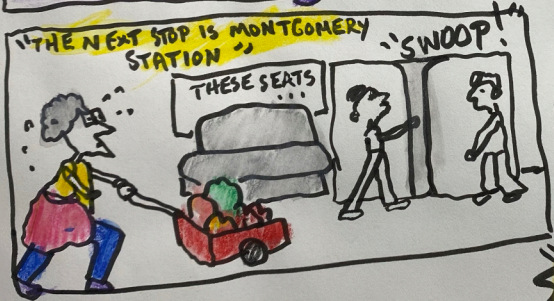
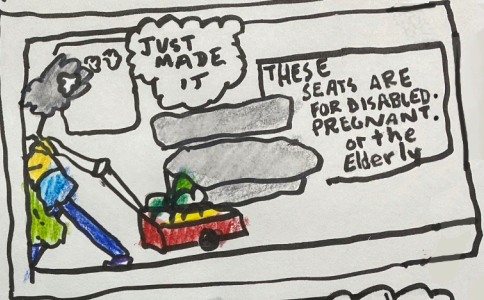
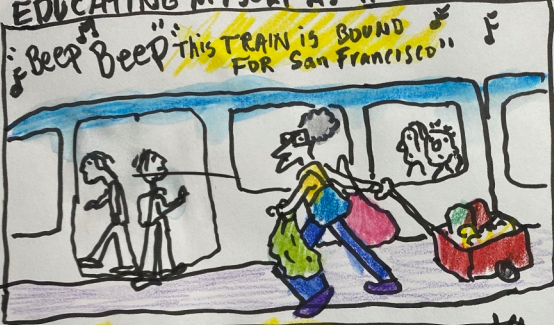
THIS IS A
 COLOSTOMY
 WITH A COVER



I have to
 wear suspenders
 under my
 shirt because
 I can't
 wear a
 belt to
 hold my
 pants up

TAKING PUBLIC TRANSPORTATION.
RE-THINKING MY ABILITY, AND
EDUCATING MYSELF AS AN OLD PERSON

Teannie Macorsey



SUBCLINICAL!

HYPOTHYROIDISM - A Memoir

SELENA J



You're young, but you can start medication!

No, I'll...

1 2
3 4



EAT BETTER!



EXERCISE!

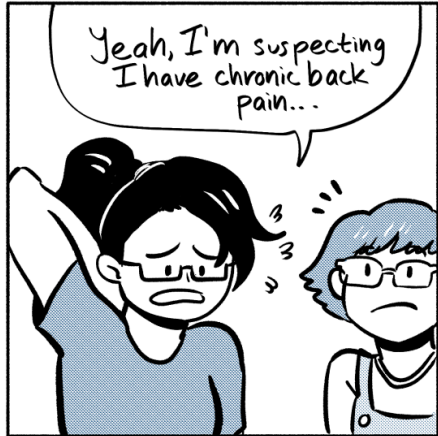
HUFF
HUFF



If I ever get pregnant, I'm gonna be so screwed without those meds...

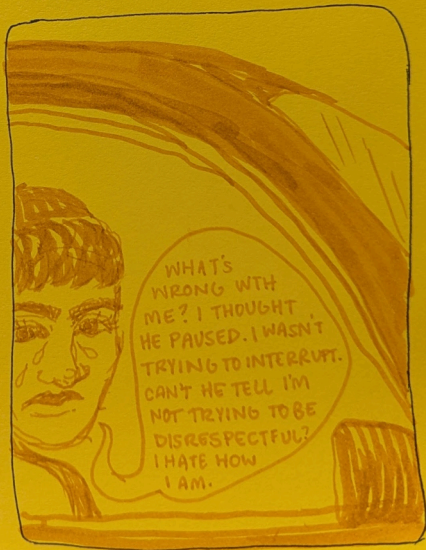
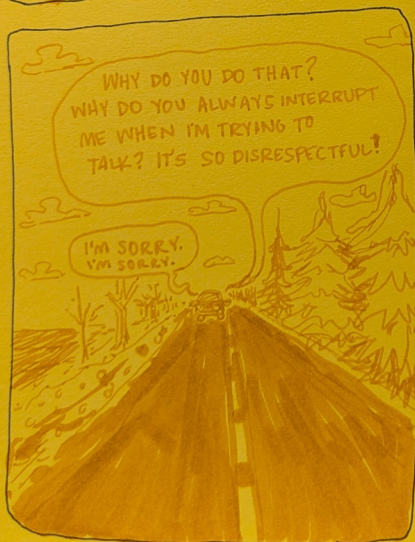
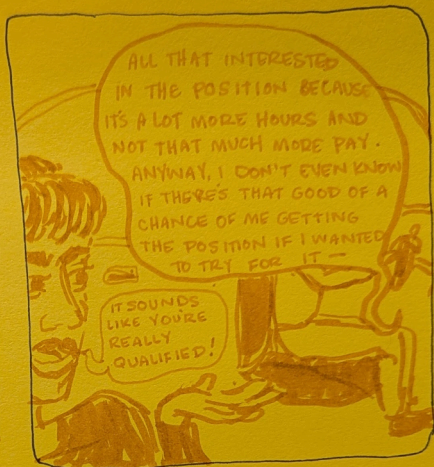
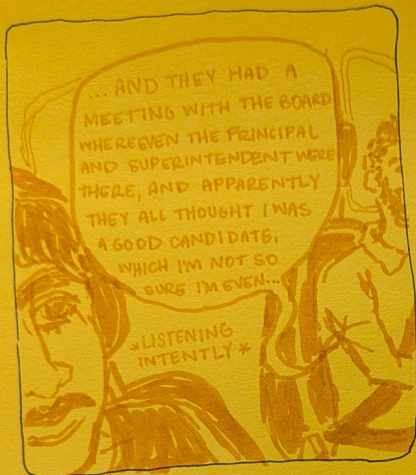
Will I get pregnant though? I'm losing eggs every year.

"So Much for (Back) Support..." by Alondra Araujo





NO DISABILITY & RECLAIMING AGENCY WITH NICKY RODRIGUEZ





**Sequential Artists
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