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OCTOBER 2019

Quarterly newsletter of the National Federation of the Blind of New Mexico, published on www.nfbnm.org, on New Mexico Newsline, and on NFB Newsline.

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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.)

# ME? WRITE A BOOK?

By Gary Ted Montague

Writing *Victory from the Shadows, Growing Up in a New Mexico School for the Blind and Beyond*, reminded me of many incidents that stood out as points in my personal development. These produced memories long forgotten. I learned I can continue to reach out and touch the hearts of others. It improved my ability to share as so many have shared with me – ideas of value, quality, and strength.

I have for many years felt the presence of Divine direction plus a sense of help when I needed it most. I have seen love, joy, truth, happiness, frustration, and depression the same as many of my sisters and brothers, even when observers remained unaware. What I know is that courage comes from striving to improve the world. When trouble comes, we must look for the silver lining in the cloud of life to help us realize that, despite trepidation, there are better times and ways and greater pleasures that await us.

The dream of publishing *Victory from the Shadows* endured for nine years through physical injuries, illnesses, family challenges, even deaths of loved ones, but we made it. People who knew how to do what we had to learn popped up unexpectedly as we needed them.

I have been forced to recognize that my presence in the lives of others is enhanced when I am willing to share, advise, give, and offer help in small or larger ways. Although life is hard at times, there are many more points of beauty than we imagine. That is why we go toward the joys in life by striving, hoping, and caring.

In writing our book, my wife Elaine and I learned to share information so others can use it. Many factors influence where a story goes. The audience is the most important part. The reader wants to relate the author’s words to his life. The author does not want her book pushed aside for a more intriguing one.

I learned as a young boy that if I was going to break a horse, I would be thrown off and suffer a variety of hurts, but they did not compare to the joy of riding that animal when it was broken. Likewise, we went through rejections and revisions and several total rewrites with different styles, directions, and voices.

It is important to write daily, keep writing, and never give up. At the same time, we had to learn how to pursue our dream and organize, research, and express memories. We needed to understand the process of writing to develop our craft.

The hardest part for me was giving up privacy, but I found that providing information about my past so others could understand led me to bond with readers who faced similar trials. We can all feel part of a group and empathize with one another by understanding a little about human nature. Telling Elaine my private thoughts and sharing sensitive parts of my experiences was a struggle, especially for the first two years. I did not want to write a book; my wife did, and I was her favorite subject. I was afraid I might not remember incidents which had brought me to feel personal worth and courage. Talking of situations which had affected me very much in the past but no longer do, I realized they lost importance as I grew up.

I wrote the book to let the world see that people with visual impairment can accomplish far more than most people expect. This article is to encourage members to read and tell others about *Victory from the Shadows* and to strive to do the best they can in all projects they tackle.

*Victory from the Shadows, Growing Up in a New Mexico School for the Blind and Beyond*, by Gary Ted and Elaine Carson Montague. Gary’s story of struggle and triumph. Trace his life from a small farm to residential school during World War II to college and long career at a national scientific lab. Includes current resources, misconceptions, and need-to-know information such as the conundrum of low vision. Paperback ISBN 978-0-578-40795-1, ABQ Press, 2019, for sale at Amazon and in bookstores; e-pub online. Visit our website, www.elainemontague.com.

# THE 2019 NATIONAL FEDERATION OF THE BLIND CONVENTION

By Pat Munson

We celebrated the fourth of July by flying to Las Vegas, Nevada for the 2019 NFB convention. Our first slow-down was having security make us step aside while one of our bags was opened ... the X-ray machine showed something odd. Sure enough, it was walnuts I was taking for our lunch. The odd part was that I had some of the same nuts in another bag, but they were not interested in that bag ... go figure!

When we arrived at the hotel, I was surprised that we had to walk so far to reach the front door, although later I was sorry that we found the door; however, it was 105 degrees outside. The noise level in the lobby was unbelievable. The music was at a level I had never heard; also, the lobby was half the length of a football field. Luckily the line to register was not too long. One day, Jack said there must have been five-hundred folks waiting to get a room.

The next pleasure was getting an elevator. There were 24 of them divided, so one had to get on the elevator that stopped at the floor desired, and one had to have a card to hold up to a reader and then press the floor number. In other words, one could only go to the floor coded on the card. Maybe, more about this later. Incidentally, there are 3500 rooms at the Mandalay Bay Hotel.

Just a note about the room service: If one wanted a cup of coffee, one paid nine dollars. If someone desired orange juice from the fridge, one parted with 12 dollars.

Let's go back to the lobby level. However, I would rather not ... the noise was so loud I could not hear Jack shouting in my ear. To get to other areas of the hotel, one was forced to go through the gambling area, which went on for a quarter of a mile. On one side of the gambling machines were restaurants, of course with the same noise level. One could eat there with one's worst enemy: who knew what was being said. Oh, I have not mentioned food costs. The cheapest was a so-so buffet at 33 dollars per person. We did have a wonderful Russian dinner, but it was over one-hundred bucks.

Continuing past all this noise and food, one finally got to the convention center where our meetings were held. It took 15 minutes of brisk walking to arrive there. One day Jack made the trip seven times. He was mighty tired. If one wanted to go to the swimming pools, one went down to the lower level which was still full of noise. We did go outside so I could hear real birds and feel the intense heat. Five minutes was enough. All I could think was how much power was required to run that Disneyland-like environment ... there is not enough water in that part of the country!

I did like the meetings and seeing some of my friends from around the country. I have known many since 1977 or so. They all thought the hotel was a crazy place!

A major focus at convention for me is the division for seniors. By the way, Christine Hall created the divisions at both the national and New Mexico state levels some decades ago. We thank her for all that work. This year at the national convention, the seniors had a seminar followed by the business meeting and speakers two days later. The focus of the seminar was "doing" yoga. Our blind instructors came around to help if we were not sure of our poses. It was great fun, but some of us were mighty tired at the end. The president, Ruth Segar, paces meetings really well; some of us have short attention spans!

The highlight of that meeting was the discussion of a week-long seminar for some lucky recently-blind seniors. They spent the week at an NFB camp, where they learned under sleep-shades how to manage their daily lives. From what they said, they also had lots of fun and made new blind friends.

I could not attend all of the convention meetings, but the ones I attended were as interesting as always. There are overlapping meetings during lunch, and many of them occur after adjournment in the evening. For some, finding time to sleep is a problem.

When the convention sessions commence, I walk around the vast hall looking for each state's pole, which stands tall with the name of each state in both large print and Braille. Reading the Braille labels allows me to find some of my old friends, with whom I do quick business.

The highlight of the convention is the banquet. One of our New Mexico students was receiving a scholarship, so we were eagerly waiting for his name to be called. The banquet address was uplifting; all speeches and presentations in the long evening were enjoyed by everyone. For me, the highlight of the dinner was the salad. A large bowl was placed in front of me. I heard the waiter state he would be around with the dressing, which I found unusual. I think the reason was so we could cut up the two whole hearts of Romaine lettuce. Some picked up each leaf and ate it that way; I'm not going to say what I did.

After this convention experience, home never seemed so good. Everything is so easy in the apartment and around the building in which we live!

# THE SPIRIT OF THE WHITE CANE BANQUET

By Nancy Burns

Governor David Cargo signed the first White Cane Law into effect in 1967. This legislation was recommended by President Lynden B. Johnson and has had far-reaching impact on the lives of blind and visually impaired individuals. The law protects the rights of those who use a white cane or guide dog to access all public facilities.

The president of the United States, as well as many governors and city mayors, sign White Cane proclamations annually acknowledging October 15th as White Cane Awareness Day. For many years, local chapters of the National Federation of the Blind of New Mexico (NFBNM) have organized White Cane banquets to call attention to this important issue. City leaders, legislators, and local businesspeople are generally invited in order that the National Federation of the Blind is able to educate them about the law. Literature is distributed and events are held.

The 50th anniversary of this important legislation was in 2017 and was acknowledged by many local chapters. During the month of October, chapters historically combine efforts in order to impact the community with knowledge of the National Federation of the Blind of New Mexico and to focus on equality.

Since the state of New Mexico holds the honor of passing the first White Cane Law, it is the desire of the NFBNM to publicize this important date. This year on October 12, 2019, the Albuquerque and West Mesa Chapters have the honor of presenting Fire Chief Paul Dow as the guest speaker. Chief Dow has expressed a desire to keep the line of communication open between Albuquerque Fire and Rescue and the National Federation of the Blind. Caroline Benavidez and Nancy Burns have been invited by Chief Dow to speak to a graduating Rookie class of fire fighters. The National Federation of the Blind of New Mexico gratefully accepts this invitation to share information with the Albuquerque Fire and Rescue Department.

# THE GREAT JOB HUNT

By Tina Hodgman

When I was young, I was told I could be anything I wanted to be. I'm not sure if I believed it then, but I was interested in space and flying, and my interests were encouraged. My dad even paid me to record episodes of Star Trek, and as I watched each episode (to edit out the commercials), I developed a sincere desire to become a part of humanity's exploration of the great unknown.

I was a good student, and when I learned that the New Mexico School for the Blind and Visually Impaired (NMSBVI) was going to take a small group of students to Space Camp, I just knew I had to go. I did everything they asked, I met all the qualifications, and when I was accepted, I … Well, I jumped so high I probably could have touched the moon without a rocket! Space camp was great. It was so amazing, in fact, that I went twice!

A few years later, I left Alamogordo to attend Farmington High School, and some of my classmates and I took a test to assess our abilities and interests so we would have a better idea of what we all wanted to be when we grew up. I didn't want to grow up, but I took the test anyway. We were instructed to answer honestly, so I did.

My results encouraged the test proctor to speak with me personally. He said my test showed a strong interest in flying and that I had excellent math AND writing scores, so he wanted to give me information about the Air Force. He asked if I would be interested in a military career. "Yes," I answered eagerly, "but, I'm legally blind, sir. Do you think there are any jobs suited for me?"

I didn't need any vision to see his face fall. He told me they had strict physical requirements, and he didn't think I would be able to join. I didn't give up, though. I decided I would go talk to the local recruiter, because I was sure I could work in a control tower, maybe maintenance, or at least do clerical work. The funny thing is, when I got to the recruiter's office, guess who I saw? Yep: it was the same guy. He wasn't a test proctor; he was a recruiter.

I don't know if that experience was the root cause or not, but I dropped out of school, started a family, and continued to watch Star Trek from time to time. I had to give up on my dreams of being an astronaut. Instead, I worked in fast food, retail, hotels, or stayed home to raise my kids.

Unsatisfied with my lot in life and believing I could do more despite my blindness, I decided to go back to school. I had earned my GED and taken a few college courses, but I knew I could do better. I looked at my realistic options this time, decided to study English and literature, and talked with the New Mexico Commission for the Blind. I started taking classes at Western New Mexico University, the same school, coincidentally, that the NFB of New Mexico president used to attend.

Going back to school was difficult. I hadn't been in class for a long time, and I had to schedule my work around my family. I had to do a lot of paperwork, secure my accommodations, buy books and supplies, and keep the Commission informed of my progress. I thought about giving up several times, but I persevered. And last year, I graduated Summa Cum Laude with a 4.0 grade point average. I kind of amazed myself.

I haven't found a job yet, though, and it's been very frustrating to keep applying for jobs with employers who don't hire me. To make matters worse, I keep seeing jobs I know I could do but don't apply for, because I don't have a driver's license and that's one of their mandatory requirements. Recently though, I realized that I've gained something even more important. After all these years, I finally know what I want to be when I grow up.

I made my choice based on what I'm realistically good at, rather than chasing impossible dreams. But don't think for one second that I'm advocating for blind people to ignore their dreams: quite the opposite.

You see, if I hadn't loved space so much, I wouldn't have watched, read, listened to, or otherwise explored anything and everything space-related that I could get my hands on. I wouldn't have been as interested in schoolwork or other intellectual experiences, and I wouldn't be a college graduate today.

I know I will find a meaningful career, but in the meantime, I'm working on a book, writing and publishing articles, and loving life at home with my kids. I'm trying to get into graduate school, and when I'm done with that, I'm going to be a college professor.

So, don't give up on your dreams. You may not get where you wanted to go, but the journey is important, and you never know where you'll end up. Succeed or fail, you'll learn much along the way. As Norman Vincent Peale famously said, “Shoot for the moon. Even if you miss, you'll land among the stars.”

# WHO ARE YOU? AND CAN YOU PROVE IT?

By Peggy Hayes

Recently, people have had less than pleasant experiences renewing the official state ID. With the new "Real ID" requirements, things have gotten a little more complicated. Here are some tips that might help you if you need to renew your official ID.

I recently went to the DMV office in Alamogordo and expected to breeze through the process. Wrong! Since I had my current ID, birth certificate and passport, I felt confident that things would be simple and quick. Just a reminder, if you do not have a "real ID" you may not be able to travel on public transportation, including air and bus services. You will not be allowed in federal buildings or facilities.

Proving citizenship and residence is a real important item. Proof of residence is the concern. Among acceptable documents are 2 recent utility bills with your name. This means if you live with a family member or friend, but your name is not on the utility account, you can't prove you live where you say. Other acceptable documents include a recent bank statement with your name and address, a letter from Social Security with your name and address, or Medicaid, Medicare or other insurance document with your name and address. Again, your address is vital to prove residency.

I recommend you do some research before going to your DMV office. Hopefully, these ideas will help make the process a little less frustrating.

# WHITE SANDS CHAPTER COMMUNITY OUTREACH

By Larry Lorenzo

With October being both "Meet the Blind Month" and "Disability Awareness Month," the White Sands Chapter of the NFBNM is planning several community events. To celebrate White Cane Safety Day, the White Sands Chapter is collaborating with the New Mexico School for the Blind and Visually Impaired, the New Mexico Commission for the Blind Orientation Center, and the New Mexico State University Alamogordo in an organized White Cane Walk and ceremony. The White Cane Safety Act was passed by New Mexico in 1967 as a model disability rights legislation. Last year, the White Cane Walk included a walk from a neighborhood Walmart to the college, ending with a proclamation by the Alamogordo mayor and motivational presentations by members of the blind community. Similar activities are being planned this year.

A community outreach initiative is also being organized. The chapter has started the Larry Hayes Memorial Quality of Life Grant. This initiative has several parts:

1. Collaboration: Partnering with community organizations is a way of increasing our impact and amplifying our message. As noted earlier, the White Cane celebration event will involve several organizations that directly involve blind individuals.

In addition, The Fraternal Order of Eagles has been a friend of the Federation and is partnering in sponsoring the Quality of Life Grant. The Noonday Lions Club is co-facilitating a blind and low vision awareness event. This includes general blindness awareness presentations and grant awards. The chapter will take the lead with philosophy discussion and independent living skills training.

2. Assistive devices to promote independence and self-reliance: Part of the Quality of Life Grant includes purchasing audible/talking devices for some area residents who are blind or experience low vision. These items can be talking clocks or timers, talking blood pressure monitors, talking thermometers, apps for smart phones or computers, etc. Devices will be purchased for recipients up to $100.00. If a qualified individual wishes to buy an approved device over $100.00, the grant will be applied to the purchase price.

3. Training and support: NFB chapter members will instruct recipients on the use of the assistive device. A presentation will be made covering a wide range of issues. These include cooking, money management, mobility and transportation, etc. Chapter members will describe proven techniques that reflect a creative or nontraditional approach. Both grant recipients and other participants will be encouraged to think of the White Sands Chapter as a friend and resource in living independently with low vision and blindness.

4. Philosophy and core beliefs: Assistive devices are great tools. However, all the tools in the world are less important than a positive philosophy and belief in the abilities of the blind. “Live the life you want" is more than a catchy slogan: it is a statement of fact that power and control over one's life is literally in the hands of the individual. It is built on years of successful experiences of thousands of blind people. This includes high-profile persons such as Dr. Jacobus tenBroek, who founded the National Federation of the Blind in 1940. Other blind leaders have also helped change the perception of blindness. However, it is best demonstrated in the lives of ordinary blind people going about the business of "living.”

New Mexico has its share of extraordinary blind over-achievers: Pauline Gomez, educator and the first president of NFBNM; Dr. Fred Schroeder, first executive director of the New Mexico Commission for the Blind; Raul Midon, nationally-recognized musician; and many others. But again, it is ordinary blind persons who touch the community and daily change people's thinking about what it means to be blind.

The October walk and presentation is another opportunity to share this philosophy and core belief. The White Sands Chapter of the NFBNM is working at making a difference. "Live the life you want" will be on full display as a way of life.

# BEYOND EXPECTATIONS

By Nancy Burns

The goal of the Creating Options support group is to tap into the expansive interests of blind and visually impaired individuals. Many of these talented people believe that they can no longer be artistic, successfully cook a meal, use the sewing machine, or shop at a nearby supermarket. The purpose of this group is to explore options, as the name implies. The New Mexico Commission for the Blind has graciously hosted this group for three years. The Commission provides the perfect setting and assists in greeting those who attend.

The group facilitators have reached out to community services in order to bring useful information to participants. As a result of these efforts, the September meeting became a roaring success. Three staff members from the Veteran's services were present: Trudy Valdez, VIST Coordinator; Kelly Golden, Blind Rehabilitation Orientation Specialist; and Glenda Zuccarello, Low Vision Specialist. These honored guests brought information and shared some adaptive devices, and Trudy brought delicious home-baked blueberry muffins. Information was shared about the White Cane Day Walk to be held Tuesday, October 15, at the field on the expansive grounds of the VA Medical Center. Flyers were distributed for this event. Everyone is welcome and encouraged to participate.

As always, Commission staff members were present and assisted with arrangements and escorting attendees to the meeting room. Members of the National Federation of the Blind were present and invited people to attend the annual White Cane Banquet to be held at the Crown Plaza Hotel on October 12. Flyers for this banquet were distributed.

Three legally blind artists shared their concerns as well as their successes. A total of three blind veterans were also present. Some of these vets are experiencing recent vision loss and will hopefully attend future meetings.

Creating Options meets the third Wednesday of each month. Those experiencing concerns about vision loss are welcome, as well as friends and family. The setting is casual and the facilitators, Nancy and Don Burns, hope to reach any person with vision loss concerns. Join us on the third Wednesday of each month from 10:00 a.m. until 12 noon.

# HI HO ... COME TO THE NEW MEXICO STATE FAIR

By Pat Munson

Recently, we decided to go to the state Fair. Our main reason was, of course, to pet the animals in the children's petting zoo. Before entering the petting zoo, Jack had to purchase food for them. Because he had food, the goats got carried away trying to knock one another out of the way. Once the food was gone, they ambled off elsewhere.

We were told not to feed the donkey or the pig; they had plenty of hay. The donkey was very friendly, but my main objective was to look at the pig's nose. He got away the first time, but the next round I struck gold. Now I know exactly what his mouth looks like. It would be fun to see him try to hold and drink a cup of coffee! His snout is as flat as a pancake and feels a bit rough.

My understanding is that trainers prepare these animals for petting, because like service animals, they must be very gentle. In the zoo, there were also very friendly sheep, a chicken, a duck and a very small bull. Because we were hogging the animals' attention, the poor children were most likely happy when we departed.

We did amble around one of the buildings listening to parrots who, for a price, could sit on one's shoulder for a photo. Jack said they were all very colorful, and they were noisy. In this building, companies displayed everything from mattresses to purses. Since shopping is not for me, I simply bought some colorful socks and Jack bought nothing.

One aspect of the fair I really like is the fact that many people are displaying flowers they have grown, homemade food, and art. What a treat to see so many people spending time preparing all these displays and so on. Another favorite section of the fair is the young folks and their animals. So many young people these days are busy spending time looking at their phone, but these younger folks are physically tending to their animals. It's so nice to see that. We saw everything from sheep to rabbits.

Of course, there are lots of rides and lots of music of many varieties to entertain just about everyone. We cannot wait for the fair next year. There are always new items, many of which can be touched and enjoyed.

# LARGE STATUE ON CIVIC PLAZA DRAWS CRITICISM

By Matthew Reisen, Journal Staff Writer

(Note: The following article was published in the Albuquerque Journal on Sunday, August 18, 2019.)

Forgotten. Ignored. Unseen.

That's how disability advocates say Mayor Tim Keller's administration has made their population feel and they point to the large metallic sculpture in Civic Plaza as a symbol of the problem, noting that they were not consulted about it and have serious concerns with it.

Photo Caption: National Federation of the Blind of New Mexico members Lindsay Sloan and Brianne Kotschwar stand by the One Albuquerque statue in Civic Plaza on Saturday morning.

Members of the Americans with Disabilities Act Advisory Council and National Federation of the Blind of New Mexico gathered in front of the "One Albuquerque" fixture on Saturday morning to rail against the city's inattention to ADA compliance both past and present.

"I don't want to stumble upon something and find out that it's a problem. I'd rather have a seat at the table and say, 'Hey, I helped come up with a solution for that," said Tara Chavez, president of the Albuquerque chapter of the NFBNM, as she stood in front of the sculpture.

A visual representation of Mayor Keller's "One Albuquerque" mantra, the three-dimensional sculpture weighs in at 17,800-pounds and cost the city $53,000, including $39,000 from lodgers' tax revenue designated for marketing and a $14,000 gift from the National Senior Games organizing committee.

The sculpture has been placed at the corner of Third and Tijeras, near Civic Plaza, and is now set to be moved to different events and locations around the city. Because of its weight the sculpture cannot be placed on Civic Plaza, which has a parking garage beneath.

Advocates like Chavez have concerns of their own. "I'm short enough that I could easily have walked up to it, not realizing it's there, and smashed my head on it - last I checked, steel hurts," she said. When members of the NFBNM and ADAAC complained about the risks to the blind and disabled, potted plants were placed around the sculpture's protrusion as a barrier.

The Keller administration says it's willing to meet with the NFBNM to address its concerns. "Our goal is to build an inclusive Albuquerque where everyone is a valued part of the community," a spokeswoman for Keller's office said Saturday.

But advocates say the sculpture is just the "steel tip" of the iceberg when it comes to ADA non-compliance issues in the city and their voices have gone unheard for too long. Karen Cushnyr, an ADA council member, said Keller's administration has not responded to phone calls or made staff available for discussion on these issues. The ADAAC's concerns range from non-compliant bathrooms in City Hall and inadequate or non-existent braille signage in city buildings to ADA violations at Balloon Fiesta and a lack of input into ART station accessibility. Cushnyr said the money spent on the "One Albuquerque" sculpture could have been used to bring several Civic Plaza bathrooms into compliance.

"All we want is a seat at the table, all we want is to be considered first and I hate to say it, but Mayor Keller made a lot of promises in his campaign that we were going to be included in the conversation," Cushnyr said. "It's a mindset and it's an attitude that hasn't changed yet. Albuquerque hasn't put forth the money or the goodwill to make that happen.”

The city has been criticized for its failure to address ADA compliance issues even before Keller took office. In 2017, Albuquerque's Office of Inspector General issued a report blasting city officials for what it called a "systemic failure" to make city buildings and other infrastructure accessible to people with disabilities, saying that officials appeared to have a "laissez-faire attitude" when it came to complying with the federal civil rights law. "While progress has been made in compliance with the (American with Disabilities Act), it is insufficient - the city has had over a quarter of a century to comply with the law and there are still thousands of violations," Inspector General David T. Harper wrote in the report, which was issued in November 2017. At the time, then-mayor Richard Berry's administration disputed the conclusions reached by the IG, saying the city had made ADA compliance a priority for new projects and had been setting aside money to bring existing facilities into compliance.

# GOOD EATING

## DON'S SOUTHWEST PASTA SALAD

By Don Burns

2 cups bow tie pasta

1/2 cup fresh green chile, finally chopped

1/4 cup red bell pepper, finally chopped

2 tablespoons red onion, finally chopped

1/4 cup cilantro, finally chopped

1/2 box cream cheese, chilled

1/4 cup ranch dressing

Red chili powder

Cook pasta as directed. Rinse in cold water and drain. Place pasta in medium-sized bowl. Add the ranch and vegies and stir well. Cut the chilled cream cheese into small squares and gently stir into pasta. Dust the top with red chili powder and chill.

## CRUNCHY RASPBERRY AND PEANUT BUTTER SANDWICH

By Jim Babb

2 to 3 tablespoons crunchy peanut butter

2 slices whole wheat bread

2 tablespoons raspberry jam

2 to 3 tart apple slices, about 1/4-inch thick

Spread the peanut butter on each slice of bread. Spread the raspberry jam on one of the slices of bread. Place the apple slices on top of the jam. Then close the sandwich, and yum!

# USEFUL WEBSITES, APPS, AND TELEPHONE NUMBERS

By Jim Babb

[www.identitytheft.gov](http://www.identitytheft.gov)

Go here to find out how to place a security freeze on your account with the three national credit bureaus: Trans Union, Experian, and Equifax. Your personal information is out there, with all the major breaches of your personal data that have happened with major and even small companies. For example, the security breach at Equifax involved over half of all Americans. Take action now to freeze your credit with all three bureaus.

[www.freewill.com](http://www.freewill.com)

Every adult needs a will, so that you, rather than the state of New Mexico, decide who will get what when you die. This website recommends that you use a secure browser such as Chrome to do your will on this site.

[www.fakespot.com](http://www.fakespot.com)

This website analyzes reviews of products and services you wish to purchase online and determines if the reviews are real or fake. I understand that a large number of reviews are unfortunately fake.

The Legacy Technology Project

[1nationundersound@gmail.com](mailto:1nationundersound@gmail.com) or phone: 603-827-3859

Contact this group to purchase used but in good condition blindness technology products such as Pac-Mates, Voice or Braille Notes and much more.

# MEETINGS AND ANNOUNCEMENTS

October 2019: Meet the Blind Month

October 15, 2019: White Cane Awareness Day

February 10, 2020: Washington Seminar and Great Gathering-In, Washington, DC

June 30-July 5, 2020: National Convention, Houston, TX