

From The Dallas Lighthouse News Desk

by Dallas Light House for the Blind

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**Dallas Lighthouse
for the Blind**
Focus on opportunity



Employment Services
Offers a variety of high-quality employer fit services to the business community. We train and place highly-qualified, pre-screened employees for Customer Service, Telesales and other Call Center positions. The Dallas Lighthouse provides direct hire, contract placement and temporary placement personnel to meet a variety of needs. Training is also provided for employers on a number of topics, including Job Accommodations and Tax Incentives.



Welcome to Our April 2018 Edition of Good News You Can Use from the Dallas Lighthouse for the Blind. I'm pleased to report that this edition, marks our two year anniversary for our publication.

I'm Blake Lindsay, Manager of Communications. As a longtime presenter who has been totally blind since infancy, it is my constant passion to bring you monthly motivation, education, and entertainment dedicated to assisting and inspiring people with all levels of visual impairment. For 24 months, we have updated you on development of life improving assistive technology.

A portion of DLB's excellent educational tactic is to advance your proficiency in utilizing a variety of beneficial tools now available.

DLB's unique newsletter will continue to share your success stories to help initiate additional employment and educational opportunities. Many of our readers have confirmed that the professional development stories frequently help them to achieve more. We welcome that kind of "good news."

We'll keep you up to date on Dallas Lighthouse for the Blind's expansions, and special activities to encourage your involvement. We'll let you know about employment opportunities, and services for people with visual impairment within our enormous 11-county, 7,600 square mile North Texas territory.

Thank you for subscribing to Good News You Can Use. Please share this worthwhile information with your family and friends everywhere!

(Click on the links below in the table of contents, or use your screen reader commands to guide you to specific sections in this Newsletter.)

If you are having trouble navigating the links, please let me know and I will send you the word file as an attachment in an email.

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Inspirational Story on Melva Henderson

by Blake Lindsay

On April 3rd, Melva Henderson celebrated her one year anniversary as Program Specialist with the Dallas Lighthouse for the Blind (DLB). Melva said, "I love helping people who are similar in the situations that I encounter with vision loss. To be able to be a voice and share my story to help them live more independently is something I really enjoy doing." Melva has low vision in her right eye, and nearly no vision in her left.

She stated, "I would like to start a support group at the Dallas Lighthouse for people who are blind and visually impaired. I want us all to share stories with each other, and to observe what the DLB is doing on the behalf of people with visual impairment in the community." Melva earned her master's in social work last year, and wants to continue obtaining more training, and enhancing her skills.

Currently, Melva meets and educates people who are walking in and wondering about employment opportunities and DLB's services, resources and programs. Melva also manages DLB's store which benefits people with visual impairment in living more independently. The store retails useful tools such as a hand held CCTV video magnifier, ladies and gentlemen's talking watches, the new seeBoost super magnifier, and several valuable tools. Melva additionally helps with our loaner program for seniors who lose enough sight to benefit from a CCTV, and portable note taking devices. These loaner devices are donated to the DLB for the sole purpose of supporting those who can't afford these life improving aids.

Melva is from Dallas, and was born in Oak Cliff. She is mother to two children, ages 12 and 7.

Congratulations Melva for your one year anniversary with the DLB Team, and job well done.

**DALLAS LIGHTHOUSE FOR THE BLIND TO MERGE
WITH ENVISION, INC.
TO STRENGTHEN THE MISSION FOR THE
VISUALLY IMPAIRED**

Wichita, Kan. – Envision announced today that it is welcoming the Dallas, Texas-based Dallas Lighthouse for the Blind into the Envision family. Operations will continue as normal in Dallas, and the Dallas Lighthouse for the Blind name will be retained.

The merger will have positive benefits both in Texas and Kansas for individuals with vision loss who are looking for meaningful employment opportunities in high-tech and emerging fields.

“The Dallas Lighthouse for the Blind is a remarkable organization that has been empowering people who are blind or visually impaired to live independently since 1931. We’ve been doing the same thing at Envision since 1933,” said Envision President and CEO Michael Monteferrante. “This merger fits perfectly into both our organization’s strategic goals to expand reach, serve more people who are blind or visually impaired and extend geographic footprints.”

One advantage of the merger is it allows Dallas Lighthouse for the Blind to further increase its scope of services and employment – in addition to manufacturing – for the 150,000 individuals with vision loss it serves in 11 North Texas counties. Envision has launched several nationwide initiatives over the past few years to augment its manufacturing operations with opportunities for individuals with visual impairments to

pursue professional, white-collar jobs that have the greatest demand for workers, particularly in the technology, health care, scientific and green fields.

"I look forward to being highly engaged in the transition process," said Dallas Lighthouse for the Blind President and CEO Hugh McElroy, whose leadership led to the organization's recent growth and product line diversification to include new partnerships with companies such as the New York - based Two Blind Brothers fashion line. "Dallas Lighthouse for the Blind is an extremely valuable asset to the area, and our goal is to build on the amazing things that have already been accomplished to bring an even greater quality of life to the people who depend on us most."

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more
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Currently, Envision employs nearly 400 people in 10 states, with 93 percent of its direct labor workforce being blind or visually impaired. Dallas Lighthouse for the Blind, with its addition of BOLD Marketing, has more than 240 employees at six Dallas-area locations, with 75 percent of its direct labor workforce being blind or visually impaired. Envision and Dallas Lighthouse for the Blind are both associated with National Industries for the Blind, participate in their respective State Use Programs and manufacture/sell SKILCRAFT products to the federal government through the AbilityOne program, the largest source of employment opportunities for people who are blind or have a significant disability. The commonalities between the organizations are expected to help facilitate a seamless transition.

“This is a great step forward that fits within our combined mission,” said Envision Board of Directors Chair Sam Williams. “The goals we share all lead to the central objective to provide employment to people with vision loss to offset the unacceptable 70 percent unemployment rate among that segment of the population.”

Eric Kraft, Dallas Lighthouse for the Blind Board of Directors Chair, shares Williams’ excitement for the future.

“We are looking forward to engaging the Dallas-area community and employee stakeholders as we move through the transition process,” Kraft said. “The steps we are taking now will ensure that the current and future needs of the blind and visually impaired community in our area and beyond will be met for the foreseeable future.”

About Dallas Lighthouse for the Blind:

Founded in 1931, Dallas Lighthouse for the Blind, the leading North Texas nonprofit employing and providing resources for

visually impaired individuals, focuses on improving and enhancing the lives and opportunities of individuals in North Texas affected by blindness, and currently serves 11 counties with more than 150,000 blind and visually impaired people. Its guiding principle is the belief that with knowledge, training and motivation, people with visual impairments can succeed and thrive in any workplace, live productive and meaningful lives, and be important contributors to their communities. For more information, visit www.dallaslighthouse.org.

About Envision:

Envision promotes advocacy and independence for those who are blind or low vision. Founded in 1933, Envision is one of the largest employers of individuals with vision loss in the nation. Headquartered in Wichita, Kan., Envision's mission is to improve the quality of life and provide inspiration and opportunity for people who are blind or visually impaired through employment, outreach, rehabilitation, education and research.

For more information, visit www.envisionus.com.

Dallas Lighthouse for the Blind Successfully Launches Aira to Improve mobility, independence and job productivity

The Dallas Lighthouse for the Blind (DLB), a leading non-profit employing and providing resources for visually impaired individuals, is now offering Aira technology – or “live” visual assistance via smart glasses – to both the organization's employees and the seeing impaired community-at-large who visit the facility. The Dallas Lighthouse is the first of 61 lighthouses for the blind in the country to utilize the technology.

Aira, pronounced EYE-Rah, is an assistive technology that connects people who are blind with a network of certified, live agents via wearable smart glasses and a smartphone app. The technology includes an augmented reality dashboard, accompanied by real-time video, allowing agents to be the source of visual cues for a user (AKA Explorer) on-demand. Agents, serving as visual interpreters, help Explorers accomplish a wide range of daily tasks and activities –such as reading, shopping, social interactions, and job seeking.

As part of the Aira Employer Network, the new partnership with the Dallas Lighthouse enables Aira Explorers to have unlimited access to the Aira service at any of their three facilities.

“Together Aira and the Dallas Lighthouse is now able to improve mobility, independence and even job productivity for people who are blind,” says Hugh McElroy, CEO of the Dallas Lighthouse for the Blind. “Having Aira enabled at all three Dallas Lighthouse locations literally puts us on the map as a premier employer for people who are blind as well as a provider of cutting edge assistive technology.”

McElroy adds that with more than 100 blind or visually impaired employees working in the Dallas Lighthouse textiles and manufacturing programs, Aira provides an extra pair of eyes that can make the difference when sewing a straight stitch or creating a perfect fold, for example.

As smart cities continue to evolve, Aira Networks will expand to more locations, including workplaces, such as the Dallas Lighthouse, as well as schools, and transportation hubs.

"More than 25% of Aira sessions are work-related tasks. In the workplace, it's all about employee efficiency, and having access to the tools and technologies that increase efficiency and reduce uncertainty is the secret sauce for successful employers," said Suman Kanuganti, CEO of Aira. "The Dallas Lighthouse has always stood for expanding work opportunities for people who are blind or low vision, and we are truly proud to call them part of the Aira Employer Network."

"Thanks to the generous support of a private donor," says McElroy, "we are able to include Aira in our service line for both employees and the community. With agents across the country, Aira is making us better and expanding our reach as an organization, bringing new people to our doorstep. And we exist to serve them."

Dallas Lighthouse for the Blind was fortunate to receive some news coverage of the AIRA debut. This short CW-33 audio/video will maximize your understanding of this incredible service.

<http://cw33.com/2018/03/08/smart-glasses-open-up-new-opportunities-for-the-vision-impaired/>

Get the app for iOS and Android, and learn more at

aira.io.

Meet Sunny, TODAY's 3rd puppy with a purpose

Our third [puppy with a purpose](#), Sunny, made his debut. We can already tell he'll make a great addition to the crew!

The male yellow Lab will train as a guide dog with the help of the [Guide Dog Foundation](#), a sister organization of [America's VetDogs](#). He'll spend 16 months with TODAY and guide dog mobility instructor Olivia Poff before serving as a guide dog for a visually impaired teen.



Sunny sitting in his dog food bowl.

Sunny didn't come alone to Studio 1A on Monday — he was joined by four siblings, who headed to NBC stations in Los

Angeles, Boston, Atlanta and Baltimore. The siblings were trained locally and learn the skills they need to eventually become support dogs.



Puppy with one of his siblings, who joined the NBC station in Boston.

Sunny's name was chosen via a fan vote held in the hours after his TODAY debut. (The names [Charlie](#) and [Wrangler](#) were already taken, of course.)

You can keep up to date on all of the pups (aka the [#TODAYPuppySquad](#)) by signing up for updates [here](#).

Article Link:

<https://www.today.com/pets/meet-today-s-3rd-puppy-purpose-t123790>

A Fresh Useful Resource



Insightful Publications logo with a picture of a person reading Braille on the left, the words Insightful Publications written in blue text in the middle, and a picture of a book on the right.

My name is Christine Chaikin and I am the founder of Insightful Publications. Is a sole proprietorship setting out to compile a consolidated list of useful information specifically geared toward the blind and visually impaired user.

This includes information about employment, one of the main issues facing the blind and visually impaired communities. The unemployment rate among this group is in the 70th percentile! This figure combined with my own struggles trying to find work due to transportation issues and hesitant employers necessitates the requirement for help in this area.

I do not receive any monetary considerations from any of the companies, organizations or individuals listed in these handbooks.

These screen reader-friendly resource handbooks cover anything from employment, to housing, and transportation organizations.

The contact information includes the local, regional, and national levels. There are a total of 35 states completed. The resource handbooks include Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Maine, Michigan, Mississippi, Missouri, Massachusetts, North Carolina, New Jersey, New York, Ohio, Oregon, Pennsylvania, Nevada, South Dakota, Texas, Utah, and Wisconsin.

For more information on pricing and formats please contact Insightful Publications by email at insightfulpub@gmail.com or by phone at (808) 747-1006. Visit their website at

in-sightful.com/orderpage.html

Discovering Terrific TV Content for Less – Cutting The cord with Blindness or Low Vision

Are you tired of paying exorbitant prices for cable channels that you never use? Do you desire an easier, more accessible way to enjoy your favorite shows

and movies? Or perhaps you aren't a big TV watcher, but are curious about how you can experience great content affordably and accessibly?

Mystic Access is excited to offer our three-week virtual event, *Discovering Terrific TV Content for Less — Cutting the Cord with Blindness or Low Vision*.

If you're ready to kill the cable bill once and for all, or are just eager to know what options are available, this teleconference series may be just what you've been waiting for.

In the last few years, many new and exciting options have emerged to help everyone enjoy their favorite content more easily and affordably than ever. The best news? Most of these options are highly accessible for blind and low vision users, too. In this event series, we'll be sharing a number of options to fit your lifestyle and budget and putting them through their paces so that you can discover how they may work for you.

Here's a basic outline of what we'll be discussing.

Week One

- Blindness and TV watching. How does that work?
- What is cord cutting?
- Available options for cutting the cord.

- What is over the top, anyway?
- How accessible is all this stuff?
- Apps for streaming favorite shows and movies.

Week Two

- Overview of set top boxes and how they work.
- They're not just for TV / movie watching... we'll demonstrate this.
- Apple TV
- Amazon Fire Stick or Fire TV
- Roku

Week Three

- Over the top services. We'll demo and share our experiences using these on various platforms, including apps and set top boxes.
- Directv Now
- Hulu Live
- Play Station VU
- Sling TV
- Youtube TV

The event will be conducted on three consecutive Tuesday evenings beginning April 24, 2018. The second session of the event is on May 1, and the final session is on May 8. All event sessions begin at 8:30 PM eastern time. You may attend the event via the Zoom client for PC or Mac, or using the Zoom app for iOS, Fire OS or android. You may also call in via phone. Each

session will run approximately ninety minutes, and we will leave plenty of time for your questions.

All sessions will be recorded and sent to participants. If you can't attend one or more event sessions live, or the time or day doesn't work for you, you'll receive the session recordings shortly after each session.

Chris Grabowski and Kim Loftis will be your primary event presenters. Each is a totally blind assistive technology user, and they both love sharing tips and tricks to make enjoying your favorite content a fun and efficient experience. Oh, and both are happily living without traditional cable.

Announcement Link including all details,

<https://www.blindbargains.com/c/4154>

Useful Tools in the DLB Store, Make Great Gifts for Anyone

Our store staff frequently increases beneficial items for people who are legally or totally blind for purchase. Some examples are a hand-held CCTV video magnifier, ladies and gentlemen's talking watches, unisex braille watches, talking clocks, signature guides, large print paper, large button phones, and TV remotes.

We also have oven mitts, 20/20 pens, and big sticky text dots to help you mark your appliances for convenience and accuracy.

There are Uno playing cards, Dominoes, fit-over anti-glare shades (available in amber, gray, and yellow), and magnifiers with powers of 3, 3.5, and 4.

We're always adding more, so come visit Melva at the DLB store located at:

4306 Capitol Avenue

Dallas, TX 75204

If you have questions, call

(214) 420-6585

Or email,

store@dallaslighthouse.org

Tips For Healthy Living: The Importance of Water from Dr. Jamie N. Lindsay, D.O.

Water is essential for optimal performance and adequate hydration influences overall health. Water doesn't contain calories and can help with weight management (Popkin et al.). Water should be your beverage of choice.

Water Facts:

Hydration can influence your ability to concentrate and has an effect on your mood.

Inadequate hydration has been associated with headaches (Popkin et al.). It may also cause a false sense of hunger that drives you to eat when what you really need to do is drink more water. Being thirsty is a good indicator that you are not drinking enough water. If you are well hydrated, your urine should be clear or pale yellow and you should be urinating every few hours. You can stay sharp when you keep your body hydrated.

Water requirements vary for people depending on circumstances that include size, activity level, and water losses during a day. Adequate Intake (AI) of water prevents the adverse effects of dehydration. In general, 80% of AI comes from what you drink. A reasonable target for healthy women and men is to drink at least 74 oz and 101 oz respectively of fluid ("Dietary Reference Intakes"). Water is the healthiest fluid you can consume.

Strategies for Drinking Water:

Make it Visible. Put the glass in a place where you will see it often such as your kitchen counter, desk, or night stand. Every time you see or pass it, take a drink.

Accessorize. Carry fun, stylish water bottles with you on the go. Carrying water with you serves as a reminder to stay hydrated.

Choose Wide-Mouthed Bottles. Water bottles with large openings allow for larger amounts of liquid to come out with each drink.

Add Flavor, But Avoid Flavor Packets. Use lemon, lime, or other fruit for flavor. Processed flavor packets can be full of sugar, artificial sweeteners, and/or preservatives.

Refrigerate it. Keep a pitcher of water in the fridge for easy access to cold, refreshing water throughout the day.

Flavor Your Water If you struggle with drinking water or prefer flavored drinks, you can try infusing water with a variety of fruits and herbs. Infused water is an alternative to sugar and artificially sweetened drinks.

How to Infuse Water

- 1: Choose your desired flavor.
- 2: Place fruit and herbs in a pitcher or water bottle.
- 3: Fill container with water. Cover.

4: Let sit for a few hours or overnight in a refrigerator.

Flavor Combinations:

Lemon, mint, and cucumber

Blueberry, pineapple, and mint

Strawberry, raspberry, and blackberry

Raspberry and lime

Peach and watermelon

Blackberry and sage

The Bottom Line

Water needs to be your primary beverage – the first thing you go to when you want to drink something. Keeping your body sufficiently hydrated is important since it can influence your overall health and mood.

Popkin, Barry M., D’Anci, Kristen E., and Rosenberg, Irwin H. “Water, Hydration, and Health.” *Nutrition Reviews*, Aug 2010, 68 (8): 439-458, <https://academic.oup.com/nutritionreviews/article-abstract/68/8/439/1841926?redirectedFrom=fulltext>.

“Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate.” The National Academies Press, 2005, <https://www.nap.edu/read/10925/chapter/1>.

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Q&A on Finding Videos With Audio Descriptions

Q. I am blind, and I do not subscribe to any streaming video services at the moment. How would you suggest I determine, quickly, whether a good percentage of the original content and current popular third-party content on Netflix and Amazon Prime, for starters, is audio-described and/or dubbed?

A. A good place to start is the Audio Description Project page on the website of the [American Council of the Blind](http://www.AmericanCounciloftheBlind.org). The page, optimized for screen-reader software, has a running list of streaming services that offer videos with “audio descriptions” — added narration about scenes, characters, costumes and more — for people who cannot see what is happening. The list, which is

updated regularly, is available
at www.acb.org/adp/streaming.html.

According to the council, Netflix has more than “500 audio-described TV series, documentaries, original programming and children’s shows in the U.S.A.,” including most of the company’s original productions, like “House of Cards.” Although you must be a member to get access to Netflix’s [full list](#) of current [videos with audio descriptions](#), the council’s site has compiled its own alphabetized list of audio-described Netflix content at www.acb.org/adp/netflixad.html.



Screen shot of the American Council of the Blind audio description project website.

Amazon Prime Video has [about 350 movies and TV shows](#) with [audio descriptions](#), including "The Marvelous Mrs. Maisel" and a number of popular theatrical films. The council's own tally of Amazon Prime shows is at acb.org/adp/amazonad.html.

The Audio Description Project page notes several other streaming services and [broadcast shows](#) that are accessible, including Apple's [iTunes Store](#) for purchased and rented video. The [WatchABC app](#) for mobile devices and some set-top boxes has audio-described content.

Some other video services have been slow to add audio descriptions, but as technology enables [more accessibility with television](#), expect to hear of more available content. For the curious, sample clips with audio description can be found [on YouTube](#).

Article Link:

<https://www.nytimes.com/2018/02/05/technology/personaltech/videos-audio-description.html>

Follow Dallas Lighthouse on Social Media

Discover what's happening at the DLB through our [YouTube channel](#).

If you have not yet liked our [Facebook page](#), we would appreciate you doing so. We are also on [Twitter](#) and [Instagram](#).

Follow DLB and share!

A Facebook engineer with No Sight is solving one of the biggest problems on the internet: figuring out what's in images and videos

A Facebook team lead by a blind engineer may hold the key to one of the most pressing problems on the internet: Screening images and videos for inappropriate content.

"More than 2 billion photos are shared across Facebook every single day," Facebook engineer Matt King said. "That's a situation where a machine-based solution adds a lot more value than a human-based solution ever could."

King's team is building solutions for visually impaired people on the platform, but the technology could eventually be used to identify images and videos that violate Facebook's terms of use, or that advertisers want to avoid. King's passion stems in part from his own challenges of being a blind engineer.

He was born with a degenerative eye disease called retinitis pigmentosa. As a child King could see fine during the day, but could not see anything at night. Soon that progressed to only being able to read with a bright light, then with a magnification

system. He used a closed circuit TV magnification system to finish his degree.

By the time he went to work at [IBM](#) as an electrical engineer in 1989, he had lost all his vision. King started volunteering with IBM's accessibility projects, working on a screen reader to help visually impaired people "see" what is on their screens either through audio cues or a braille device. IBM eventually developed the first screen reader for a graphical interface which worked with its operating system OS/2.

One of the lead researchers noticed King was passionate about the project, so he asked him to switch to the accessibility team full time in 1998. He eventually caught the eye of Facebook, who hired him from IBM in 2015. "What I was doing was complaining too much," King said. "I just wanted things to be better."

King is used to making the world adapt to him. The avid cyclist competed in the Atlanta, Sydney, and Athens Paralympic games, and plays the piano. On the request of his wife and two children, his family remained in Bend, Oregon after Facebook hired him. To get to Facebook's Menlo Park office, King hitches a ride with friend with a pilot's license who works at Google.

Automated alt-text

King's IBM work revolved around creating the Accessible Rich Internet Applications standards, what he called "the plumbing for accessibility on the Web."

Now he works on features to help people with disabilities use Facebook, like adding captions on videos or coming up with ways to navigate the site using only audio cues.

"Anybody who has any kind of disability can benefit from Facebook," King said. "They can develop beneficial connections and understand their disability doesn't have to define them, to limit them."

One of his main projects is "automated alt-text," which describes audibly what is in Facebook images.

When automated alt-text [was launched in April 2016](#), it only available for five languages on the iOS app, and was only able to describe 100 basic concepts like whether something was indoors or outdoors, what nouns were in the picture, and some basic adjectives like smiling.

Today it is available in over 29 languages on Facebook on the web, iOS and Android. It also has a couple hundred concepts in its repertoire, including over a dozen more complex activities like sitting, standing, walking, playing a musical instrument or dancing.

Facebook's automated alt-text still relies on a staff of people telling the technology what certain images are, Facebook's King explained. But the machine's algorithms and recall rate the frequency with which images are positively identified — is improving. And as it begins to understand more about context,

it's getting closer to a day where it will need little to no human help.

Article Link:

<https://www.cnbc.com/2018/01/20/facebook-matt-king-profile-blind-engineer-helping-image-recognition.html>

Attention blind and low-vision students!

Are you or do you know a blind or low-vision teen who wants to spend their summer learning, meeting new people, and having a great adventure? Join the National Federation of the Blind at our NFB EQ program. NFB EQ is a jam-packed week of fun and learning. Participants spend each day engaged in activities designed to strengthen their knowledge of engineering as well as their problem-solving abilities.

In the evenings, participants hang out with the 29 other teen participants while exploring the local community and participating in various recreational activities. Throughout the week, participants will forge new friendships while increasing their engineering knowledge, problem-solving abilities, self-confidence, and independence.

To learn more and to apply, visit

<http://www.blindscience.org/nfbeq>.

The Specs:

Who: 30 blind and low-vision teens currently enrolled in grades 9-12 in the United States.

What: A weeklong summer engineering program for blind and low-vision teens.

When: Participants will travel to Baltimore on July 29 and they will travel back home on August 4.

Where: The National Federation of the Blind Jernigan Institute in Baltimore, Maryland.

Why: To meet new people, learn new things, and have an exciting adventure!

How: [Apply Now!](#) Applications are due May 1, 2018.

How Much: There is no registration fee for this program. Visit our frequently asked questions web page for more details:

<http://www.blindscience.org/nfb-eq-faq>.

Additional Information:

- To be eligible to apply students must: be enrolled in grades 9-12 during the 2017-2018 school year in a school (public, private, charter, residential, or home school) in the United States, be blind or have low-vision, and be available to attend the entire program.
- Participant's transportation to and from the program will be arranged by the National Federation of the Blind. Students will travel to Baltimore on Sunday and will travel home on the following Saturday.
- This is a residential program; students will stay in dormitories at the National Federation of the Blind Jernigan Institute and all meals will be provided.
- In the evenings, after the conclusion of the instructional day, students will be engaged in various social and recreational activities.

What are people saying about EQ?

"NFB EQ gave me more confidence to keep doing what I want—no one can stop me! The program opened my eyes to even more options in the field [of engineering] and it gave me some confidence that I can do some mechanical stuff that I didn't think I could do before." – Michael, Texas

“At the program, I learned that there is accessible equipment—I can use equipment that is close to what sighted people use, like Braille rulers and click rules. At school the tools for measuring in science aren’t always accessible to me.” – Lilly, Alaska

“I increased my drawing skills at NFB EQ. The tactile drawing board helped me, because I could feel what I drew. Visualizations also have gotten easier [going from drawing to model to prototype]. In engineering, you have to picture an idea in your mind and then draw it before you can build it. When you draw it, you can really see how it's going to come together.” – Trey, Kentucky

“I am amazed at how the people involved in organizing this program made everything so easy for us. From organizing logistics to making sure the schedule was running smoothly for the students—the whole event was very successful. The staff’s warmth and attention to detail really eased my mind and made me feel good about leaving my son at the program for the week.” – Mark (father), North Carolina

"I was looking for a rigorous, highly academic science program that promoted and modeled independence and the National Federation of the Blind was offering everything I was looking for. Still, I was hesitant. What if it wasn’t a good use of my students’ resources, or what if they weren’t safe? My fears were unwarranted, from start to finish.

NFB made the health, safety, academic rigor, social experiences, and general well-being of our students paramount. Every detail was professionally planned and handled, ensuring that every moment, for every student, was as meaningful as it could possibly be.” – Laura (teacher of the visually impaired), Kentucky

Questions?

Send them to:

STEM@nfb.org

(410) 659-9314, extension 2418

Valuable Free Offers from the DLB

Bring your friends and meet new ones as you join our host Al Rodriguez for Dallas Lighthouse for the Blind’s Bingo Night. Our get together is on the third Friday evening of each month. In April, the 3rd Friday is on the 20th. 7:00 PM to 9:00 PM. You can count on free prizes, free food, and the best part, friendly fellowship.

We look forward to having you in the DLB Auditorium at 4306 Capitol Avenue!

Our weekly yoga get-together takes place Fridays from 1:15 to 2:15 PM. Please join our thoughtful volunteer Bruce Boyd and others in the auditorium for some exercise and camaraderie. For a long time, he has participated in Blindfold Yoga, enhancing his ability to coach people with visual impairment. Bruce wants us all to be in good health and good shape.

Please RSVP with Blake if you are interested in joining us.

Call

(214) 420-9411

Or email

blake.lindsay@dallaslighthouse.org

Do you have an upcoming event you want our readers to know about?

Email or call me with the details so we can support your good news. Would you like to share your personal story? Please email or call me to coordinate a 15-minute interview.

Feel free to contribute a significant article about access technology or inspiring news and stories related to the blind community.

Thank you for considering the Dallas Lighthouse for the Blind for your financial contributions. Your generosity helps us continue improving our services in the 11 counties we support through access technology training, serving our Seniors with sight loss and more. Also, please let us know if there's anyone you know with visual impairment wanting superior assistance.

As always, Dallas Lighthouse for the Blind encourages you to live your lives to the fullest. Stay tuned for more Good News You Can Use, serving people who are blind, visually impaired, and beyond.

Send us your comments, suggestions, and ideas by emailing:

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Or by calling:

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