QUE PASA

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# PREAMBLE

The National Federation of the Blind of New Mexico (NFBNM) is a 501(c)(3) consumer organization comprised of blind and sighted people committed to changing what it means to be blind. Though blindness is still all too often a tragedy to those who face it, we know from our own personal experience that with training and opportunity, it can be reduced to the level of a physical nuisance. We work to see that blind people receive services and training to which they are entitled and that parents of blind children receive the advice and support they need to help their youngsters grow up to be happy, productive adults. We believe that first-class citizenship means that people have both rights and responsibilities, and we are determined to see that blind people become first-class citizens of these United States, enjoying their rights and fulfilling their responsibilities. The most serious problems we face have less to do with our lack of vision than with discrimination based on the public’s ignorance and misinformation about blindness. Join us in educating New Mexicans about the abilities and aspirations of New Mexico’s blind citizens.

(Adapted from NFB of Ohio newsletter.)

# 2018 WHITE CANE BANQUET IS IN THE BOOKS

By Peggy Chong

The 2018 White Cane Banquet was held on Saturday, October 20, at the Sheraton Uptown Hotel in Albuquerque and sponsored by the NFBNM Albuquerque Chapter. Seventy-two persons signed up to attend this year’s event.

Each year, as we have done for decades, we gather to celebrate the passage of the New Mexico White Cane law. This is our civil rights law for the blind, providing equal access to the programs and facilities where the public is invited. It is also a time to remember that we cannot take such laws for granted. Diligence on our part is essential if we are to maintain our rights as blind people. This year, we had much to celebrate.

Our main speaker was Dallas Thomas from the national headquarters of Southwest Airlines. Mr. Thomas wears many hats, and he is responsible for ensuring communication with Southwest employees about many platforms. One of those platforms is the new accessible kiosks now located in our Sunport.

Mr. Thomas addressed our group, explaining Southwest’s philosophy on inclusion: inclusion for all, throughout the company. He said this means that all of their new technologies are being designed and built for everyone to use. Whether one is a customer or employee, blind, deaf, or just a very infrequent flyer, Southwest wants to provide the best service for all of its customers.

Mr. Thomas told us how the accessible kiosks at the Sunport worked and how we should all give them a try. To that end, before the banquet, he had provided a step-by-step set of instructions in a timely manner that meant we were able to have them in braille for participants at the banquet. All copies were gone by the time the event was over.

The Blind History Lady presented the story of an NFBNM past president Barbara Innis, who despite the White Cane Law being passed in 1967, still found barriers to employment. Not only so, but she also encountered barriers when adopting her two sons. Nonetheless, she worked for the University of New Mexico for 28 years and raised her two sons to become successful family men, in spite of the State Department of Welfare’s predictions of doom.

Curtis Chong and NFBNM President Adelmo Vigil encouraged everyone to get out and vote, either at the polls or online, since our accessible portal for online voting for the blind had been successfully tested in our primary last June. There are still voting barriers out there, and if anyone had any problems, either at the polls or online, they are to contact Adelmo with the specifics. Both Curtis and Adelmo reaffirmed their belief that our Secretary of State’s office is committed to making the process for blind voters in New Mexico to be easy and uneventful.

After several door prizes, a stop at the sales table for bag holders and braille greeting cards, including Christmas cards sold by the Albuquerque Chapter, and a stop at the literature table to pick up Southwest handouts and more, members said their farewells and headed off to participate in other “Meet The Blind Month” activities.

# THIS IS NOT A STICK

By Nancy Burns

Long, long ago, in a land far away lived a young cave dweller. One morning as he cautiously slipped out of the safety of his cave for his morning walk, he unfortunately met up with a baby T-Rex and was knocked to the ground. This adventurous cave dweller escaped with his life but had lost the sight in both of his eyes. He managed to return to the security of his cave, but he simply sat down and gave up all activities. While seated, his foot bumped against a stick, which he picked up and used to explore the cave. He found that his stick kept him from bumping into the cave walls and from tripping over rocks. His stick gave him security. He regained equality with his fellow cave dwellers and regained an opportunity to explore his surroundings.

As the centuries rolled around to more modern times, the "stick" became longer and a little more sophisticated. It became recognized as a useful tool for "foot travel" for blind people during the 1800's. In 1944 long-cane mobility techniques were taught at the Valley Forge Army Hospital.

During the 1900's several training centers sprang up throughout the United States. Unfortunately, the belief was that only sighted people could teach mobility techniques to blind travelers. However, over time it became more common for blind people to teach others who were blind. Three NFB training centers for the blind have been created in the United States, and the administrators and the majority of staff members at these training centers are highly qualified blind individuals.

The long white cane became the preferred tool for use by active and mobile blind people. Once a blind person learned the basics of cane travel, blind travelers took these basic skills and began exploring unfamiliar neighborhoods. The sense of hearing was recognized as extremely important as the blind person listened for traffic and other sounds. Using additional clues such as the location of the sun or wind direction, blind travelers became more confident and competent as they used what is now known as the Structured Discovery method. Although the method had been used for decades, it was not officially recognized until approximately twenty years ago.

As is often the case with the sighted public, some attitudes about blindness remain back in the dark ages. The long white cane has far surpassed the efficiency of the primitive stick, but some continue to call our cane a "stick."

The National Federation of the Blind advances the philosophy that the long white cane is a tool of independence, because it allows us to live the life we want. But it is challenging to bring the attitudes of the public forward and to encourage them to think of the cane in this manner. As Federationists, we have come a long way, but we have a long way to go in the education of the sighted public and in the eradication of misconceptions that linger. In speaking with other friends who happen to be blind, it is apparent that well-educated sighted individuals in such fields as education, healthcare, law, and religion may not be educated in the fact that our white cane is no longer called a stick.

The New Mexico legislature passed the White Cane Law in 1967. This law protects the rights of blind citizens who use the long white cane or dog guide. The passage of this legislation is a continuation of the efforts of the Federation to protect the rights of blind pedestrians. The long white cane has truly become a symbol of our independence and allows us to move about and to live the life we want.

# MY LIFE-ENHANCING DISCOVERIES FROM 2018

By Tonia Trapp

There were several times last year when I was playing around with a new app or other technology and thought to myself, "Maybe I should write a Que Pasa article about this." But then I would talk myself out of it, because I felt that there just wasn't enough to say about the particular thing I had discovered at the time. But now that 2018 has passed, I have decided to highlight various discoveries I made over the last year which, although relatively insignificant, have made my life easier and more fun. Mostly I will focus on technology-related finds, but I will also throw in one other revelation that have nothing to do with computers or cell phones.

Blindfold Games: I have an iPhone, and last year I discovered several fun games in the Blindfold Games series of apps. The word games are my favorites, and I have found three of those so far that I really enjoy. Blindfold Seven Words gives you seven clues and a grid of two- and three-letter word fragments that you have to put together in order to come up with the word that matches each clue. Blindfold Word Cookies gives you four or five letters and asks you to create a certain number of words comprised of three, four, or five letters, and the words have to match exactly what the game wants. Word Cookies is fun to play when I want something that is mildly mentally stimulating but not over-taxing, because it is relatively easy compared to the other word games mentioned here. The third and most recent word game I have discovered, much to my delight, is called Blindfold Crossword, and it is exactly what it sounds like: fully-accessible crossword puzzles! I had heard about crossword puzzles and often thought how fun it would be to do one, but this is the first time I have been able to try my hand at solving them. I admit that as a fledgling puzzle-solver, I am taking the easier path at the moment by allowing the game to tell me when I input an incorrect letter. But eventually I will get up the courage to turn that feature off, thus making the puzzles much more difficult for me.

One of my other current favorite games is called Blindfold Invaders. Those of you who are closer to my age may remember one of the first popular videogame consoles, which carried the brand of Atari. Way back then, there was a game for the Atari system called Space Invaders, and I remember sitting on the floor at my aunt and uncle's house in Connecticut doing my best to play Space Invaders as a totally-blind person. Basically I would move the joystick rapidly from side to side and up and down while feverishly pressing the button to fire the gun at the ships, on the theory that I would eventually hit some of them. Using this method, I was sometimes able to get past level 1 and occasionally past level 2, but I couldn't get any further than that. Now I can play the game for real using my iPhone, moving the phone from side to side across my body to position my gun, then using a single tap to fire. I have graduated from the "easy" to the "harder" version of the game, but so far I have not conquered that setting, so I will just have to keep at it. It really feels to me like the game has some built-in intelligence and adjusts itself in subtle ways to become harder as I continue to play it. Is this explanation logical, rational, or sensible? Probably not. But does it help me feel better about my ineptitude as a game-player? Absolutely. So I am sticking to my theory.

Seeing AI: This little app really comes in handy for quickly identifying items such as pieces of mail, pill bottles, and packaged food items such as cans and boxes. I typically use the "short text" setting on this app, and it works quite well. Recently though, I experimented just for fun with one of the demo options in the app that claims to be able to read handwriting. Much to my amazement, I found that at least in some cases, the app is able to do exactly what it says! I experimented with this by using a document I had received at work that contained a lot of handwriting. First I had one of our staff at our front desk read me the document as I typically do, and then I used Seeing AI on it. The app was able to read virtually all of the handwriting on one of these documents, but very little of the handwriting on another document written by a different person. So although I would not want to rely on this app to read handwriting, it may turn out to be a useful tool in some situations when no other help is available.

Over There: This little gem of an app has been very helpful to me when walking around the University of new Mexico campus. The app scans your surroundings for Google map pins, which are like electronic signs. As you point your phone in different directions, the app will tell you what sign it sees and how far away it is. To my great delight, the app is able to detect most of the buildings on campus, and it has really come in handy on some occasions when I wasn't exactly sure where I was and needed to find my way back to a familiar landmark. Unfortunately, Over There does not currently work with Android devices--sorry about that.

Google Chrome: I had avoided using this browser until very recently, studiously ignoring the frequent messages that would pop up on my computer inviting me to download it. But then I ran into a website that neither Firefox nor Internet Explorer would read, so on a whim, I decided to download Google Chrome to see if it would fare any better. This is how I came to realize that Google Chrome is in fact able to decipher some websites that are indecipherable using other browsers. Then I was chatting with a very good friend about technology matters, and she told me that she uses Google Chrome all the time and finds that it works a lot better than the other browsers in general. Taking this information to heart, I imported all my Firefox bookmarks into Chrome and have been using Chrome pretty steadily for several weeks. I am pleased to report that overall, I am having a very good experience with Chrome and have found that it does generally seem to work more efficiently than my other two browsers. I was beginning to feel a great deal of frustration navigating websites such as eBay with Firefox, and I had started to wonder if my computer was going bad, but that was not the case: I simply needed a new technology tool in the form of Google Chrome. Now to be fair, I will admit that there are some websites that Chrome cannot decipher, and in those cases I continue to use either Firefox or Internet Explorer. Therefore, it is still very helpful for me to have all three browsers on my computer so that I can use the one that is best suited to the task at hand.

UberEATS and Grubhub.com: Now I will talk about revelations that have come to me regarding one of my favorite things: food. UberEATS is an app that allows you to order food from particular restaurants and have it delivered directly to your door. I have used it several times, and the service was excellent. (Greg has used a similar app called Postmates that he likes.) But they do not have all the restaurants that I like; for example, Dion's is one of my favorites, and that is not one of the options on UberEATS or Postmates.

A few weeks ago, I needed to order some wings to take to an office potluck, and I wanted to get them from Buffalo Wild Wings, which I could not find on either app. So I turned to my old standby: I did a Google search, which led me to grubhub.com, where I was able to place an order with Buffalo Wild Wings and have the wings delivered to me. I haven't looked much more in depth at Grubhub, but I had a good experience with my first order, and doubtless I will check them out and use them again in the future, especially knowing that they have some restaurants that UberEATS does not have.

Cookies for breakfast: No, your eyes are not playing tricks on you. As silly as it sounds, I enjoyed making this delicious discovery during the last few weeks in December. You see, my office had a cookie exchange, so I came home from work on a Monday with a plate of about a dozen wonderful cookies to sample. I thought about freezing them, but that did not appeal to me. I really wanted to eat them right away and savor them while they were fresh. So I had to think of a way to do that over the course of a few days, using a method that would minimize both my guilt and any other undesirable consequences such as gaining weight. My solution? Cookies for breakfast. For about three days, I ate three or four cookies for breakfast, and it was absolutely wonderful. I figure it like this: eating cookies for breakfast is really not that much different from eating other types of pastries, such as doughnuts or turnovers. And furthermore, I am convinced that the cookies contained some of the same ingredients that are used to make the breakfast cereals I typically eat, such as flour, eggs, sugar, milk, and nuts. This is how I rationalized my behavior, and I have no regrets. I was able to enjoy all of the cookies while they were still fresh. And even better, my breakfast adventure gave me an amusing way to conclude this article about my discoveries from 2018.

# OH, MY CANE

By Pat Munson

I was living in San Francisco and was practicing getting to the school where I would student teach. This was my first dry-run at trying this route. As I approached the corner, I thought I had never heard so much traffic going in both directions, and the streets seemed very, very wide. The city is old, so most of the streets are narrow; horses and wagons did not need much space! But this corner was certainly unusual. I got to the curb and prepared to cross. I swept my cane down the deep curb. The cane almost went down the drain. I grabbed it just in time but almost had a heart attack.

Then there was the day I was using a folding cane. Again, I was crossing a very wide street. Halfway across, the cane tip caught in a manhole cover. As I pulled and nearly had that heart attack, I was holding one-fourth of a cane. I heard the other pieces rolling away. I made it to the other side, but it was a very long, slow shuffle to where I was going. That was the very last trip with a folding cane.

Then the day came when I was minding my own business on the way to the bus stop when the cane stopped moving smoothly from side to side. I stopped and turned it upside down to find the metal tip gone. Again, it was a very slow journey to the bus. From that day forward, I carried at least one extra cane tip in my bag.

One day at work, I stayed late to complete some lessons. I put on my coat and went to the classroom corner where the cane always stood. My hand found nothing. I looked all over the room, but no luck. Luckily, I had a broom in the closet. You guessed it: it served as a long white cane, but was not very long. From then on, I locked a spare cane in the closet. Perhaps you are wondering about the first cane ... somehow it was resting under the piano. Raise your hand if you have an idea about how it got there!

Then there was the time I heard about the new light-weight cane which would move easily and would not tire the arm. I proudly took it to our cabin in the forest. The car stopped by the cabin, and I could not wait to open the door so I could smell the lovely trees. I had one foot out the door when I heard a very bad sound. Yes, the car door had come back toward me and had snapped that lovely cane into two broken parts. I was not about to toss it out; I found a very narrow tree branch and heavy tape and made the cane a very nice cast. I did use it for the duration of our stay. From the next visit on, I had spare canes in the cabin. A tree branch will do as a cane, but it is heavy and has no good tip.

One year at the NFB Convention, I was rushing to a meeting and felt the long white cane get caught on something. At that point I had two very short canes. When the exhibit hall opened, another poor broken-cane user and I were at the door. That was when I decided I would use a solid cane. I do not think a truck running over this model could do any damage.

At this writing I have a rather large collection of canes. If I am going out on my own, I use the heavy, solid model with a folding model in my bag. If I am going to dinner with friends and am concerned about putting it in a safe place, I reluctantly grab a folding model. A real danger area is a bleacher arrangement, so I keep my foot firmly on my cane: I do not want to hear that sound that might give me yet another heart attack.

I have had scores of experience with my trusty long white cane, and I assure you that I never leave home without it. It has been everywhere from the forest to the opera. I am always proud to have such a useful tool!

# NEW JAWS AND ZOOMTEXT ANNUAL HOME LICENSES NOW AVAILABLE THROUGH THE FREEDOM SCIENTIFIC ESTORE

By Curtis Chong

I am pleased to pass along some exciting information about new annual licenses for JAWS and ZoomText. With these new annual licenses, blind or low-vision computer users in the United States can now purchase ZoomText Magnifier/Reader or JAWS for as little as $80 or $90 (respectively) per year without paying hundreds of dollars upfront. Instead of spending $400 for ZoomText, $600 for ZoomText Reader/Magnifier, or $900 for JAWS, you can now shop online and pay as little as $80 a year for ZoomText Magnifier with Speech or $90 a year for JAWS. You have the option of purchasing upgrades for one, three, or five years, and as long as your license is current, you will always receive the most up-to-date version. You will not have to pay any more to obtain new versions of ZoomText Reader/Magnifier or JAWS as they are released. Moreover, you will be able to run these programs on up to three of the computers you use, and if needed, you can temporarily remove the license from one computer and activate it on the computer of a friend or family member whom you may happen to be visiting.

Admittedly, this is not that significant for those of us who have already spent the money to purchase ZoomText or JAWS licenses. However, for folks who have not purchased these programs because of the hundreds of dollars that they cannot afford to spend, or for folks who have avoided paying maintenance charges to keep their software current, this is a really big deal.

The ZoomText or JAWS annual home licenses are currently available only through the Freedom Scientific eStore at https://store.freedomscientific.com. Here, you can search either for "JAWS Home Annual License" or "ZoomText Magnifier/Reader Home Annual License."

# MOVERS & SHAKERS

By Karen Santiago

Karen@TheBlindPerspective.com

(Reprinted from the following newsletter: The Blind Perspective, November 2018, Volume 4, Issue 11)

Once upon a time there were three blind mice, Mic, Bart B Cue, and Whitey. One day they all went shopping to find a gift for their friend. While walking through the mall, they got a whiff of Hickory Farms. The smell was so good, it lured them into the store. The farmer's wife was working there since things were a bit slow on the farm. And so, you know the story, she whacked off their tails with a carving knife. The three mice sued, and they won. They decided to use the settlement money to start up a mall where the blind could shop, without fear of getting their tails cut off! Blind Mice Mega Mall was completed and they all lived happily ever after! Of course, this is not the real story.

Actually, the real story is Blind Mice got started by three blind guys who just decided to give it a try. They felt that blind people needed more products than just a talking watch, a low vision clock, or other similar items. They made the decision to go for it in 2003, and they opened up the doors to the Blind Mice Mart in 2004. They began with two vendors: the braille cookbooks, and an old company, SMC who offered a variety of products. From there, they started to build up a customer base.

They initially began as one website with different suppliers. Then they began getting calls from other people wanting to sell their own stuff. They didn't have the means to take on others. So, Blind Mice Mart revamped and had a new website built. This change was in 2011, and it was at that time they changed the name to Blind Mice Megamall. They started under this new name with an additional four stores.

Currently they have a dozen stores, with additional ones popping up based on the seasons. Dale says he is most proud of having four individual store owners. He added that these blind store owners are running their stores, making a difference, and generating an income for themselves. Having your own store within the Blind Mice Mega Mall allows the owner to access, edit, add and/or remove products, change prices, and basically do everything needed to run their own store.

The Blind Mice Mega Mall is a place to provide merchants an avenue to list their products. Dale says that they are always looking for new stores to incorporate into the mall. Some products he would like to see offered in the mall include windchimes, candles, and clothing, just to name a few.

When you visit the mall at www.BlindMiceMegamall.com, you can browse by either the stores or by products. No matter how many stores you visit and products you purchase, it's a convenient one step checkout process. Be sure to register, as there are some discounts for registered members, as opposed to the regular price.

Here is a list of some of the stores you can find in the Blind Mice Megamall:

E Z 2See Products: weekly planner

A Stitch in Time: sewing supplies

Blind Bookstop: braille & electronic books

Blind Mice Mart: items for blind & visually impaired individuals

Body Scentz: bath & body, perfumes & cologne

En-Vision Inc.: assistive technology

J&J Trading: vast supply of products

Journeys: sprays, crystals, & jewelry

Custom Canes: mobility & walking canes

On The Go: guide & service dog products

Relax, stay in your pajamas, grab a cup of coffee, don't worry about the weather outside, or finding a parking spot, when going to the blind Mice Mega Mall. Check out the site for all of your holiday shopping needs:

www.BlindMiceMegamall.com

Proceeds from every purchase at Blind Mice Mega Mall help fund the Mouse Hole Scholarships. These scholarships are awarded to sighted high school students with a visually impaired parent and to visually impaired and blind high school students! The Cooking in the Dark Show is also funded by your purchases!

The principle of Blind Mice is "Make It Count Every day!" So, as the Mice at BlindMiceMegaMall.com say "Have a MICE day!"

# NO MORE CASH, MAYBE

By Pat Munson

The first time I went to the bank and found a flat screen, I asked what was up. The teller said she would read the data to me. Of course, I asked why the thing did not talk. She did not know. I was not happy.

Then there was the first time I went to check out at a store with no human. This time there was a scanner. I was to run each item by it and then do something with the screen in order to pay. Of course, the thing did not talk. Another customer ahead of me was having problems, so I knew I was at the wrong checkout stand.

My most recent encounter with an inaccessible touch-screen was at a parking garage. Each parking space has a print number on the wall. One must go to a machine, insert a credit card, and finally receive a receipt. Oh, and one must type in the parking space number. I still do not know what happens if one does not use the machine at all. Maybe Diablo punctures the tires.

The blind have been trying to keep up with machines which should talk, but it appears we are facing new problems each day. Two very bad features of some of these machines are that they are putting humans out of jobs, and they are making it harder for the blind to transact business.

Newspaper articles have appeared stating that whole countries want to go cashless. One article did mention that some folks will not be able to use machines for a variety of reasons, so other methods of accomplishing the task will have to be found.

In the meantime in the USA, we have the National Federation of the Blind. Touch-screens abound, so we will have to devise alternative methods to accomplish what we need to do. We live the life we want, and we want the same access in this cashless age, if it is to be!

# GOOD EATING

## HOMEMADE BEEF EMPANADAS

Submitted by Ernie Esquibel

I would like to share this family recipe. It was a staple in our home for the holidays.

Ingredients

Homemade empanada dough:

3 cups all-purpose flour

1/4 to 1/2 teaspoon salt

6 ounces unsalted butter (1 ½ sticks)

1 egg

1/4 to 1/2 cup water, adjust as needed

Beef empanada filling:

4 tablespoons butter or oil

1 white onion, diced

2-3 garlic cloves, crushed

1 tablespoon dry oregano

2-3 teaspoons ground cumin powder

1 lb ground beef

Salt and pepper to taste

1 egg, whisked, to be used as egg wash

Instructions

Homemade empanada dough preparation:

Cut the butter into small chunks. Mix the flour and salt. Add the butter. Mix until it resembles pea-size. Add the egg and the water in small increments.

Beef empanada filling preparation:

Heat the butter in a large frying pan, add the diced onions and crushed garlic. Cook until the onions are soft. Add the oregano, ground cumin, and salt/pepper. Add the ground beef, stir and cook until the meat is fully cooked. Taste and adjust salt/pepper and any seasonings to your personal preference. Let the beef filling cool down completely before using to fill the empanadas. My mom adds diced apples and raisins.

Beef empanada assembly:

Place a generous amount of the beef filling on the center of each empanada dough. Fold the empanada dough and gently seal the edges with your fingers. Then twist and fold the edges of the empanadas with your fingers. For extra sealing you can use a fork to press down on the edges.

If you have time, refrigerate the empanadas for 30 minutes to an hour; this will help them seal better and prevent them from leaking. You can also prepare them the day before and bake them right before serving.

Preheat the oven to 400 degrees F for medium-sized empanadas, or 375 degrees F for smaller empanadas. Place the empanadas on baking sheet, lightly greased or lined with parchment paper. Brush the empanadas with the whisked egg mix; this will give a nice golden glow when baked. Bake the empanadas at 400F for 20 minutes, or until golden on top.

## PUMPKIN DUMP CAKE

Submitted by Veronica Smith

Ingredients:

1 box yellow cake mix

3 eggs

1 cup packed brown sugar

2 sticks melted butter

1 cup chopped pecans

1 12-ounce can evaporated milk

1 15-ounce can solid pumpkin (not pumpkin pie filling)

2 teaspoons pumpkin pie seasonings

Preheat oven to 350 degrees. Grease the bottom and sides of a 13-by-9-inch baking pan. Mix the eggs, seasonings, brown sugar, milk and pumpkin until well blended. Pour the mixture into prepared baking pan. Sprinkle yellow cake mix over mixture. Then sprinkle pecans over yellow cake mix. Pour melted butter over all of it. Bake 45 to 55 minutes or until a knife inserted in center comes out clean. (Our oven at school took one hour.)

I hope you all love this cake as much as I did. Also, a word to the wise: if you are planning on picking up the pieces with your hands, make sure and flip the cake over and use the bottom as the crust.

## MOCHA NUT BUTTER BALLS

Submitted by Tonia Trapp

I got this recipe from a book by Joanne Fluke, who has written a murder mystery series in which the protagonist and crime-solver is a baker who owns a cookie shop. The author includes different dessert recipes in each book. I love these cookies!!

1 cup softened butter

1/2 cup sugar

1 teaspoon vanilla extract

1 tablespoon instant coffee powder (not crystals)

1/4 cup cocoa powder

1/4 teaspoon salt

1 3/4 cups flour

1 1/2 cups finely chopped pecans

Powdered sugar to coat the cookies

Set oven to 325 degrees F. Soften the butter. Mix the butter with the sugar, vanilla, coffee, cocoa and salt. (I found this difficult to do with just a spoon because of the consistency of the dough, so I did the mixing with my hands, which worked quite well.) Add flour in 1/2 cup increments, mixing after each. Mix in the nuts.

Form dough into 1-inch balls. Flatten them slightly so they won't roll off the cookie sheet. Bake 12-15 minutes. Let the cookies cool completely. Then coat them with powdered sugar.

# USEFUL WEBSITES, APPS, AND TELEPHONE NUMBERS

By Jim Babb

www.esighteyewear.com

Very high-tech and expensive eyewear. A couple of residents at our retirement center purchased this eyewear. ESight uses an intelligent mix of optical and computer technology to stimulate the remaining photoreceptors in your eyes, sending more information to the brain and enhancing your ability to see clearly.

https://irisvision.com

Another high-tech pair of glasses with similar optical and computer technology, less expensive than the one listed above. Check out both online.

www.brandless.com

Every item on this website is $3 or less, and free shipping if you purchase $25 or more.

www.camelcamelcamel.com

This is a very useful price tracker to get the lowest price on Amazon.

1-866-322-8228

Call this number to get your up-to-date credit reports from the three credit bureaus. You will have the choice of getting these three reports in braille, large print or recording. These reports are used by landlords, insurance companies, etc. to determine how much you will pay for same.

# MEETINGS AND ANNOUNCEMENTS

January 28, 2019: Great Gathering-In at Washington Seminar, Washington, DC

March 31, 2019: 2019 NFB National Scholarship application period ends

April 4-7, 2019: NFB of New Mexico State Convention, Embassy Suites by Hilton, Albuquerque, NM