

Guide Page Magazine

FREE MATTER
FOR THE BLIND AND
PHYSICALLY HANDICAPPED
POSTAL MANUAL
PART 138

CWAB
Services Division
38 Washington Ave.
Huntington, WV
25701

Volume 14

February 2003

Issue 2



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“Seeing the Lights”

Paul Johnson cherishes regained sight, visits VA vision rehabilitation center to learn to adjust

**Walter Bryant
The Birmingham News**

Paul Johnson is exploring an unfamiliar world.

A rare eye disease plunged him into darkness 53 years ago. But surgery restored partial vision to one of his eyes in February.

Now, with almost childlike excitement, he's looking forward to Christmas so he can see holiday lights and his grandchildren.

"It's going to be wonderful," said the 76-year-old Floridian who has nearly completed two months of treatment at the Low Vision Section of the Blind Rehabilitation Center at Birmingham's Veterans Affairs Medical Center.

His journey into blindness began when he was stationed at the Norfolk, Va., Navy base in 1947.

He was on a pass to go into town when everything suddenly got blurry. Johnson, then 20,

pulled over to the side of the road and rubbed the sides of his head for a while until his vision returned.

As scary as the experience was, it seemed the condition had corrected itself. It hadn't.

After being discharged later in 1947, Johnson returned to his home state of West Virginia, where the problem recurred.

The rare eye disorder is called Eales Disease. Blurring vision or sudden loss of sight is caused by blood vessels hemorrhaging into the eye and clouding the jell-like liquid that gives eyes their spherical shape.

Johnson went to a New York hospital in 1948 for what was then an experimental operation called a vitrectomy.

Eye surgeons removed the jell-like liquid in his left eye and replaced it with a saline solution in hope that he could see again.

(continued on page 31).



Regional radio voice heard on GP audio edition

Charlie Cooper, veteran Charleston broadcaster and voiceover announcer for area TV and radio was the special guest narrator of the **GUIDE PAGE MAGAZINE** for January 2003.

AdMix Broadcast Service, Cooper's ad agency, is West Virginia's leading independent production facility for radio commercials and voiceovers.

Having locations in both North Charleston and next to the State Capitol complex, AdMix is West Virginia's sending terminal for Digital Generation Systems, the nation's largest electronic courier service for distribution of radio and TV spots.

Voice recording is an AdMix specialty. A variety of announcing talent for all types of productions makes AdMix truly unique.

Other studio services include tape and disc duplicating, enhancement, and transfers of old recordings to modern formats. On-location sound and recording services are also available.

Another exclusive service of Cooper's agency is the TV Newsfile service which is West Virginia's only television news monitoring and retrieval operation. TV NewsFAX is a video clipping service that can automatically fax a transcript whenever your key words are mentioned on West Virginia TV stations.

Ice Skating Open to Everyone

A very special ice skating activity on March 8th will be open to everyone from Teubert Prep, to consumers, staff and their family, according to Linda Worthy CWAB's Recreation Coordinator.

"This is not a 'public' skate", Worthy explained. "We have privately rented the entire Tri-State Ice Arena so Cabell-Wayne will be the only one there. There will be no distracting music, so those attending who are totally blind will be able to concentrate on their sense of direction."

Transportation will be provided. The event runs from 3:30 to 5:30. For more details, call 522-6991.



*“From the
Director’s desk...”*



Hello Everyone,

As you can tell by the schedule on page 19, we are beginning a very busy year here at Cabell-Wayne. Our first major event this year - the Volunteer Recognition Event, January 30th - brings a number of individuals together. It's a wonderful opportunity to express to all those who help CWAB. Our sincere thanks for donating their time and talents. I have said it many times before, we would be nothing without our volunteers!

Those of you who enjoy shopping trips should take note - beginning this month (February) shopping trips will be Monday evening from 6 to 8, also Tuesdays from 1 to 3 p.m. If you have any questions, please feel free to call the office at 522-6991.

One of our most popular events - the Valentine Social - will, of course be held February 14th! This is a fun event for everyone. Be sure to sign up for your transportation - spaces go quickly.

March and April will bring us ice skating, bowling, pancakes, a rummage and bake sale - and who knows what else!

Thanks to CWAB's Media-Marketing Manager Jerry Crabtree, our brochure and GUIDE PAGE MAGAZINE can now be picked up in the pharmacy area of Kroger on 7th Ave. Tell your friends when they go to pick up their prescriptions to take a copy and be sure to thank the pharmacist for allowing CWAB to be displayed in their store.

Get involved, be active in our organization, attend our events, Cabell Wayne Association of the Blind is here to serve you!

Until next month



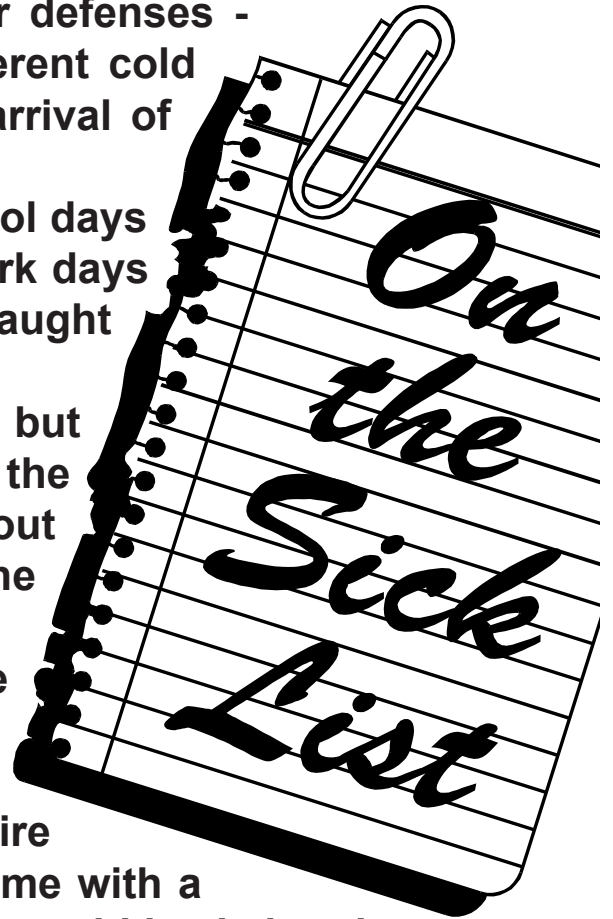
What families can do to keep colds away from: The Cabell Record

It's time for families to put up their defenses - the annual onset of more than 200 different cold viruses has begun in earnest with the arrival of the cold season.

By the time it's over, 22 million school days will have been missed and 58 million work days lost as a result of nearly a billion colds caught by the U.S. population.

Cold viruses thrive in any weather, but people are especially vulnerable during the colder months because cold air dries out the germ-fighting mucus that lines the inside of the nose.

Kids get hit the hardest; the average child catches five to 12 colds per year, while adults average two to four colds annually. However, it's easy for the entire family to get sick after a child comes home with a cold. The most common way of catching a cold is via hand-to-hand contact. Viruses also spread easily through the air and can lie in wait on hard surfaces such as doorknobs and telephones used by people with colds. So what can you and your family do to defend against the common cold? There are no guarantees, but you can reduce your chances of catching it. Here are some tips:



- Wash your hands frequently. You never know when you've picked up a virus, so play it safe by cleaning your hands before touching your eyes nose or mouth.

- Practice healthy habits. A balanced diet, adequate sleep and daily exercise all work to strengthen your immune system. Avoid cigarette smoke, which could weaken immunity.



- Try to avoid prolonged contact with people who have colds. When someone in your family has a cold, do not share food, drinks, utensils, dishes, cups or towels.

- Try taking one Cold-Eeze lozenge daily. A new adolescent study finds that Cold-Eeze's patented zinc gluconate glycine formula is an effective means of prevention. The three-year study, conducted at the Heritage School facility in Provo, Utah, found that the incidence of colds was cut in half when students were given one Cold-Eeze daily. To learn more, visit www.coldeeze.com.



As reported in our November 2002 issue, there have been changes in Services Division personnel positions. Dianna Ward has joined Sam McClanahan as an Adaptive Technologist assistant, while former transportation provider Rhonda Spears has assumed duties as Office Manager. We are pleased to report the hiring of a driver to replace Spears - Don Blake of Huntington is now a full-time CWAB driver.



**Want to play "cupid" this year?
Keep these thoughts in mind:
*The Cost of Valentine's Day***

**Who will spend more this year,
men or women?**

Spending statistics for 2000

Thinking of what to buy that special loved one? You can't decide on a Valentine gift and don't know how much you should spend. Here's a survey that may help you decide. It shows how much money men plan to spend, how much women plan to spend, and where they plan to spend their money this Valentine's Day.

The survey was conducted by the International Mass Retail Association and shows that spending for Valentine's Day this year will be up from last year. Lovers plan to spend an average of \$77.43 on the holiday this year—that's about 21% higher than last year, but not quite as much as in 1998.

This next statistic may surprise you. Men will outspend

women on gifts this year, dishing out about \$95 to say "I love you." Why do they spend more? Much of it is that they don't want to shop around, they just want to get a gift and move on.

"Men are much more likely to buy big-ticket items and to shop at specialty stores for Valentine's Day," said IMRA President Robert J. Verdisco. "Valentine's Day is kind of a do-or-die holiday for men, who shop mostly for the women in their lives. For women, who buy gifts for children and parents in addition to husbands and boyfriends, Valentine's Day poses different challenges. We continue to see women choosing discount department stores for their Valentine's Day shopping needs." Men will spend more because they don't shop around. They want to get the gift and be done with it, even it means spending more money than they need to. Many men plan to shop at specialty



stores and florists (30%) as opposed to women (18%). On the other hand, nearly 40% of women will do the majority of their Valentine's shopping at discount department stores (25.2% of men will do the majority of their shopping there).

Men are also somewhat more likely than women to put off their Valentine's Day shopping until February 14 or the day before (36%) versus women (28%). Most consumers plan to do their Valentine's Day shopping a week or more before the holiday (64%).

Valentine's Day is the second most popular holiday for greeting card sales. An estimated one billion valentines will be sent this year. According to Sharon Cole-Schneider, American Greetings executive director of seasonal cards, women (83%) purchase the most valentines, but the number purchased by men (17%) is inching up, according to American Greetings' research. "We believe this is because many men are buying two cards for their significant other," she said, " ... a funny one and an obligatory romantic one they think is expected."

According to IMRA's study, half of all consumers would prefer to receive a humorous Valentine, followed by romantic ones (31%) and sexy ones (8.2%). Women are much more interested in romance than men, more than a third (36%) prefer receiving a romantic Valentine (only 26% of men do), while men are a little bit sexier with 13% preferring to get a sexy Valentine as opposed to only 3.5% of women.

When it comes to Valentine's gifts, classics like flowers, candy and jewelry still reign supreme, with more men planning to purchase flowers (32%) and jewelry (9%) than women do (10% and 3% respectively). According to the National Confectioner's Association, consumers are planning to spend \$1.1 billion on candy this year. Valentine's Day is the most important holiday for florists, accounting for 32 percent of annual sales, according to the American Floral Endowment Consumer Tracking Study.

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History of Cupid

The God Of Love!

Cupid is the most famous of Valentine symbols and everybody knows that boy armed with bow and arrows, and piercing hearts. He is known as a mischievous, winged child armed with bow and arrows. The arrows signify desires and emotions of love, and



Cupid aims those arrows at Gods and Humans, causing them to fall deeply in love.

Cupid has always played a role in the celebrations of love and lovers. In ancient Greece he was known as Eros, the young son of Aphrodite, the goddess of love and beauty.

To the Roman's he was Cupid, and his mother was Venus.

There is a very interesting story about Cupid and his mortal bride Psyche in Roman mythology. Venus was jealous of the beauty of Psyche, and ordered Cupid to punish the mortal. But instead, Cupid fell deeply in love with her. He took her as his wife, but as a mortal she was forbidden to look at him.

Psyche was happy until her sisters persuaded her to look at Cupid. As soon as Psyche looked at Cupid, Cupid punished her by leaving



her. Their lovely castle and gardens vanished too. Psyche found herself alone in an open field with no signs of other beings or Cupid. As she wandered trying to find her love, she came upon the temple of Venus. Wishing to destroy her, the goddess of love gave Psyche a series of tasks, each harder and more dangerous than the last.

For her last task Psyche was given a little box and told to take it to the underworld. She was told to get some of the beauty of Proserpine, the wife of Pluto, and put it in the box. During her trip she was given tips on avoiding the dangers of the realm of the dead. She was also warned not to open the box. But temptation overcame Psyche and she opened the box. But instead of finding beauty, she found deadly slumber.

Cupid found her lifeless on the ground. He gathered the deadly sleep from her body and put it back in the box. Cupid forgave her, as did Venus. The gods, moved by Psyche's love for Cupid, made her a goddess.

Today, Cupid and his arrows have become the most popular of love signs, and love is most frequently depicted by two hearts pierced by an arrow, Cupid's arrow.

PHOTO CREDITS

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Faith in Action Welcomes New Employee **from the “Faith In Action” newsletter** **December 2002**



As one might expect, Faith in Action’s acquisition of CONTACT’s Telephone Reassurance Program made an already busy office even busier!

Thankfully, in August Patty Aldridge arrived to help out! Patty worked at CONTACT with the Reassurance Program and was familiar with volunteers, care receivers, and the procedures involved in the program.

Initially, Patty came to Faith in Action through Southwestern Community

Action Council’s Senior Employment Program. On November 25th, she officially became an employee of Faith in Action of the River Cities! Patty’s duties include coordinating the Telephone Reassurance Program, answering the telephone, and assisting with other office duties.

Patty is married, and is a proud mother and grandmother. She is a volunteer with another local non-profit and is very active with the Cabell-Wayne Association of the Blind, where she leads a support group.

“Patty is a wonderful addition to the staff,” said one FIA staffer. “She works exceptionally well with the care receivers and volunteers. Faith in Action is blessed to have her as a part of this ministry.”

If you know of someone who could benefit from a daily reassurance phone call, please contact Patty at 697-1274. She is in the office from 12:30 pm to 4:30 pm Monday through Friday.



A letter of thanks

January 1,2003

Attn: Jerry Crabtree - Editor
Cabell-Wayne Guide Page Magazine

I would like to thank the following people for assisting us in helping many needy families December 21, 2002 this past Christmas.

Thanks to World Missionary Evangelism in Dallas, Texas for making it possible for us to provide another Christmas food & gift giving party/program on December 21, 2002. Also thanks to "WME" for their many years supporting the operation of our food bank/pantry here in Huntington, W.Va.

Thank you First Christian Baptist Church of 402 Buffington Street (Historical Guyandotte) for hosting our food & gift giving program this past December 21, 2002. Thanks to all of the volunteer workers at the church for their help.

Thanks to the Staff and students at Guyandotte Elementary School for the many food items that were given to our "WME" food bank/pantry to help us provide foods for needy families/people. I want to also say thank you for the past years that Guyandotte School has helped our food program.

Thank you members of Cabell-Wayne Association of the Blind diabetic support group for your help with gifts for many of the children. Also thanks to Bio Life Plasma Service for your gifts of food. Thank you Huntington Area Food Bank for being here to help provide foods to all Food Bank/Pantries at greatly reduced cost to our operation.

We appreciate the great support of the many friends in our community that so graciously donated their time to help us with this annual Food and Gift giving event. The list and names of friends that helped us would be very extensive.

Thank you for your love and compassion for the many who find themselves in a position of need through no fault of their own.

Charles H. Thompson - Coordinator - WME-USA-FFH.
Historical Guyandotte
Huntington, WV.

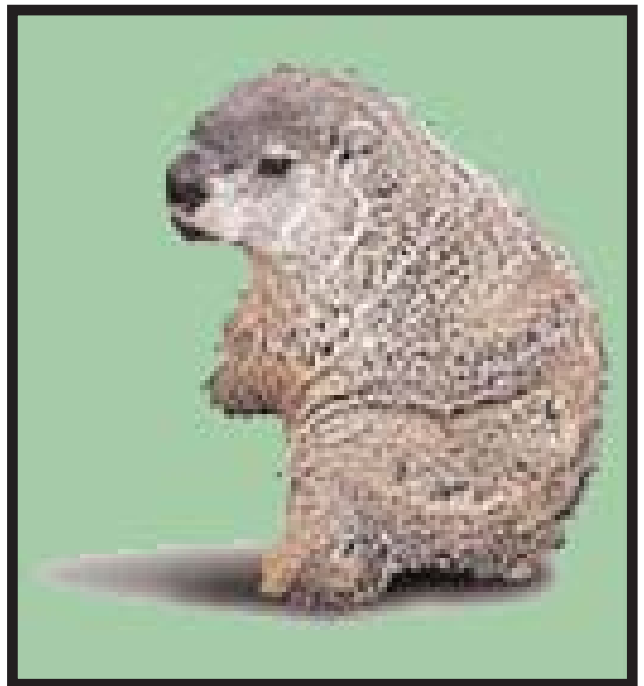


Groundhog Day

***The Adventures of Punxsutawney Phil,
Warton Willie, and Pothole Pete
by Holly Hartman***

February 2 brings the most watched weather forecast of the year - and the only one led by a rodent. Legend has it that on this morning, if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

On February 2, 2002, the most famous groundhog, Punxsutawney Phil, saw his shadow, which predicted six more weeks of winter.



Why the Groundhog?

Since a groundhog (or woodchuck or "whistle pig") hibernates for the winter, its coming out of the ground is a natural sign of spring. In Europe centuries ago, people watched for other hibernating animals, including badgers, bears, and hedgehogs, as signs of winter's end. Germans who immigrated to Pennsylvania in the mid-1800's began keeping an eye on the groundhog. The widespread population of the rodent made it a



handy agent for this particular weather superstition.

And a superstition it is. But there's a grain of truth: the winter days when you can see your shadow clearly are often especially cold, because there are no clouds overhead to insulate the earth.

Why now?

Early February is midway between the winter solstice and the spring equinox. Throughout history numerous holidays have marked this seasonal crossroads. Among these is Candlemas Day, February 2nd, a Christian holiday that celebrates Mary's ritual purification. Early Christians believed that if the sun came out on Candlemas Day, winter would last for six weeks more.

The ancient Romans observed a mid-season festival on February 5th, and the pagan Irish celebrated one around February 1st. In many parts of Europe early February might herald the start of spring, when crops could be planted.

Punxsutawney Phil and Friends

In the 1880s some friends in Punxsutawney, Penn., went into the woods on Candlemas Day to look for groundhogs. This outing became a tradition, and a local newspaper editor nicknamed the seekers "the Punxsutawney Groundhog Club." Starting in 1887 the search became an official event centered on a groundhog called Punxsutawney Phil. A ceremony still takes place every year.

Today Punxsutawney Phil lives in a climate-controlled



habitat adjoining the Punxsutawney Library. A local celebrity, he gained national fame in the 1993 movie *Groundhog Day* (which was shot in scenic Woodstock, Illinois). The weather-watching rodent's predictions are recorded in the Congressional Records of our National Archive. So far, Phil has seen his shadow about 85% of the time. Canada's Groundhog Day relies on the predictions of an albino groundhog named Wiarton Willie. Although Punxsutawney Phil gets the most attention, various American cities have their own special groundhogs; New York City's official groundhog is called "Pothole Pete."

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Call 522-6991, ext. 15 for details!

GUIDE PAGE MAGAZINE

Reader Survey

This is your magazine!
Your opinion does count!

It is important from time to time to find out what readers think. Keeping in touch with consumers' likes and dislikes is what makes the GUIDE PAGE MAGAZINE a successful publication.

Below is a brief survey. For your convenience, the reverse side is pre-addressed and pre-stamped. Simply fill out the form, fold, tape or staple, and mail and you're done!

Thank you for your opinion. With your help, the GUIDE PAGE MAGAZINE will continue to serve its readers effectively.

In what form do you receive the magazine?

Large print _____ Braille _____ Disk _____ Tape _____ CD _____.

Is the copy you receive adequate for your vision needs?

Yes _____ No _____.

Does your issue arrive on time? Yes _____ No _____.

Do you want _____ more, _____ less photos?

Which of these do you read regularly?

Narrator profile _____ : Director's Desk _____

Bowling scores _____ : Recipe of the Month _____.

What would you like to see more of?

Human interest stories _____ : Children's stories _____

Jokes, puzzles _____ : Board member profiles _____

Have you visited CWAB's website? _____ Yes _____ No.

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Services Division
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Huntington WV 25701

Cabell-Wayne Association of the Blind
Serving the blind and visually impaired of
Cabell and Wayne County
for over 25 years!





CWAB Support Group Schedule

GROUP	LEADER	MEETING DAY	MEETING TIME
A	Mattie Smith	2nd & 4th Thurs.	10 a.m. to Noon
B	Juanita Souder	1st & 3rd Thurs.	10 a.m. to Noon
C Working	Patty Aldridge	2nd & 4th Thurs.	6 p.m. to 8 p.m.
D Diabetic	Ray McGuire Linda Lusher	1st & 3rd Tue.	11 a.m. to 1 p.m.
F	Brenda Blake	2nd & 4th Tue.	1 p.m. to 3 p.m.
I 18 - 30	Brooke Dowdy	1st & 3rd Thurs	6 p.m. to 8 p.m.



Support groups provide a vital link between news, information, social activities, and friendship between individuals with the same interests. Transportation is provided free to any CWAB consumer. Support groups regularly meet in CWAB's

activities room with many taking the opportunity to take special trips to area places of interest. Volunteers are always welcome to assist with arrangements such as snacks, crafts, or being a sighted guide. For information on support groups or volunteering, call the Services Division at 522-6991.



Computer class reorganization

As mentioned in a previous issue, CWAB's computer class has undergone reorganization to better assist consumers in computer skills training. Here, from Kermit Nance, Computer Instructor, are new program descriptions and guidelines.

Basic Computing Class

2003 REORGANIZATION STATEMENT:

From its beginning, the Basic Computer Class has been conducted on an almost open-ended basis. That is, once admitted, a student could, with a few exceptions, remain for an indefinite term. With some regret, the staff has determined that a change is necessary and appropriate to the current situation. The utilization of CWAB's Basic Computing Class, like our Consumer base, continues to grow. The Waiting List has reached a four-year high. This fact alone necessitates the need for changes in order to be fair to all Consumers. In late December 2002 and early January 2003 the Computer Instructor will reorganize the class roster and schedule. The new roster will be selected from those on the December Student Roster and Waiting List. A December 2002 student who is not selected may ask for placement on the next Waiting List for consideration during the next reorganization and may ask the Computer Instructor for help (by telephone or E-mail) for occasional software problems.



Those selected may continue in the class through June 30, 2003, and at that time the class will undergo reorganization again based on the needs and capabilities of the active students at that time and the Waiting List at that time. Terms will then continue in approximate 6-month segments and be reorganized each June and December. Students may, of course, drop out voluntarily at any time during the six-month term. If a student drops out, an attempt will be made to replace them with someone from the Waiting List. Evaluation of this method of class administration will be done at the end of each segment by the Executive Director, Director of Assistive Technology, and Computer Instructor. Beginning January 2003 and thereafter, provided there are sufficient numbers on the Waiting List, no individual will be selected for more than four (4) consecutive terms.

**During summer months, those who have had the longest amount of instruction time may be asked to sit out part of the summer to accommodate school-age Consumers who wish to improve general computing skills.*

SELECTION CRITERIA:

Selection criteria will include the following:

1. CWAB priorities (work, school, eye medical, medical, etc.)
and Staff analysis of need
2. Staff analysis of educational background and potential for learning or extended learning
3. Length of previous instruction
4. Analysis of results of previous instruction, including attendance factors

**ELIGIBILITY:**

The class may be attended by Consumers and their family members when appropriate, CWAB staff, and CWAB board members.

PURPOSE:

The desired goal of the class is to provide free instruction, as consistently as possible with CWAB's Mission and Vision Statements, to individuals, especially Consumers, who wish to learn basic computer skills as a means of personal development. These skills may include typing instruction.

LIMITATIONS:

Classes must be conducted at CWAB facilities. Home instruction is not available. Under no circumstances will the classes be interpreted as preparatory to or continuing education for, professional endeavors requiring certification or degrees, for example, but not limited to, accounting or information technology. For that type of service the Consumer is strongly encouraged to seek instruction from area public and private schools of higher learning, or from the manufacturer of the software.

ASSISTIVE TECHNOLOGY:

Software appropriate to the learner's vision status will be used to facilitate the learning process. Currently, that software includes Window-Eyes, a screen reader from G. W. Micro, and Zoom Text, a screen magnifier manufactured by Ai Squared. Assistive Technology from Premier Programing Solutions may also be used. It is the current judgment of CWAB staff that voice-activated programs are suitable only for advanced computer users, and, therefore, outside the current scope of the Basic Computing Class.



APPLICATIONS FOR STUDY:

Windows 98 Second Edition, and any upgrade thereof, Microsoft Office and accessory software, Corel software, Microsoft Internet Explorer, Talking Typer for Windows from American Printing House for the Blind, and Broderbund programs (for example, The Print Shop and Mavis Beacon Teaches Typing) will form the majority of the body of material studied. Other instructional programs, for example, NavigAide, may be chosen by the Computer Instructor to enhance the learning process. The system and programs named above will be used to develop and/or improve the Consumer's ability to work in and understand the Windows OS, how to effectively use the keyboard and/or mouse, while developing many basic word processing skills, many of which carry over to other types of applications. Requests for study of other programs can be made, but the final decision regarding the use of such will be determined by the Computer Instructor with assistance as necessary from the Director of Assistive Technology and Executive Director.

For students who are ready for Internet use, and can access it independently of CWAB computers, Goodwill Community Foundation of Durham, North Carolina, offers free basic instruction in a variety of commonly used software. Information regarding how to apply may be obtained from the CWAB Computer Instructor. How well Window-Eyes reads that website is yet to be determined. Some of the visually impaired have used the site successfully.

ATTENDANCE EXPECTATIONS:

It is expected that the Consumer will be self-motivated to attend Basic Computing Class on a regular basis. In order to fully utilize the agency's resources, attendance will be monitored closely by the Instructor during the approximate six-month term. It is expected that the Consumer will attend no less than seventy-five (75%) of the sched-



uled classes. Natural calamities, CWAB transportation problems, participation in activities of another organization in the blind community, and Instructor's absences will not be charged against the Consumer's attendance record. An extended illness of a Consumer that extends beyond four (4) weeks will cause the Consumer to be removed from the active schedule and be moved to the Waiting List for consideration during the next reorganization. All students will be expected to contact the Computer Instructor prior to an absence. Notification of the Transportation Department is the Consumer's responsibility in accordance with the rules of that department. If a Consumer is absent for three (3) consecutive weeks and does not call to explain his/her absence, the Instructor will remove that person from the active schedule for the remainder of that six-month term and will not automatically place that person to the Waiting List. A Consumer removed in that manner must call to be placed on the Waiting List for consideration during the next reorganization. Removal from the schedule and failure to maintain at least a 75% attendance record during a six-month term will be negative factors affecting consideration for the next six-month term.

EFFECTIVE MONTH/YEAR:

This statement becomes effective in January 2003, and supersedes any previous statements regarding Basic Computing Class. Any conflict between this statement and CWAB written policy shall be resolved in favor of CWAB policy. It shall be read to and discussed with active students near the beginning of the January 2003 term and each subsequent term. A copy shall be given to the Consumer and a copy will be placed in the Consumer's file after the first time it is read and discussed.



Basic Internet Class

ELIGIBILITY:

The class may be attended by Consumers who have participated in Basic Computing Class in a successful manner or those who can demonstrate computing skills learned elsewhere that would allow successful participation in the study of Internet terminology and skill development.

PURPOSE:

The desired goal of the class is to provide free instruction, as consistently as possible with CWAB's Mission and Vision Statements, to Consumers who wish to learn basic Internet skills as a means of personal development.

LIMITATIONS:

The Basic Internet Class will be time-limited in the beginning to a period of eight (8) weeks. The time limit will be evaluated as necessary.

Classes must be conducted at CWAB facilities. Home instruction is not available. Under no circumstances will the classes be interpreted as preparatory to or continuing education for, professional endeavors requiring certification or degrees, for example, but not limited to, accounting or information technology. For that type of service the Consumer is strongly encouraged to seek instruction from area public and private schools of higher learning.

**ASSISTIVE TECHNOLOGY:**

Software appropriate to the learner's vision status will be used to facilitate the learning process. Currently, that software includes Window-Eyes, a screen reader from G. W. Micro, and Zoom Text, a screen magnifier manufactured by Ai Squared. Assistive Technology from Premier Programming Solutions may also be used. It is the current judgment of CWAB staff that voice-activated programs are suitable only for advanced computer users, and, therefore, outside the current scope of the class.

APPLICATIONS FOR STUDY:

Instruction will be given that pertains to the use of a PC-compatible machine equipped with the Windows 98 SE OS, Microsoft Internet Explorer 6.0, Outlook Express, Window-Eyes 4.1, a screen reader program from G. W. Micro, Inc., and Zoom Text, a screen magnifier program from Ai Squared, Inc. The use of Netscape browsers can be addressed if the Consumer uses one. However, the compatibility of Window-Eyes with Netscape browsers is much less than with Internet Explorer.

SCOPE:

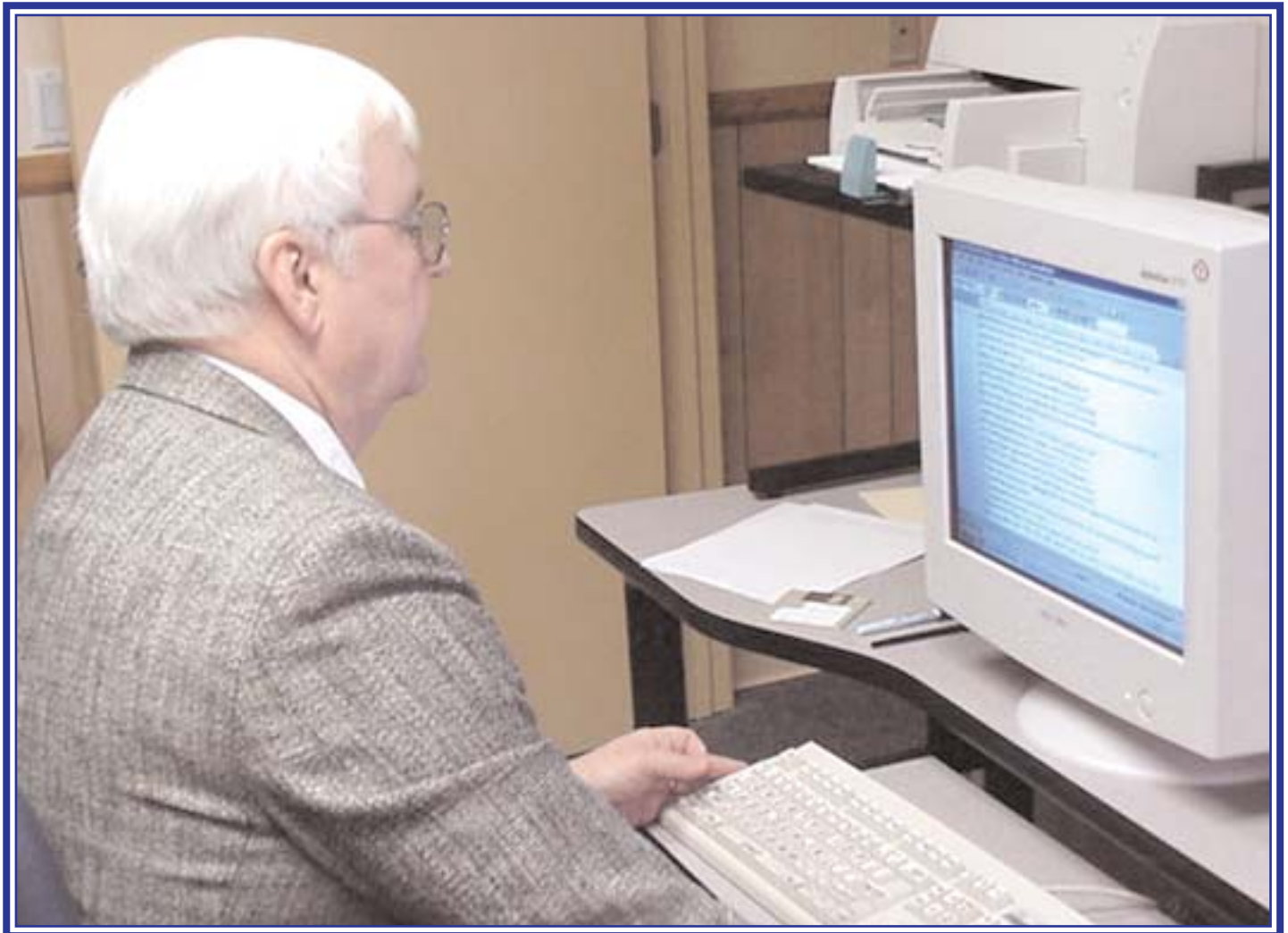
General Internet theory and common terminology, browser use, interaction with assistive technology, E-mail use, and hands-on practice are currently planned for inclusion in the Basic Internet Class.

ATTENDANCE EXPECTATIONS:

It is expected that the Consumer will be self-motivated to attend the class on a regular basis. Because the class will be time-limited to eight (8) weeks, absences are discouraged. Students will be expected to contact the Computer Instructor prior to an absence. Notification of



the Transportation Department for reservations or to cancel a reservation is the Consumer's responsibility in accordance with the rules of that department.



For more details about the Basic Computer Class or the Basic Internet Class, please call the Services Division at 522-6991.



Marshall University Men's Basketball Schedule



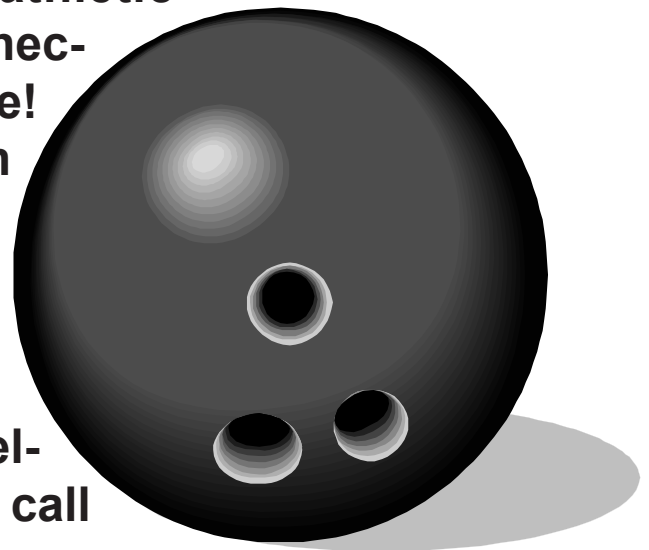
Feb 1	Ohio	Home	TBA
Feb 3	Eastern Michigan	Ypsilanti, MI.	7:00 p.m.
Feb 5	Western Michigan	Kalamazoo, MI.	TBA
Feb 8	Bowling Green	Home	7:30 p.m.
Feb 12	Akron	Home	7:30 p.m.
Feb 15	Miami	Oxford, OH.	3:00 p.m.
Feb 22	ESPN Bracket Buster	Home	TBA
Feb 25	Kent State	Home	7:30 p.m.
Mar 1	Ohio	Athens, Ohio	TBA
Mar 5	Arkon	Akron, Ohio	7:30 p.m
Mar 8	Miami	Home	7:30 PM
Mar 10	MAC TOURNAMENT FIRST ROUND TBA		
Mar 13	MAC TOURNAMENT Cleveland, Ohio TBA		



Bowling is a fun, non-athletic sport. Experience is not necessary to have a good time!

Bowlers meet each Monday from 12:30 to 2:30 p.m at Colonial Lanes on West Fifth Avenue in Huntington. At least four consumers are needed.

Weekly volunteers are also welcome. For more information, call Linda Worthy at 522-6991.



Recent Scores

William White	195
Eddy Adkins	159
Bill Sayre	153
Lanna Taylor	147
Brandon Grayson	120
Joann Wallace	111
Nancy Harless	106
Victor Milner	101



CWAB

Schedule of Events

Feb 5	Bingo	1 - 3 p.m.
Feb 12	Ballroom Dancing (Sign-up deadline is Feb. 5th)	1 - 3 p.m.
Feb 14	VALENTINE SOCIAL	7 - 10 p.m.
Feb 28	Teubert Prep pizza party	5:30 - 7:30 p.m.
Mar 8	Ice skating Tri-State Ice Arena Transportation available Open to adults and Teubert Prep	3:30 - 5:30 p.m.
Mar 26	Bingo	1 - 3 p.m.
TBA	KIWANIS pancake breakfast Staff vs. Consumer bowling tournament Colonial Lanes, Huntington	
Apr 4-5	CWAB Rummage/Bake sale	8 a.m. - 4 p.m.
Apr 12	Teubert Prep Easter party and Easter egg hunt	



As the holiday changes so does the decorative touches of CWAB's Services Division reception area.

The combined efforts of Administrative Assistant Lori Spears, Rehabilitation Teacher Nancy McKenzie, and Recreation Coordinator Linda Worthy, have transformed the highly visited area from a winter wonderland to colors of Valentine's Day.

The display case and end table consist of small balloons, wicker basket, candles, crystal, and small stuffed animals - all in shades of red and white.



(continued from page 2).

But the surgery was not successful. Because the procedure was so experimental, Johnson let surgeons operate on only one eye. He returned to West Virginia and sold life insurance for a few years, operated a coffee shop nearly 20 years and even became a home builder. He went to college and earned bachelors and masters degrees in business administration.

"I played on a blind bowling league in the off season and on regular leagues in the 1960's," he said. His average score was 156.

"But I had a lot of games over 200 and once bowled 237," he said. A perfect score in bowling is 300. He was a state champion for several years but no longer bowls.

Johnson taught an adult Sunday school class at his Baptist church. He prepared lessons by listening to the Bible on audio tapes and having friends read teachers' guides and other sources to him.

Along the way, he met and married his wife, Thelma. They live part of the year in New Port Richey, Fla. and part of the

year in his native Huntington, West Virginia.

He came to the Birmingham Veterans Administration Medical Center's Blind Rehabilitation Center twice in the 1990's, in 1991 to learn how to cook and other essential skills and in 1995 to learn computer skills.

Even though he could not read books, Johnson frequently listened to them on audio tapes. He prefers westerns and historical fiction.

His life began to change last year, when a friend in Florida told him about how a recent vitrectomy had restored part of his vision.

In February, Johnson contacted St. Luke's Cataract & Laser Institute and St. Luke's Surgical Center Inc., an eye care facility in Tarpon Springs. Doctors told him that the procedure was more successful today.

Success

Johnson decided to give a vitrectomy a try in his right eye and at the same time had cataracts removed and a new lens put in.

"I can now see 20/300," he said.

That means he can see clearly items at 20 feet that most people can recognize at 300 feet.



Even a partial restoration of vision has brought a few shocks.

A few hours after the operation, Johnson's surgeon asked if he was pleased with the results.

"I said that I was disappointed," Johnson joked. "I looked at my hands and told him they couldn't possibly be my hands. The hands belonged to an old man."

His surgeon reminded Johnson that he had not seen his hands - or anything else - in more than 50 years.

One of the joys of the operation was seeing his wife, Thelma, for the first time after 35 years of marriage.

"I told her that her silver, gray hair looked beautiful," he said.

In the months since regaining partial vision, Johnson and his wife have completed an 8,000-mile vacation through the western United States to see Mount Rushmore and several national parks.

"We made the same trip 20 years ago, and my wife had to describe everything to me," he said.

He still can't see enough to drive, but he can tell from the

passenger seat of their motor home if his wife is drifting too close to the edge of the road. But he has had to balance his new visual ability with tact.

"I tell her that she's drifting over," he said. "She will ask me if I want to walk."

For years, Johnson has worn a special watch with a crystal that raises up so he can tell time by feeling the positions of the hands.

Recently, the VA hospital gave him a watch with oversized numbers that he can tell time on by looking at it. This way he feels almost normal again.

To help him readjust from blindness to limited vision, he recently returned to the Birmingham VA's Blind Rehabilitation Center Clinic, where he'll be until returning home (Dec. 13).

He's something of a celebrity.

"He's delightful to work with," said Gina Palmer, team leader at the Low-Vision section. It normally works with clients who are gradually losing their vision, rather than regaining it.

Johnson's improvement does not mean he will lose any benefits that come with a service connected disability, since he's still



considered legally blind.

Also, whereas most people can see a 180-degree, left-to-right field of vision, Johnson's range is a narrow 20 degrees. This means that he will need to carry his cane for the rest of his life. But he's accustomed to it.

He's just enjoying what he can do.

For example, last month he and his wife bought a 65-inch television. Johnson now revels in watching movies and football games.

"I can see pretty well sitting 12 feet from the screen," he said. "In 1948, (when he became blind)

television was just coming out."

His readjustment will likely continue for some time. But Johnson is not complaining. "It's like a new life," he said. "I wake up now and wonder if I was ever really blind."

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SPECIAL THANKS to:
*Hunter George Executive Editor,
Walter Bryant writer, and
Stephanie Handy in Marketing for
providing this article.*

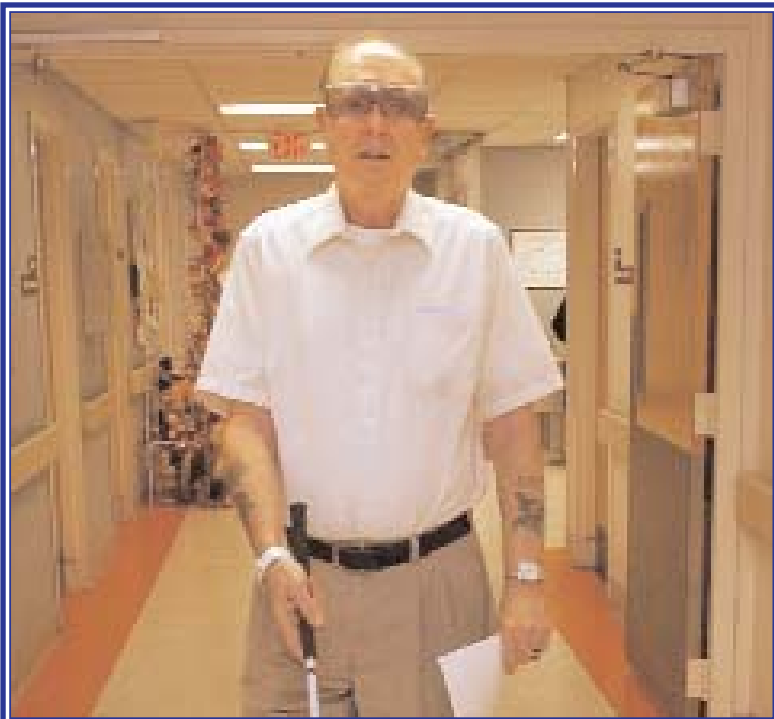


Photo by Bernard Troncale
The Birmingham News

Paul Johnson, 76, of New Port Richey, Fla., is at Birmingham Veterans Affairs Medical Center's Blind Rehabilitation Center re-orienting himself to a world of partial sight after an operation on his right eye in Florida in February. These dark glasses filter out glare after cataract surgery. He'll be fitted with bifocals before leaving for home. Johnson has had to adjust to regaining some vision after 53 years of blindness.



Coming up:

MARCH

**Don't miss the annual Kiwanis Pancake Breakfast
AND Staff vs. Consumer bowling tournament!
Date and time will be announced soon.
Call 522-6991 for details!**

APRIL

**Time once again for the Spring CWAB
Rummage and Bake sale!
The sale will be held in CWAB's activities room
38 Washington Avenue.
Friday and Saturday, April 4th and 5th.
There'll be *LOTS* of rummage and good things to eat!
Make your plans now!
Call 522-6991 for details!**



*W*eather *W*atch

Scot Sabol - Meteorologist
WSAZ Newschannel 3

El Niño Is Back!

By: Scott Sabol
WSAZ NewsChannel 3 Meteorologist



Are you sick of everyone blaming El Niño for every weather event good and bad over the last five years? Get ready for another round of passing-the-buck weather style.

What's with this whole El Niño thing?

It's here ... it's not here ... it won't be back for 20 years.

Make up your mind already!

Well, its back — AGAIN — and for good at least where the long range winter forecast is concerned. Before we dive head-strong into the nuts and bolts of what we might have to deal with through March, let's review what El Niño phenomenon is:

El Niño is a disruption of the ocean-atmosphere system in the Tropical Pacific having important consequences for weather and climate around the globe. (El Niño was originally recognized by fisherman off the coast of South America as the appearance of unusually warm water in the Pacific ocean, occurring near the beginning of the year. El Niño means The Little Boy or Christ child in Spanish. This name was used for the tendency of the phenomenon to arrive around Christmas.) The Pacific Ocean sea surface temperatures flip-flop over a period of time. Areas of the Pacific close to South America



which are normally cool become warmer by as much as 10 to 15 degrees. That variation over a year or two causes the atmospheric flow or the Jet Stream over the northern hemisphere to change over time. Thus, storms that are typically weak become stronger and carry more moisture. If it's cold enough, that moisture falls in the form of heavy snow up the east coast and sometimes in Appalachia.

During El Niño's current rampage across the globe, (which began in the spring of 2002) heavy snow to flooding rains have been reported from the Pacific northwest all the way to Greece. Closer to home, a series of southern storms since early December have already been responsible for power outages across Virginia to heavy snows from Indianapolis to New England. Scary thought when you consider that its only the first of the year.

Based on NOAA's latest El Niño forecast and its updated December-February winter outlook, forecasters said the nation can expect warmer-than-normal temperatures across the northern half of the country, wetter and stormier-than-normal weather across the south from California through the Carolinas.

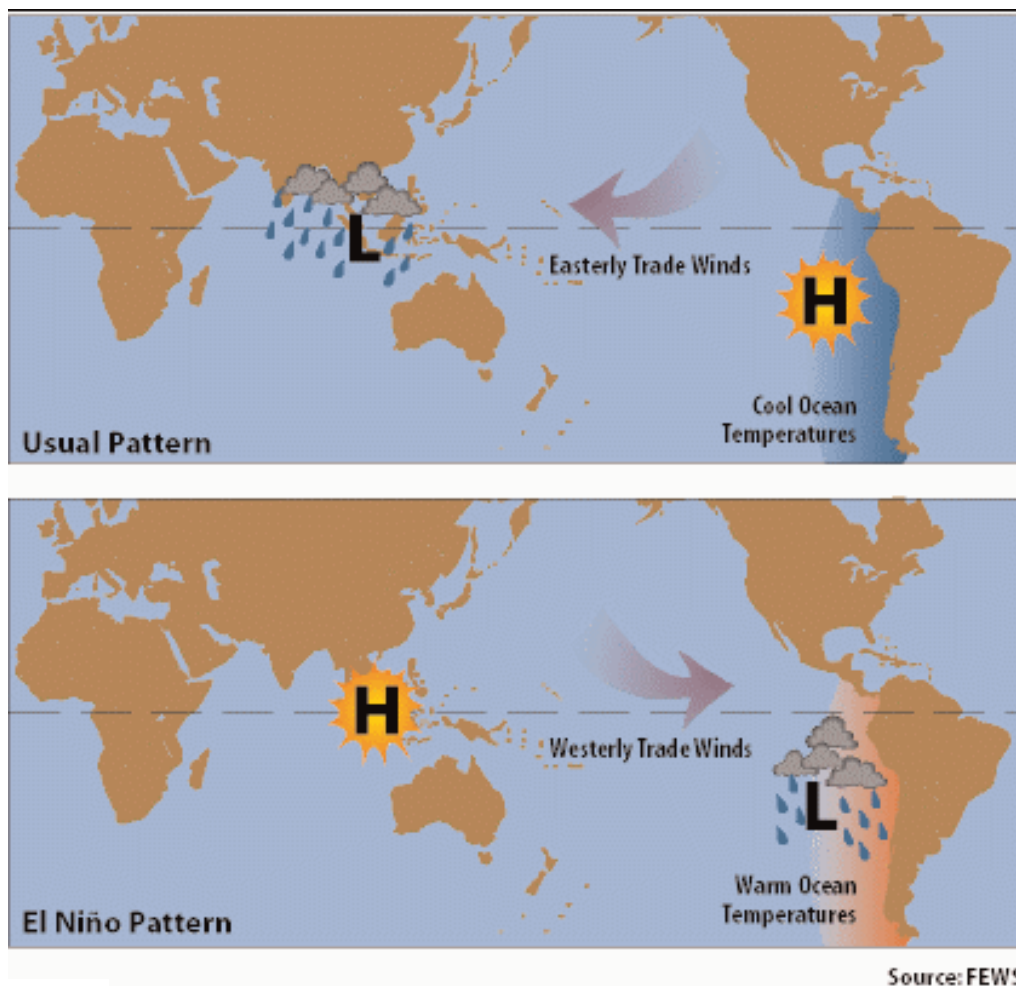
Unfortunately, West Virginia, Southern Ohio and Eastern Kentucky are caught right in the middle of these two extremes.

Along the east coast, blockbuster snowstorms - or storms that move from south to north up the east coast - are more likely in El Niño years. Scientists first catalogued and documented blockbuster snowstorms in 1990, according to Joe D'Aleo, Chief WSI/Intellicast Meteorologist. They have identified 31 such storms since 1950. Sixteen have occurred in El Niño winters versus six in La Niña winters. We dodged our fair share of these southern storms since the last El Niño in 1997.



So far, scientists say this El Niño is stronger than 1969-70 and 1977-78. Will it bring the potential for more snows to our region like the ones back in the 70's, early 80's and early 90's? This year, our luck could be running out.

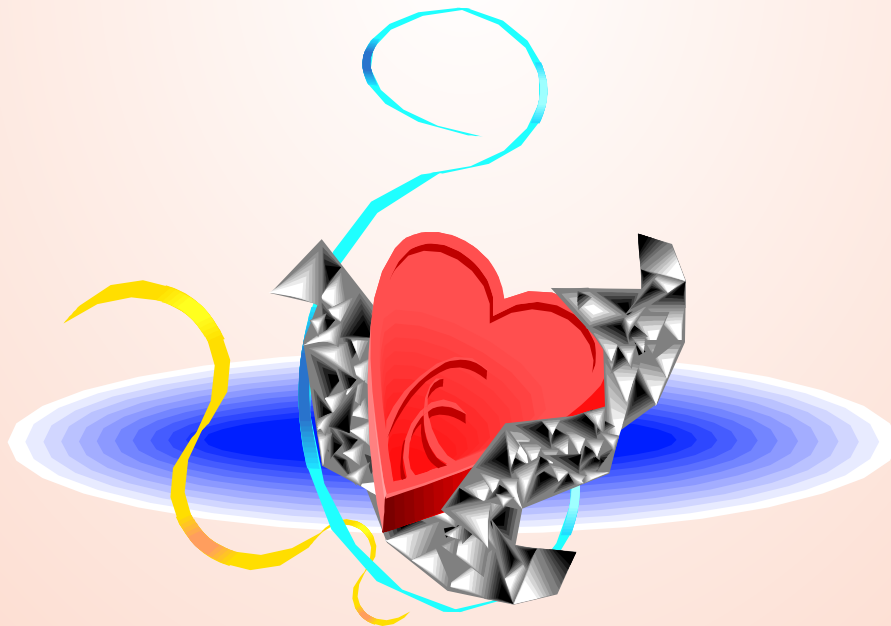
Enjoy and if you have any questions, email me at: scott.sabol@wsaz.com





Valentine Social
Friday, February 14th
7 to 10 p.m.

CWAB activities room
Call 522-6991 for details!
Transportation deadline is
Friday, February 7th!





CWAB continues radio Outreach



Geof Sturm

CWAB Executive Director, Paul Slone, joins “Tri-State Today” host Geof Sturm each month for discussion, interviews and up-to-date information about services and activities from Cabell-Wayne Association of the Blind.

***Tri-State Today can be heard
Wednesday evenings at 7:30 on WEMM***





RECIPE OF THE MONTH

POTATO CASSEROLE

Submitted by Juanita Souder

Put a 2-lb bag of frozen hash browns (shredded) in a large bowl.

Melt 1 stick of butter or margarine and pour over the potatoes to coat.

Mix together:

*1 pt. sour cream
1/2 cup chopped onions
2 cups grated mild cheddar cheese
1 can cream of chicken soup
1 tsp. salt
1/2 tsp. pepper*



Mix with potatoes, put into 9 X 13 pan.

Combine 2 cups crushed cornflakes with 1/2 cup melted butter.

Pour over potato mixture.

Bake at 350 degrees for one hour.



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**Cabell-Wayne Association of the Blind
 Services Division
 38 Washington Avenue, Huntington, WV 25701**



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 Please remember**

**Cabell-Wayne Association of the Blind when you write
 your will or would like to make other charitable gifts.
 Contact Paul Slone, Executive Director at (304) 522-6991.**

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 In Honor of _____
 In Celebration of _____
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**All donations to CWAB are tax deductible
 to the extent allowed by law.**



Cabell-Wayne Association of the Blind

Mission and Vision Statements

OUR MISSION:

Cabell-Wayne Association of the Blind is committed to promoting and advocating the economic, educational, and social welfare of the blind and visually impaired of all ages so that they can maintain a lifestyle comparable to other members of society.

OUR VISION:

CWAB will be seen nationally as a model for organizations and agencies that help blind and visually impaired persons achieve maximum independence. CWAB will be known for timely and appropriate state-of-the-art responses to the changing needs of consumers throughout the Tri-State area and beyond.

