

## From The Dallas Lighthouse News Desk

By: Dallas Light House for the Blind

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## Happy Holidays! Welcome to Our December Edition of Good News You Can Use from the Dallas Lighthouse for the Blind

I'm Blake Lindsay, Manager of Communications. As a longtime presenter, with total blindness since infancy, it is my desire to deliver monthly motivation, education, and entertainment dedicated to inspiring and supporting all who have any level of visual impairment. It's already been 20 gratifying months, since we began updating you on development of some life improving assistive technology.

Part of DLB's excellent educational approach is to advance your proficiency with access to these useful tools. The Dallas Lighthouse team believes it is equally valuable to inform the public on current accomplishments from those with visual impairment.

We will continue to share your success stories to help initiate additional employment and educational opportunities. The professional development stories through these newsletters regularly move us to achieve even more.

DLB's Good News You Can Use brings you updates on Dallas Lighthouse expansions, special activities to get you engaged, 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 valuable information with your family and friends!

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**(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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**Good News Monthly Inspirational Story:  
Blind skateboarder inspires others to achieve  
COLUMBUS (WCMH)**

Riding a skateboard is hard enough when you're able to see what you're doing.

Dan Mancina does it with only five percent of his vision.

Mancina, 30, has been skateboarding since he was seven years old. But several years ago, a degenerative eye disease—retinitis pigmentosa, or RP—robbed him of 95 percent of his sight.

"I just kind of woke up one day and couldn't really see anything out of my left eye," Mancina said. "Same thing kind of started happening to my right eye."

These days, Mancina can only see with his right peripheral vision, for the most part. But when he started losing his vision, he said he thought skateboarding was out of the question.

“That was part of my life that was over,” Mancina said.

But Mancina persevered. He got back on his skateboard, slowly relearning to do the things he’d always been able to do, and then eventually learning new tricks.

Now, he takes his board and his message all over, to places such as the Ohio State School for the Blind (OSSB).

Mancina met with some of the residential students there on Sunday, October 15, which is White Cane Day—a day to educate the world about blindness and celebrate the achievements of people who are visually impaired.

During Mobility Week at OSSB, Mancina spoke to groups of students and demonstrated skateboarding tricks to them.

“It just kind of drives the point home that we as people who are blind can do anything everybody else can do, even if we have to adapt it and do it in a different way,” said Alex Crawford, a senior.”

Crawford became interested in skateboarding at age 13 or 14, after watching his brother do it. But he was told he couldn’t do it himself.

“People always told me I couldn’t do it because I didn’t have good enough vision to do it,” Crawford said. “I did not like that. So you know, I kept trying to skateboard.”

Crawford said he invested in a longboard and skateboards frequently in downtown Columbus.

“I think it kind of freaks people out when they see me with my cane in my back pocket. They get kind of scared,” Crawford said.

Mancina’s message doesn’t just apply to those who are interested

in skateboarding.

Andre Cummings, a junior, said he knew nothing about skateboarding until he interviewed Mancina for a monthly podcast he does at school.

“Didn’t even know blind people could skateboard, and then he comes in and he just rocks my world,” Cummings said.

Cummings said that, prior to his vision loss, he competed in video game tournaments. Now, he’s inspired to return to his hobby.

“It makes me want to overcome anything that stands in my way,” Cummings said.

Of all Mancina’s accomplishments as a skateboarder, he said meeting new people and visiting new places are among the most meaningful.

“I just really want to show the kids that, first, not to be afraid to try things that might scare you.” Mancina said. “Getting yourself out of your comfort zone is the best way to kind of grow as a person and really kind of get a different perspective of the world and your life.”

Article & Video Link:

<http://nbc4i.com/2017/10/16/blind-skateboarder-inspires-others-to-achieve/>

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North Texas Congressman Pete Sessions recently visited Dallas Lighthouse’s new Richardson Facilities located at Spring Valley and US75.

He videotaped a special message, recognising and promoting employment opportunities for people with Disabilities.

Thank you Congressman Pete, for your continuous support promoting improvements and progress for people with visual impairment.

[Watch the video here!](#)

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## **My Fascination with the Advanced Smart Cane**

DLB employee and friend Al Rodriguez who you likely know from our monthly Friday night Bingo , and long work tenure recently emailed me a relatable PBS news hour video link. He knew we would delight in witnessing ideal technology for people who are blind. This is great stuff. The link, is <https://www.youtube.com/watch?v=ZL5Y4fIw1QU>

Upon hearing this news I then explored even more, and was equally amused with a concept how to manufacture a smart cane.

If you or someone you know has the ingenuity and patients to assemble one, perhaps these interesting directions below can get you started.

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## **How to make a Smart Cane for the Visually Impaired with Arduino**

By Suhail

*I wanted to make something to help the visually impaired become independent, so I created an open source Arduino project for a Smart Cane. This Arduino smart cane can assist with walking alone in new environments by taking inputs through an obstacle sensor (ultrasonic sensor) and providing feedback to the person through haptics (vibration motor). Check out the video below for the demo and working.*

*One day while I was walking to my college, I witnessed a blind person who was walking through the busy street. He was facing difficulty in walking. Fortunately, I was able to help him at that time. However, it was at that moment that I had an epiphany; I realized that I could use technology to assist people like him. It was that evening that I came up with this idea:*

*The Smart Cane. I wanted it to be very cheap and easily replicable so that even a kid can make it easily in a couple of hours from scratch.*

*Using this Arduino Smart Cane, a visually impaired person can walk without anyone's help. The cane can automatically detect the obstacle in front of the person and give them a feedback response by vibrating the walking stick and giving a warning sound. Through this tool, the blind person is aware of the obstacles in front of them. I used an Ultrasonic sensor with an Arduino for detecting the obstacles. It cost me just 10\$ to make one. It is cheap and also easy to make without the need of much soldering. Now let's get started!*

#### *Required Materials*

- 1. An Arduino uno.*
- 2. An Ultrasonic sensor (HCSR04).*
- 3. Mini breadboard.*
- 4. 9 volt battery.*
- 5. A 9 volt battery connector.*
- 6. DC male power jack.*
- 7. A Buzzer.*
- 8. Some jumper wires.*
- 9. A broken cellphone (for the vibration motor).*
- 10. A Toggle switch.*

#### *Other tools needed:*

- 1. A 3/4 inch diameter PVC pipe (used for making the walking stick).*
- 2. 3/4 inch diameter PVC elbow.*
- 3. Insulation tape.*

4. *Some small screws for mounting Arduino.*
5. *Screwdriver.*
6. *Utility knife.*
7. *Instant adhesive Glue.*
8. *A Box to put your Arduino and other electronics.*

*How does it Work?*

*The technology behind the Arduino Smart Cane is pretty straight forward. There are mainly three blocks behind it: input, controller, and output. The input consists of an ultrasonic sensor that is capable of detecting obstacles in front of it at a range of up to 400cm. It is interfaced to a controller: the Arduino which determines if an obstacle is too close to the cane and triggers the output if it is. The output consists of a vibration motor to provide haptic response and a piezo buzzer.*

*After finding a broken cell phone, we need to remove the vibration motor from it with care and patience. I used a micro vibrator motor from an old broken cell phone that was lying around my home. I have used this because of its very small size and as it works with low voltages.*

*Unscrew the cell phone, and disassemble all the parts. You can see the vibrator motor located at a side of the phone's case. Take out the motor carefully from the cell phone.*

*Now solder the motor on a small piece of general purpose PCB. Then solder two wires to the terminals of the motor.*

*Now it's time to wire the Arduino! It can be done pretty easily and does not have any complicated wiring. Carefully connect all parts to the Arduino. I used a mini breadboard to connect the ultrasonic sensor to the Arduino using jumper wires. Other parts like the buzzer and motor are directly connected to the Arduino.*

*Here are the connections for each part:*

- Ultrasonic VCC to Arduino 5v.*
- Ultrasonic GND to Arduino GND.*

- Ultrasonic TRIG to Arduino D12.
- Ultrasonic ECHO to Arduino D11.
- Buzzer RED to Arduino D8.
- Buzzer BLACK to Arduino GND.
- Vibrator motor pin 1 to Arduino D7.
- Vibrator motor pin 2 to Arduino GND
- 9 volt battery RED to Toggle switch pin 1.
- 9 volt battery BLACK to DC male power jack (-).
- Toggle switch pin 2 to DC male power jack (+).

### *Assembling the Arduino Smart Cane*

*I used a PVC pipe to make the walking stick. If you have a walking stick lying around your home, you can use that, otherwise, you can follow this step. I used a 3/4 inch diameter PVC pipe and an 'L' shaped elbow for making the walking stick. Take a look at the above images to make the walking stick and follow these instructions:*

- First, take a PVC pipe (3/4 inch diameter), then cut a piece of it that is about one and half meters.
- Take an 'L' shaped elbow and attach it to one end of the pipe.
- Take another small piece of PVC pipe (10 cm long), then attach it to the other end of the elbow.
- Glue it.

*I wrapped the walking stick with black insulation tape because I like how it looks, you can even paint it.*

*It took me hours to design and fix the parts onto the walking stick. Find a box that you can use to put all your electronics together. I used foam board to make a box myself. You can do that easily.*

*Fix your Arduino in the box using screws. Now make two holes for fixing the Ultrasonic sensor on the lid of the box as shown in the above image.*

*I fixed the buzzer outside of the box for better sound. Next, I attached the toggle switch at the side of the box and made a*

*small hole for connecting the vibration motor to the Arduino. Fix the battery inside of the box and connect the power jack to the Arduino.*

*Now attach the box to the walking stick, you can either use screw or glue. I used an instant adhesive because it's quite strong. After attaching the box to the walking stick take out the vibrator motor and fix it below the elbow. I used insulation tape for this.*

*That's it! We just made an Arduino Smart Cane for assisting blind individuals.*

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### **Department of Transportation Enters Agreements with Airlines to Increase Availability of Accessible Airport Kiosks and Accessible Airline Mobile Websites**

*Washington – The U.S. Department of Transportation (DOT) recently announced that it has reached agreements with Alaska Airlines/Virgin America and Spirit Airlines to expand greatly the availability of airport kiosks that will be accessible to individuals with disabilities. DOT also reached an agreement with All Nippon Airways (ANA) to make the airline's mobile website accessible for individuals with disabilities.*

*"The Department is committed to making transportation more accessible for everyone," said Secretary Elaine L. Chao. "These agreements will ensure greater accessibility and improve the flying experience for individuals with disabilities."*

*Under DOT rules, airlines are required to ensure that any automated kiosk they install after December 12, 2016 at U.S. airports with annual enplanements of 10,000 or more is an accessible model, until at least 25 percent of the kiosks in each airport location are accessible. DOT mandates that 25 percent of kiosks must be accessible by December 12, 2023. Airlines are also required to ensure that their websites are accessible, but there is no requirement for airlines to ensure that their mobile websites are accessible.*

*Alaska Airlines/Virgin America, Spirit Airlines, and ANA self-reported their temporary inability to comply with these rules and offered to instead adopt measures providing greater accessibility to individuals with disabilities than required under DOT rules. The Department reached agreement with these airlines to not take enforcement action against them for their temporary noncompliance with the Department's kiosk/website rules in return for the airlines undertaking measures to make air travel more accessible for persons with disabilities.*

*Under the agreement, Spirit Airlines will make at least 50 percent of its kiosks at U.S. airports accessible by December 31, 2017, almost six years before it would be required to do so under DOT rules. Alaska Airlines/Virgin America agreed to ensure that at least 50 percent of its kiosks at U.S. airports are accessible to passengers with disabilities by December 31, 2019. This is significantly more accessible kiosks than required under DOT rules at a much earlier date. In addition, under both agreements, the airlines will install only accessible kiosks in the future, so that ultimately 100 percent of the airlines' kiosks will be accessible to passengers with disabilities.*

*Kiosks installed at U.S. airports are used for a variety of functions, such as printing boarding passes and baggage tags, scanning passports to check-in, and canceling or rebooking tickets.*

*The Department's agreement with ANA specifies that the airline's mobile site must conform to the World Wide Web Consortium (WC3) Mobile Web Best Practices (MWBP) and that the airline must consult with individuals with disabilities regarding the mobile site's accessibility and usability no later than November 2018. This agreement will increase access to individuals with disabilities as many individuals use mobile devices even more than traditional computers for web browsing.*

*DOT is committed to using all tools available to improve the flying experience of individuals with disabilities. Today, in addition to*

*the issuance of these agreements, the Department is posting on its website two interactive guides designed to supplement disability-related trainings that airlines are required to provide to their personnel and contractors under DOT rules. DOT worked closely with disability-rights organizations, airlines and airports to ensure that these guides are of optimal use. The interactive guides and other helpful disability-related information can be found on DOT's website at:*

*<https://www.transportation.gov/airconsumer/disability-training>.*

*The Department also meets regularly with disability rights organizations to better understand the air travel experiences of passengers with disabilities and to provide information to individuals with disabilities about their rights under the Air Carrier Access Act and the Department's disability regulation. The Department is committed to finding solutions to barriers that may make travel difficult for persons with disabilities including taking enforcement action if appropriate.*

*The most recent enforcement action was in July 2017 against a U.S. airline assessing a \$400,000 civil penalty for violating the Department's oversales and disability rules. Additional information on the Department's commitment to providing passengers with disabilities with equal access to air transportation can be found at:*

*<https://www.transportation.gov/airconsumer/disability>.*

*The agreements are available at [www.regulations.gov](http://www.regulations.gov).*

*The agreement with Alaska Airlines and Virgin America is in docket DOT-OST-2017-0168. The agreement with Spirit Airlines is in docket DOT-OST-2017-0169.*

*The agreement with ANA is in docket DOT-OST-2017-0167. Link to press release:*

*<https://www.transportation.gov/briefing-room/dot0817>*

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## **Helping you Make Sleep a Priority During the Holidays** **Tips for Healthy Living:**

From Dr. Jamie Lindsay

This is a busy month. There are school and church programs, work parties, shopping, wrapping, and entertaining out of town guests, all of which can affect the quality and quantity of sleep you get. Learn how to get the sleep you need during the month of December so you will feel your best and can fully appreciate the holidays.

- Skip the caffeinated or sugary beverages and nicotine in the afternoon. Stick to water or non-caffeinated tea.
- Stop eating three hours prior to bedtime. You want to be heading to bed when you almost feel like you can eat again.
- Skip stimulating activities and direct light before bed. Turn off the TV, computer, and phones at least one hour before bedtime.
- Set your Christmas tree and decoration lights on a timer. When they turn off, it's your cue to start your nighttime routine.
- Exercise earlier in the day. Exercise stimulates the body to release cortisol, a stress hormone that activates the brain. Exercising later in the day or evening can make it more difficult to fall asleep.
- Make sure your room is a comfortable temperature. Cooler is better – less than 67 degrees Fahrenheit.
- Wear comfortable clothes for sleeping.
- Don't hit the snooze button in the morning. Hitting snooze interrupts REM sleep which can make it harder to get up. Set your alarm for the time you need to get up.

- As best you can, maintain a consistent bedtime and wake up time.
- Ease up on the alcohol before bed. It's tempting to have a couple drinks at the company party, and while you might feel sleepy when you go to bed, alcohol tends to make you wake up more during the night.

Dr. Jamie N. Lindsay, D.O.

[NuStartHealth.com](http://NuStartHealth.com)

[info@NuStartHealth.com](mailto:info@NuStartHealth.com)

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## **Life Improving Education at Dallas Lighthouse for the Blind**

*For those of us who are legally blind or totally blind, access technology has considerably improved our lives. Screen readers, braille displays, and screen magnification software continues to be enhanced. We are able to easily read printed text, the Internet is effortlessly accessed, and we can read our mail and more with camera-equipped devices.*

*Those committed to using access technology find additional opportunities for employment or expanded education.*

*This valuable instruction is offered at the DLB's technology training center by state-approved instructors. The fact that these teachers are legally or totally blind adds value and relatability for quality training.*

*DLB's technology instructors also teach clients to be proficient with Apple iPhones and iPads. These products have built-in accessibility features that people who are legally blind or totally blind find useful.*

*Learn more about expanding your technology skills by calling (214) 420-6585.*

*Or, email*

[ATT@Dallaslighthouse.org](mailto:ATT@Dallaslighthouse.org)

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## 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, and my company is called Insightful Publications. Creating State Resource Handbooks specifically designed for use by the blind and visually impaired in the United States. I am also visually impaired.

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 31 states completed. The resource handbooks include Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Maine, Michigan, Mississippi, Massachusetts, North Carolina, New Jersey, New York, Ohio, Oregon, Pennsylvania, Nevada, South Dakota, and Texas.

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

[in-sightful.com/orderpage.html](http://in-sightful.com/orderpage.html)

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## **A Benefit Increase for 2018 for Social Security Recipients**

Social Security announces a 2.0 Percent Benefit Increase for 2018. The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017.

Disability thresholds maximum earnings for the blind will also be increased. The current income cutoff for eligibility will rise from \$1,950 a month to \$1,970 in 2018.

Information about Medicare changes for 2018 will soon be announced at:

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

To read more, please visit:

[www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola)

Link to Press Release:

<https://www.ssa.gov/news/press/releases/#/post/10-2017-1>

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## **Disney could help guests "feel fireworks"**

Scott Greenblat lost his vision after a car accident in 1993. He was just a teenager. Now, at the age of 41, the news of Disney's newest research project could help him relive some of his favorite childhood memories.

"I remember gigantic displays," he said, recalling his trips to see fireworks at Walt Disney World in Orlando as a child. "I went from everything to nothing after the accident."

The fireworks displays are some of the most memorable and recognizable moments for visitors to the iconic theme parks.

Guests who are visually impaired may not get to feel the full breadth of the experience.

They soon could get a better feel for what the light show is all about.

[Disney is developing technology](#) that is multi-sensory and could help visually impaired people to feel the rhythm of fireworks. According to the Disney research lab report,

“Tactile effects are created using directable water jets that spray onto the rear of a flexible screen, with different nozzles for different firework effects.” “This would at least give them a tactile way to explore and find out what is going on,” said [Tampa Lighthouse for the Blind’s](#) Chelsea Bridges.

“At this point in my life it would definitely help me relive those moments and help me recapture those exciting times that I’d been able to share with my kids,” said Gary Watson, who is gradually losing his visual due to complications with diabetes. A [YouTube video](#) shows what Disney’s hope is for “feeling fireworks” plan. There is no timetable for when this technology could arrive in Disney theme parks. It is in the developmental stage now.

Article/Video link:

<http://www.wtsp.com/entertainment/places/bobby-lewis-on-the-road/disney-could-help-guests-feel-fireworks/485699446>

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### **Useful Tools for great holiday gifts in the DLB Store**

We regularly add beneficial items for people who are legally or totally blind for purchase. Some of our merchandise includes 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 also 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.

Find DLB's store video including audio, at <https://tinyurl.com/y7rb8js3>

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

4306 Capitol Avenue  
Dallas, TX 75204

If you have questions, call

(214) 420-9438

Or email,

[store@dallaslighthouse.org](mailto:store@dallaslighthouse.org)

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### **Employment Opportunities with the Dallas Lighthouse for the Blind**

The DLB HR department has a convenient way for you to keep up with current job openings and apply for them when your talents fit the opportunity. Go to

[\*Jobs at Dallas Lighthouse for the Blind\*](#)

*Count on prompt follow through, with an email or call including the next steps.*

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### **Valuable Free Offers**

Bring your friends and meet new ones as you join our host Al Rodriguez for Dallas Lighthouse for the Blind's Bingo Night. The next bingo get together is on Friday, January 19. Due to many busy holiday schedules, we'll miss you this month. Don't forget to join us for 11 pleasurable DLB Bingo occasions in 2018.

You can count on free prizes, free food, and the best part, friendly fellowship. DLB Bingo is on the third Friday evening of every month from 7:00 PM to 9:00 PM exception of December.

We look forward to hearing and seeing you in the 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. He has participated in Blindfold Yoga, increasing his knowledge of coaching people with visual impairment. Bruce wants for us 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 him at  
[blake.lindsay@dallaslighthouse.org](mailto:blake.lindsay@dallaslighthouse.org)

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### **Follow Dallas Lighthouse on Social Media**

Discover what's happening at the DLB through our [YouTube channel](#). We are adding interesting interviews and much more.

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!

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### **Treasured Recollections of Blind Boy Scouts**

By Blake Lindsay

Sixteen was the official number of the Boy Scout troop that I was a proud member for four years, at the Indiana School for the Blind. We earned merit badges, went camping, learned to pitch

tents, build fires to stay warm, cook over hot coals and became familiar with outdoor survival techniques.

We went to Boy Scout camp in the summer, where I swam a quarter of a mile non-stop, and earned badges I proudly displayed on my Boy Scout uniform.

My favorite boy scouting memories surround snow skiing trips to Merrimack, Wisconsin. Two winters in a row, we traveled to Devil's Head Resort for three days of unforgettable snow skiing and winter vacation adventures. The snow skiing instructors were specially trained to teach people who are blind how to ski. I realize now, more than ever, how exceptional these instructors were.

Their desire was to leave a thrilling memory for countless people who were blind. They were enthusiastic and confident as they took on this life-sized responsibility. They truly had a special gift for instilling their assurance in us, allowing us to boldly zip down huge hills covered in soft white blankets of snow.

Our instructors would stay five or so yards behind us as we skied down the hills so they could effectively shout orders to turn right or left in plenty of required time. We also learned the importance of crashing right or left upon demand, which simply means to fall down at once to the right or left. Crashing was the quickest and easiest way to stop in order to avoid impending danger.

I only had one close call involving a potential collision with another skier who probably didn't know I was blind. Needless to say, I sure didn't see the skier. No calamity occurred because I listened attentively to the commands of my alert instructor.

Thank goodness I knew that he was a leader who I could believe in for superior safety.

On many occasions, I have been asked to speak to groups of people specifically on the theme of top performance leadership.

I'm delighted to have my own significant example to share with you, because it completely illustrates competent, caring, difference-making leadership at its very best. Without my superb ski instructor who demonstrated such leadership, I absolutely could not have made this exhilarating snow skiing memory.

My life lesson learned is how valuable teachers, coaches and leaders are to our personal and professional development. It is a thrill today for me to be able to give back to others by being a teacher, coach, or mentor in sharing my know-how with others.

It is both an honor and a duty for us to share knowledge, skills, and life insights with those seeking our coaching, mentoring, or counsel.

Thank you for making a difference in people's lives, when duty calls you to instill your knowledge.

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**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.

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

[blake.lindsay@dallaslighthouse.org](mailto:blake.lindsay@dallaslighthouse.org)

Or by calling:

(214) 420-9411.

We want to thank two recent donors who are making a positive difference at the DLB. The Rosewood Foundation helped with \$15,000 for our program called Serving Our Seniors, (SOS).

The Hillcrest Foundation helped with \$100,000 for improvements at our new Spring Valley location.

Thank you for considering the Dallas Lighthouse for the Blind for your end of the year financial donations. Your generosity will help us continue to improve our services in the 11 counties we support through access technology training and much more. Also, please let us know if there's anyone you know with visual impairment wanting assistance.

We recommend that you take time this holiday season to set focused productive goals for the brand new year ahead. 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.

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