**Lakes Region Chapter Monthly Newsletter**

May, 2021

Editor Sheryl Dutton

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**NFB Pledge**

I pledge to participate actively in the effort of the National Federation of the Blind to achieve equality, opportunity, and security of the blind: to support the policies and programs of the Federation and to abide by its constitution.

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**President’s Corner:**

It’s May, the weather is warming up. More of us are now vaccinated (Dennis and I got our second doses on April 9). Hopefully, maybe by Memorial Day, we can look forward to being able to get out and enjoy the company of friends and family.

The speech I delivered during our 2020 state convention has been printed and appears in the April, 2021 Braille Monitor.

Getting into "Good Trouble" by Deanna O'Brien

From the Editor: This presentation was presented at the convention of the 2020 National Federation of the Blind of New Hampshire state convention. Its author is now the president of the affiliate. She and her husband have two grown children, and talking with her is a real delight. Here is what she said to the convention:

"Do not get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is not the struggle of a day, a week, a month, or a year, it is the struggle of a lifetime. Never, ever be afraid to make some noise and get in good trouble, necessary trouble. -John Lewis, a tweet from June 2018.

Good afternoon! It is my great privilege to have this opportunity to address the 2020 New Hampshire state convention of the National Federation of the Blind. I have been asked to speak about getting into some "good trouble.

This phrase can be attributed to the late John Lewis, Democratic Representative from Georgia. He was a civil rights icon for decades and was considered the "conscience of the Congress. He worked tirelessly advocating for the civil rights of all.

"I appeal to all of you to get into this great revolution that is sweeping this nation. Get in and stay in the streets of every city, every village and hamlet of this nation until true freedom comes, until the revolution of 1776 is complete.” This was also from John Lewis at the 1963 March on Washington.

John Lewis passed away on July 17, 2020, during the national convention of the NFB. When I zoomed in to the Saturday morning session, what a great surprise! The NFB had put together a video using archival footage of John Lewis addressing its members. I was transfixed by his message. He spoke of "getting into trouble, good trouble, necessary trouble. Never before had someone put into words what I have felt all my life. This was a defining moment for me at this convention, which, by the way, was my first national convention. The fire was kindled, and it burned red hot. What can I do with this newfound energy? How can I best serve the blind community and promote the central principles of the NFB-equality, security, and opportunity?

Where did I truly begin to advocate for myself? What was the spark in my life? I believe it can be traced in part to this event I'm about to describe.

I can remember this day most vividly. It was fifty-seven years ago, almost to the month. I was twelve years old. It was a Thanksgiving afternoon, and a group of us decided to go the neighborhood school to play on the playground. We made it to the school, but an unfenced construction site beckoned us in. The building would eventually become the new cafeteria but, for now, it was an enticing place to play.

We began to explore and, of course, found a way to climb up into the building. Up and up we went, climbing onto scaffolding and pulling ourselves up using beams and poles. All of the sighted kids made it to the top and, with much effort, so did I. It must be noted that I am totally blind, but I was totally not going to miss this experience.

I arrived at the top, and it was AWESOME! Kids were running around everywhere. Chaos reigned supreme! I could hear the openness and feel the cool air. My brother advised me not to walk around without assistance because there were wide gaps between the planks, and it was a long way down.

Now kids were jumping from the building into some sand below. Soon I was left alone on the top of the building. My heart began to race with fear, but my brain said "You know you are going to jump. I could hear kids below, and my brother said to step forward to the edge. I did so.

As I stood there, it was getting colder, and I could feel the sun setting low on my face. It got quiet, and I knew I had to make a decision. My brother Steve said, "Deanna, listen! He scraped his shoe on the ground below. "Do you hear that? That is gravel. Don't jump there. Then he moved and said "Do you hear this? I heard nothing. "This is sand. Jump here. Jump to my voice!”

"You are a light. You are the light. Never let anyone-any person or any force-dampen, dim or diminish your light. Study the path of others to make your way easier and more abundant.” -John Lewis, from his 2017 memoir, Across That Bridge: A Vision for Change and the Future of America.

I knew what I was going to do, and my feet left the platform. I fell through the cool late afternoon air. It was exhilarating! It was magnificent! Then I landed softly in the sand to the cheers of all my friends. I stood up for myself. I was a part of, rather than apart from. I was included, not excluded. What a day!

The struggle is real. Many challenges can be found. I, too, have faced my share of disappointments and setbacks. When I was a small child, a youngster's father removed me from a piece of play equipment; he said I must go home because I was blind, and he might be sued if I got hurt. When I was thirteen, a mother told my mother that children like me should be "locked in the backyard where they can't be seen. A professor at Arizona State University ended my elementary education degree because I could not teach handwriting on the chalkboard. A vocational rehabilitation counsellor tormented me unrelentingly during final exams by asking for detailed information about the fiery crash which took my mother's life. I can think of so many more examples of prejudice, blatant cruelty, and disrespect.

But there is a way.

"We have been too quiet for too long. There comes a time when you have to say something. You have to make a little noise. You have to move your feet. This is the time. -John Lewis, at a 2016 House sit-in following the Pulse shooting in Orlando.

I did get my degree from Arizona State University, not in teaching but, rather, in Latin American History, where I graduated Phi Beta Kappa.

Someone else is making some noise and getting into "good trouble" in New Hampshire. Jody Ianuzzi has taken on the problem in Keene where some cab drivers are not allowing the blind to travel with their guide dogs.

"When you see something that is not right, not just, not fair, you have a moral obligation to say something. To do something. Our children and their children will ask us, 'What did you do? What did you say? …" -John Lewis, December 2019 remarks in the House on impeachment of President Donald Trump.

We at this convention know that much work lies ahead. The NFB fights the fight every day, advocating for equality, security and opportunity for all blind people. Apathy is an impediment to progress. I am asking all of the blind across this great state to get involved. Please become part of the work that needs to be done. I ask this convention to make some noise, some necessary noise. It is time to step forward and get in some "good trouble," creating better opportunities so that all blind people everywhere can live their best lives.

 "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. -Maya Angelou.

Me too!

Now, remember to get out and cause some good trouble!

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**Affiliate News:**

**Thanks to David Brownell for the following reminder:**

If you are blind or visually impaired and don’t have a computer, you can read your favorite newspaper through NFB NEWSLINE. All you need is a touch-tone telephone. For more information and an application form, call 866-504-7300.

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**Register for the 2021 NFB National Convention:**

The 2021 National Federation of the Blind National Convention is July 6 through July 10. Registration is open and free. By registering, you will get access to the latest information as it is made available, the opportunity to win door prizes, and more! Register for the 2021 NFB National Convention online now, using the link at NFB.org. If any of you need help, contact your president, Deanna O’Brien at the email or phone at the bottom of the newsletter.

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**Lakes Region Chapter Listserv**

We now have a Lakes Region Chapter listserv! Dana Trahan is the moderator. To simplify getting you all signed up, your Chapter President (Deanna O’Brien) and de facto Membership Secretary (Dennis O’Brien) will be providing a list of your email addresses to Dana. She will enter them into the Listserv. You will receive an email indicating this. Once this is done, a simple email to the listserv address will send an email to everyone in the chapter who has email.

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**Spotlight:**

This month’s spotlight is on Sue Hoitt:

My name is Sue Hoitt. I was born in Nashua, New Hampshire in 1944.

My mother had German Measles, which was the cause of my blindness.

I started at Perkins School for the Blind in 1953 and I finished in 1961.

I worked for the Workshop for the Blind at home for 4 years and then worked part time at the workshop in Manchester from 1969 to 1978. We did piece work for IBM and made bows for Smirnoff liquor.

I also belonged to the Lighted Heart Club, which was part of the Association of the Blind, for 52 years and a member of the Friendship Club in Nashua for 60 years.

I’ve been on many trips with the Association of the Blind, including East Hill Farms, and went up Mount Washington on the Cog Railway. My hobbies are reading and swimming. I get my books from the Perkins library and, when I was at Perkins, I won 3 book awards. I also took swimming lessons at the Y.W.C.A. in Nashua for about 30 years. I have participated in the Special Olympics and won many ribbons and lots of medals, including gold, bronze, and silver.

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**Canine Corner** **(by Jody Ianuzzi):**

**This month’s submittal is from CNN.**

**Uber ordered to pay $1.1 million after blind woman was denied rides more than a dozen times**

By David Williams, CNN

Updated 8:12 PM ET, Fri April 2, 2021

(CNN)Uber has been ordered to pay $1.1 million after an arbitrator ruled that the rideshare company's drivers discriminated against a blind woman and her guide dog on more than a dozen separate occasions.

Lisa Irving, a California resident, said she was denied rides or verbally abused by drivers 14 times in 2016 and 2018, Irving's attorney Adam Wolf told CNN.

"I felt demeaned, humiliated, devalued, embarrassed, angered, frustrated and violated," Irving said in a video statement.

She was awarded $324,000 in damages and more than $800,000 in attorney fees and court costs, according to the arbitrator's award posted online by her attorneys.

The arbitrator rejected Uber's (UBER) argument that it was not responsible for its drivers' violations of the Americans with Disabilities Act (ADA) because they are independent contractors.

"Whether its drivers are employees or independent contractors, Uber is nonetheless subject to the ADA as a result of its contractual relationship with its drivers," the award said.

An Uber spokesperson said the company disagreed with the award and said its community guidelines prohibit drivers denying rides to passengers with service animals.

"We are proud Uber's technology has helped people who are blind obtain rides and regret Ms. Irving's experience. Drivers using the Uber app are expected to serve riders with service animals and comply with accessibility and other laws, and we regularly provide education to drivers on that responsibility. Our dedicated team looks into each complaint and takes appropriate action," the company said in a statement.

In addition to being denied rides, Irving said some drivers who came to pick her up became verbally abusive towards her and her service dog Bernie, according to the award.

She alleged some rides she was denied led her to be late to work and "contributed to her separation from her employer," according to the award.

Irving said she felt unsafe because of at least one driver's behavior, according to the award.

"[The driver] yelled at her to get out of his car at least fifteen times, at one point pulling over to demand she get out in a dangerous area, making her feel helpless by his intimidation and threats," the arbitrator wrote.

Irving filed complaints against the drivers with Uber, according to the award.

"Uber is liable for each of these incidents under the DOJ interpretation of the ADA as well as due to Uber's contractual supervision over its drivers and for its failure to prevent discrimination by properly training its workers," the award said.

Irving's attorneys filed a petition to affirm the award on Thursday in San Francisco Superior Court, according to a news release.

"Of all Americans who should be liberated by the rideshare revolution, the blind and visually impaired are among those who stand to benefit the most. However, the track record of major rideshare services has been spotty at best and openly discriminatory at worst. The bottom line is that under the Americans with Disabilities Act, a guide dog should be able to go anywhere that a blind person can go," Irving's attorney Catherine Cabalo said in a statement.

In 2016, Uber settled a lawsuit filed by the National Federation of the Blind to ensure that passengers with guide dogs are given equal access to transportation.

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**Calendar of Events (Future In Sight tech workshops and fun classes):**

Hi,

 Here are the brand new fresh off the press technology workshops for May and June, which will all be held on Zoom. Please let me know what you’d like to sign up for by emailing me as soon as possible.  Feel free to share, as they are open to anyone who is blind or visually impaired in NH and beyond.

The new tech workshops are listed first.  Then as a refresher, I included the remaining activities and fitness options below that.

\*\*\*Again, please sign up by emailing me as soon as you can.  Thanks.

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**Tech workshops**

Stay In The Know: How to Access Future In Sight

Wednesday, May 5th 10:30-12:30 EST

Participants will learn how to navigate the Future In Sight website; where to go to find events, activities and more!

This workshop is across all devices; whether you use a Windows PC, Mac Computer, iOS or Android.  Never miss out on what’s happening through gaining an understanding on how to access the Future In Sight website.

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\*Best Podcast Apps and how to Use Them

May 12 10:30-12:30 EST

This workshop will take a look at podcasts for Android, iOS and the web. We will clarify terminology, beginning with what is a podcast, subscriptions, streaming and navigation.  We will compare and contrast   some commonly used podcast apps such as Apple’s podcast app, Overcast, Downcast, Podkicker, and  RadioPublic. Podcasts provide information and enjoyment, and this workshop will unlock the doors to explore.

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\*Microsoft Outlook

May 26th 10:30-12:30 EST

Outlook is useful for sending/receiving emails, managing a calendar, and maintaining an address book.  This workshop takes you beyond the basics, as we cover file attachments, folders, navigating between Outlook windows, signatures, using @messaging, effectively searching, and so on.  Instruction will be given from an up-to-date Windows 10 PC crossing over between NVDA, Jaws, and Narrator.

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\*Oodles of Google-Discover Google Apps; their benefits, accessibility, and navigation

June 2 10:30-12:30 EST

Ever wondered just what Google has to offer?  This workshop will take a look at some of the most used and beneficial apps, such as Google Docs, Google Drive, Gmail, Google Assistant, Google Duo, Google Photos, Meets, and Google Calendar.  Google apps are available across platform for Windows PC, Android, and iOS.

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\*Excel with Excel!

June 9th 10:30-12:30 EST

Developing Excel skills is a powerful way to create and analyze data. Whether you want to get a handle on the household budget, keep track of diet and exercise, or track trends. For a work assignment, Excel is accessible and a natural choice.  In this workshop, we will learn how to create, edit and navigate spread sheets from an up-to-date Windows 10 PC, crossing over from NVDA, Jaws, and Narrator.

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\*The Club House App for iOS

June 23 10:30-12:30 EST

This social media app is taking off for all users, and inclusively for people with vision loss. It’s a place to listen, learn, share and enjoy on a multitude of topics.  Some user experiences might be to learn about the stock market, enjoy a singing competition, chat about books, as well as blindness specific conversations. The options are numerous.  This workshop will take a look at how to receive an invite to join Club House, its lay out, benefits and what to be mindful of while using the app.

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\*Learning tools in Word

June 30 10:30-12:30 EST

We will dive in and learn skills to create and navigate documents.  We will cover keyboard shortcuts, options in the ribbons, editing, tables, headings, what can be accessed through the applications key, and so much more! This workshop will be shared from an up-to-date Windows 10 PC, crossing over from NVDA, Jaws, and Narrator.

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**Activities**

\*Monday, May 3

11:00

Open Conversation and Chat Session

A chance to get together and just talk about what’s important to us. Also, we will be introducing my new co-worker, Kayla, who will be working on craft projects.

Zoom Information forthcoming

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\*Thursday, May 6

11:00-1:00 EST

Trivia-TV theme songs and commercials

Try your hand in identifying some old and not so old TV theme songs and popular commercials. You’ll be surprised at how many you know, as you take a trip down memory lane with many favorites.

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\*Thursday May 20

11:00-1:00 EST

Virtual visit to Greece

Has it been a while since you have been on a vacation?  Let us bring the best of Greece to you! Valentini Kalargyrou, who is a native of Greece and currently residing in her beautiful country, will share her own narrated videos ahead of time, as well as joining us live on the Zoom call to talk about the food, language, history, and culture of Greece. Valentini Kalargyrou Ph.D., Associate Professor and Fulbright Scholar is a professor at the University of New Hampshire.  She serves on our Seacoast Advisory committee, and we welcome and appreciate Valentini to take us on this virtual amazing journey to Greece.

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\*Thursday, June 3

11:00-1:00 EST

Book Club Discussion

Zamba: The true story of the greatest lion that ever lived

Author: Helfer, Ralph

Annotation: Hollywood animal behaviorist fondly recalls his eighteen-year relationship with Zamba, an African lion that came to live on his California ranch in the mid-1950s. Helfer recounts adventures with Zamba, including movie productions, and he describes his development of affection training, which uses methods based on love instead of fear.

9 hours

Available on Talking Book/Bard DB67900

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\*Sunday, June 13

6:00 PM - 8:00 PM EST

Deep Sea Fishing

Eastman's Docks - Fishing Fleet, Seabrook, NH. Limited availability. First come, first serve. Information and sign-up forthcoming.

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\*Thursday, June 17

11:00-1:00 EST

Decorate Your Own T-Shirt

Kick off the summer by decorating your own tactile T-shirt.   A kit of supplies will be sent to each participant, as we use our creativity to bedazzle our shirts during this imaginative celebratory activity!

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Fit & Fabulous workout series

Workouts are every Friday at 10:30 AM EST through the end of June for an hour with professional instructors, who are great at describing the different movement and exercises.  They also provide any modifications should you need to sit instead of stand; or sit instead of being on the floor.  They make it happen for each person’s situation.

1st Friday of each month – Move and Groove with Barb

2nd Friday of each month- Gentle Bends with Rachel

3rd Friday of each month- Pilates with Laura

4th Friday of each month- yoga with Lauren

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**Calendar of Events (NFB national and affiliate):**

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National Federation of the Blind of New Hampshire, Monadnock Chapter Monthly Meeting

Date: Saturday, May 8, 2021,

Time 10:30 AM

Location: Anywhere and Everywhere, virtual

Zoom information will be provided to chapter members

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National Federation of the Blind of New Hampshire, Lakes Region Chapter Monthly Meeting

Date: Saturday, May 15, 2021,

Time 10:30 AM

Location: Anywhere and Everywhere, virtual

Join Zoom Meeting

<https://zoom.us/j/93669651975>

Meeting ID: 936 6965 1975

One tap mobile

+16468769923,,93669651975# US (New York

+13017158592,,93669651975# US (Washington DC)

+13126266799,,93669651975# US (Chicago)

Dial by your location

        +1 301 715 8592 US (Washington DC)

        +1 312 626 6799 US (Chicago)

        +1 646 876 9923 US (New York)

        +1 346 248 7799 US (Houston)

        +1 408 638 0968 US (San Jose)

        +1 669 900 6833 US (San Jose)

        +1 253 215 8782 US (Tacoma)

Meeting ID: 936 6965 1975

Reminder Zoom information will be sent out.

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National Federation of the Blind of New Hampshire, Great Northwoods Chapter Monthly Meeting

Date: Wednesday, May 19, 2021.

Time 12:30 – 2:00

Unless otherwise notified.

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National Federation of the Blind National Convention

Dates: July 6 through July 10, 2021

Location: Anywhere and Everywhere, virtual

More details coming soon.

In order to fully participate (vote), you must be registered. Registration link is on the National Convention page of the NFB website. If you require assistance registering, please contact Deanna O’Brien, your President, at the number listed at the bottom of the newsletter.

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National Federation of the Blind of New Hampshire, Annual Convention

Date: September 25, 2021

Location: Anywhere and Everywhere, virtual

More details coming.

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**April Tech Tip:**

Creating a website shortcut on the desktop for Firefox and Chrome

Unlike Internet Explorer, Firefox and Chrome do not seem to save bookmarks as shortcuts, instead they seem to be accessed from an HTML file.

Firefox does not appear to have any provision for sending a website shortcut to the Desktop, hence the need for the following work-around.

Mozilla Firefox:

If Firefox is your default browser, do the following:

1. Open the webpage you want, and copy the URL to the clipboard.

2. From the Desktop, press control + spacebar to deselect all items on the desktop.

3. Press the applications key or Shift + F10 to open the context menu.

4. Arrow to the "New" sub-menu, and press enter.

5. Arrow to "Shortcut", and press enter.

6. When the shortcut dialogue opens, you will be in an edit field, so paste the URL from the clipboard.

7. Tabb to the next button, and press the spacebar.

8. In this edit field, give your shortcut a name, then tab to finish, and press the spacebar.

You now have a new desktop shortcut and you are done.

Note:

If Firefox is not your default browser, then creating the shortcut as outlined above will

result in that site opening in whichever is your default browser.

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**Here’s a little bit of humor;**

How long has Cain been mad at his brother?

As long as he is Abel.

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**This Month’s Recipes**

**Cooler Recipes for Warmer Weather!**

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**Beet & Cucumber Salad (Deb Moore)**

**Ingredients:**

1 jar Harvard Beets, sauce drained off & reserved;

2 cans beets, drained;

1 or 1 1/2 cucumbers, peeled & sliced to match beet shape;

1 medium sweet onion, sliced thinly & quartered, to make bite-sized pieces;

1/2 or 2/3 cup Kraft fat free Thousand Island salad dressing (to lubricate but not drown mixture);

**Instructions:**

Gently mix all ingredients in bowl. If desired, add more Harvard beet sauce or salad dressing a tablespoon at a time back into mixture.

Chill awhile or serve immediately as you prefer. Enjoy!

Variations:

\*Add some grated, shredded or matchstick carrot pieces;

\*use Pickled beets instead of Harvard beets (drained);

\*use any salad dressing YOU like. I’ve used fat free to keep calories down: Kraft Blue Cheese, Ranch, French, Catalina. I prefer Thousand Island.

Find your preferred version!!

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**Orange Fluff Jell-O Salad (Karen Wilson, via Sheryl Dutton)**

Total Time: 5–6 hr. (mostly chilling)

**Ingredients**

1 (4.6 ounce) Cook and Serve vanilla pudding

1 (6 ounce) package orange Jell-O

3 cups water

1 (16 ounce) Cool Whip

5 ounces mini marshmallows

22 ounces mandarin oranges (drained)

3 bananas (sliced, add right before serving so they don't turn brown in the fridge)

**Instructions**

1. Mix together pudding, Jell-o, and water over medium heat until it boils. Remove from heat and pour into a large mixing bowl. Refrigerate until mixture has thickened (about 4-5 hours).
2. Beat until creamy.
3. Fold in Cool Whip, marshmallows, and fruit. Chill about an hour before serving.
4. ----------

**Layered Taco Salad {in a cake pan}** serves 8 to 12

**Ingredients**

1 lb. extra lean ground beef

1 small can green chilies, undrained

1 head iceberg lettuce, outer leaves removed (all other lettuces will wilt)

1 packet taco seasoning mix (or a mixture of cumin, chili powder and garlic powder)

1 cup ranch sour cream mayonnaise, divided (recipe below)

1 (15 oz.) can of your favorite beans, rinsed and drained very well

1/2 can (about 7 oz.) sweet corn, drained very well

1/2 cup chopped purple or green onion + more for top

8 oz. of your favorite tomato salsa

8 oz. shredded sharp cheddar cheese

1 (3.8 oz.) can sliced black olives, drained very well

1/2 lb. bacon, fried until crispy, cooled completely, and crumbled

2 jalapeno peppers, sliced

1 Roma tomato, seeds removed, chopped

ripe avocado chunks, (optional)

tortilla chips for topping

For the ranch sour cream mayonnaise:

3/4 cup real mayonnaise

1/4 cup full fat sour cream

3 to 6 Tablespoons dry buttermilk ranch dressing mix (homemade or Hidden Valley) add gradually, according to individual taste

Mix well. Chill until ready to use.

**Instructions:**

1. Cook the ground beef, canned chilies and taco seasoning in a skillet until beef is brown all the way through and the liquid from the chilies has evaporated. Place in refrigerator and allow to chill until completely cold.

2. Then, place in an even layer on the bottom of a 9×13 glass cake pan.

3. Top with a double layer of crisp, iceberg lettuce leaves (half the head), 1/2 cup of the ranch sour cream mayonnaise smoothed into an even layer, beans, corn, onion, another double layer of lettuce (press down gently after placing the lettuce,) the other 1/2 cup of ranch sour cream mayo, salsa, cheese, olives, bacon, jalapenos, tomato and a little more purple onion.

4. Place cover or foil on cake pan and refrigerate for 12 to 24 hours before slicing into pieces, crunching tortilla chips over the top, and serving.

Feel free to top this with avocado chunks, extra tomato chunks, and your favorite hot sauce too!

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**Asparagus-Spinach Pasta Salad**

**Ingredients:**

1-1/2 pounds fresh asparagus, trimmed and cut into 1-inch pieces

2 tablespoons plus 1/2 cup olive oil, divided

1/4 teaspoon salt

1-1/2 pounds uncooked penne pasta

3/4 cup chopped green onions

6 tablespoons white wine vinegar

2 tablespoons soy sauce

1 package (6 ounces) fresh baby spinach

1 cup coarsely chopped cashews

1/2 cup shredded Parmesan cheese

**Directions:**

1. Place asparagus in a 13-in. x 9-in. baking dish. Drizzle with 2 tablespoons oil; sprinkle with salt. Bake, uncovered, at 400° for 8-10 minutes or until crisp-tender, stirring after 5 minutes. Meanwhile, cook pasta according to package directions; drain.

2. For dressing, combine onions, vinegar and soy sauce in a blender; cover and process. While processing, gradually add the remaining oil in a steady stream.

3. In a large salad bowl, combine pasta, spinach and asparagus. Drizzle with dressing; toss to coat. Sprinkle with cashews and Parmesan cheese.

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**A Penny for Your Thoughts**

"What a power is love! It is the most wonderful, the greatest of all living powers.

Love gives life to the lifeless. Love lights a flame in the heart that is cold.

Love brings hope to the hopeless and gladdens the hearts of the sorrowful.

In the world of existence there is indeed no greater power than the power of love."

Abdu'l-Baha

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Remember, we want your inputs!

Please send recipes, events, tech tips, jokes, questions, and your feedback.

Email the Editor, Sheryl Dutton at sheryldutton@comcast.net .

Phone Deanna O’Brien at 603-864-8847.

You can also email Deanna’s husband Dennis at dpobrien7920@msn.com .