

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

March 2003

Issue 3



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- AFB CareerConnect Page 12
- O&M survey Page 16
- Yoga classes offered Page 22



**Cabell-Wayne
Association of the Blind, Inc.**

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March 2003**

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*2003 CWAB Valentine Social King and Queen
Tara Annis and Harvey Green*

VALENTINE SOCIAL King & Queen

There are few events looked forward to as much as CWAB's annual Valentine Social. The reason is a simple one - it is a time to decorate with lively colors of red, pink, and white - to smile and show that special someone how really special they are!

February 14th - officially Valentine's Day - was the date which drew over sixty consumers, guests and volunteers to the Services Division activities room for an evening of fun.

A live band played as King and Queen, Harvey Green and Tara Annis took a royal dance. (more photos on page 25).

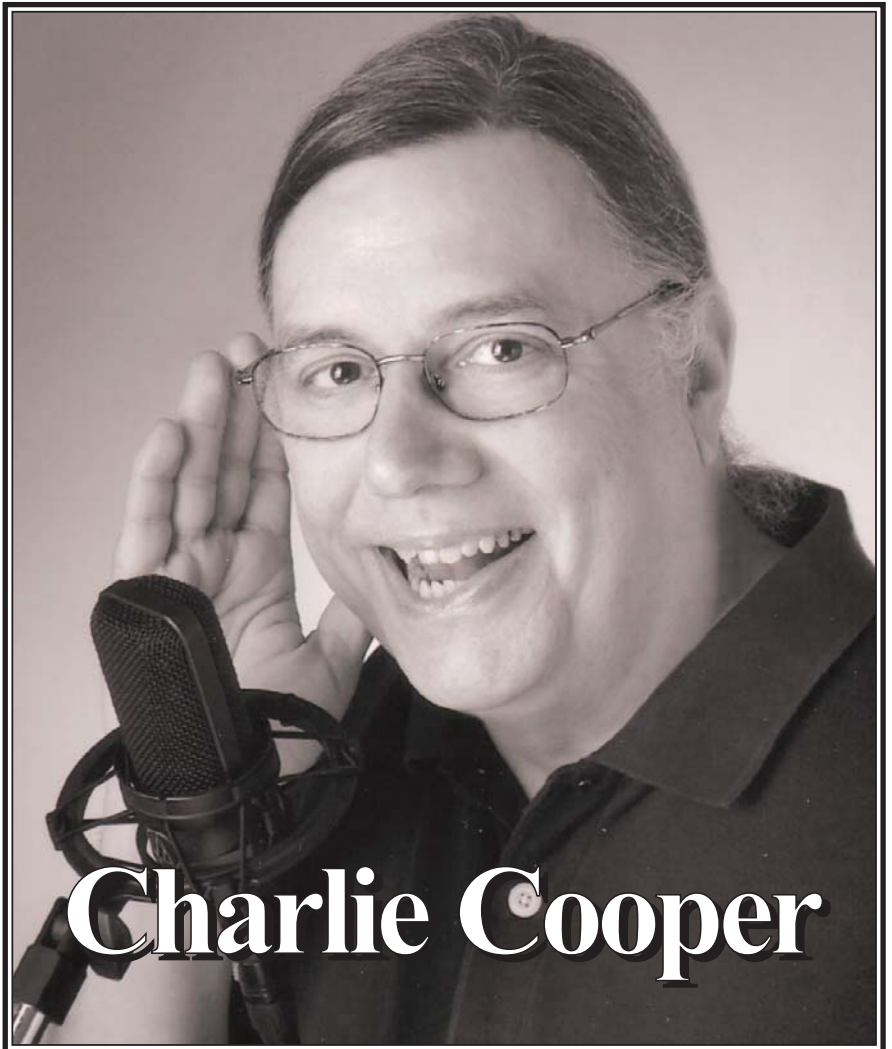


This information was not readily available for the February issue. Charlie Cooper was the narrator of the GP January audio tape issue.

One of West Virginia's most recognizable radio voices, Charlie Cooper has been a broadcaster since the 1960s. He came to Charleston in 1973 as "Super Duper" Charlie Cooper, the afternoon personality on WKAZ-AM 950, where he maintained some of the area's highest audience ratings for almost ten years. Charlie is still very much in demand as a DJ for parties and dances.

Since 1975 Charlie has been the owner of Admix Broadcast Service, a radio commercial production house in Charleston. His voice continues to be heard on radio and TV stations all across West Virginia, as well as on sales presentations, instructional videos, and office telephone systems. In addition to commercial production, his company provides broadcast news monitoring, legal forensics, production sound recording for movies, and general audiovisual services.

Charlie is a member of the West Virginia Broadcasters Association and the Audio Engineering Society.





*“From the
Director’s desk...”*



Hello Everyone!

I hope the colds and flu are passing you by! Here at the Services Division it seems the “bug” is going around, but that doesn’t stop our staff from providing valuable services to our consumers! (sniff, sniff)

Our recent Valentine Social was a huge success. We had between 60 and 70 consumers and their guests in attendance. To see the smiles and hear the laughter, one would readily agree everyone had a wonderful time.

I want to say a big “thank you” to all the staff who helped decorate, the musicians who provided the music, and all the others who volunteered to make sure everyone had a good time.

The Association has voted to take their annual trip to Chillicothe, Ohio to attend the Tecumseh outdoor drama on June 21st. The trip is free to consumers and their sighted guide. Please make your plans to go and call for your seat on the bus. There will be 55 seats available and I know they will go fast. We will also have an evening meal at a local restaurant.

Funds for the new building project continue to come in. I have a tentative drawing of the building for your inspection. Please call the Services Division to make arrangements.

Don’t forget the annual Rummage and Bake sale which will be held Friday, April 4th and Saturday, April 5th. There are always lots of good rummage from which to choose. To make your donation call Lori Spears at 522-6991.

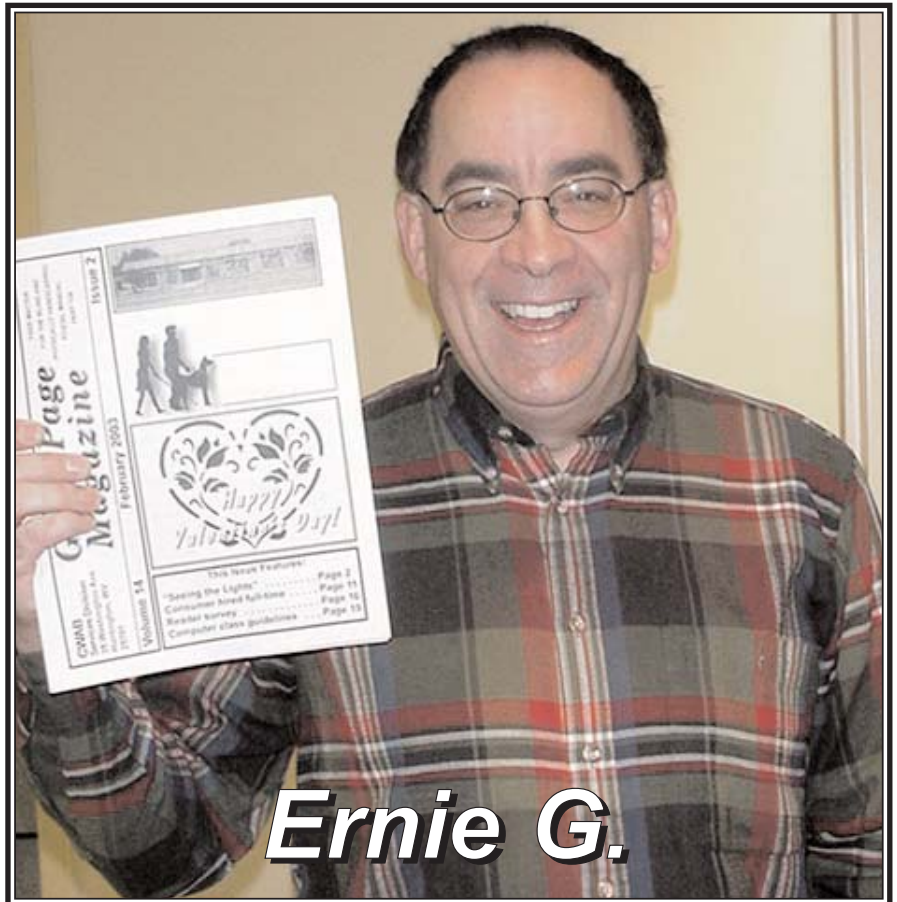
Until next month



February Narrator of the Month

Long-time friend to CWAB, and local radio-TV personality, Ernie G. Anderson took time to read to audio tape the February issue of the *Guide Page Magazine*.

Anderson, a former host of WOWK-TV's "High-Q" program, hails from Logan, West Virginia and is currently afternoon personality for "Sunny" 92.7.



Ernie G.

PHOTO CREDITS

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Volunteers recognized



It has been said time-and-time again that volunteers are a vital part of CWAB. Without those who tirelessly give of their time and talents to assist the blind and visually impaired the “job” would never get done and hundreds of CWAB consumers would be without friends, companions, and of course, sighted

guides. Recently those volunteers were honored.

The annual “Volunteer Recognition Event” was held January 31st at the Junior League building in Huntington. Over 60 volunteers, family, and staff members attended. Each attendee was given a “goodie bag” to show appreciation for their services.

Jimelle Bowen of the Tubert Foundation was keynote speaker and pledged to give twenty hours a week of her time to assist in volunteering for CWAB.

For information on the various ways you can volunteer at Cabell-Wayne Association of the Blind, please call 522-6991.



Bio of a “DVS” reader

From DVS GUIDE Winter/Spring 2003

Interview with a Describer

When she became a describer in the Media Access Group’s Los Angeles office in March 2002 (she now works in the home office in Boston), Allison White was looking forward to working on some of the many feature films that DVS describes each year for the nation’s MoPix-equipped theaters. Among the many films Allison had the opportunity to help describe was the blockbuster hit *Harry Potter and the Chamber of Secrets* - which was probably her favorite assignment during her year in the LA office. “I loved working on it ... it was such a fun movie. This is a movie you couldn’t not like, no matter what kind of person you are.” says Allison.

Although it was an enjoyable



Allison White

film to work on, this assignment posed some special challenges as well. “Most television series are character-based, so the conversation really carries the plot. But with movies - especially some-



thing like Harry Potter it's all visual," she says. "Also, it's not even a realistic movie. One of the biggest challenges is that we had to describe a lot of things that we'd never seen before. When it's a fantasy, you have to clarify everything."

The fact that *Harry Potter and the Chamber of Secrets* was a sequel introduced additional challenges during the description process. "With a sequel, you have to keep in mind that a good amount of your audience probably saw the first one, but may not have. Also, some have read the book, while others haven't," explains Allison. "We had to take all levels of familiarity into account when writing the descriptions, so sometimes, we might have written more than all the viewers needed." Even with the challenges of this fantastical sequel, when Allison looks back on the Harry Potter project, it was a positive experience. "I hadn't read the book, but after working on this project, I'm a big Harry Potter fan and would like to read the whole series."

The CWAB Media Library is proud to offer to its consumers the first Harry Potter film titled, "*Harry Potter and the Sorcerer's Stone*" on DVS. As the "*Chamber of Secrets*" becomes available it will be added to the library.

For more about CWAB's DVS lending library, please call 522-6991.

New DVS titles include:

Jurassic Park III

A Beautiful Mind

Matrix

Spy Kids

Shrek

Harry Potter/Sorcerer's Stone

Meet the Parents

Gladiator

Old favorites include:

Jungle Book

E.T.

Back to the Future

Antz

Field of Dreams

Independence Day



Maryland organization forms to protect the rights of guide dog users

**Guide Dog Users, Inc.
Silver Springs, MD.
February 3003**

The American Council of the Blind (ACB) and its affiliate, Guide Dog Users, Inc. (GDUI), have announced the formation of a new special-interest affiliate, Maryland Area Guide Dog Users (MAGDU). Formed in October 2002 in affiliation with the American Council of the Blind of Maryland, the organization has already attracted more than 40 members from across the Washington, DC metropolitan area, including Northern Virginia, the District of Columbia, Prince George's and Montgomery Counties in Maryland, and the city of Baltimore and its surrounding communities.

According to MAGDU President Gary Norman of Pikesville, Md., "The primary purpose of MAGDU is to promote the acceptance of blind people with guide dogs by all agencies, employers, educational institutions, and entities who conduct business with the general public. A related goal is to work for standardization and enforcement as well as expansion of the legal provisions governing the admission of guide-dog users to public places, transportation, facilities, housing, hotels, restaurants, places of amusement, and all venues where the general public has access."

As an affiliate of the American Council of the Blind, MAGDU shares in the goals of that organization, advocating for inclusion of people who are blind and visually impaired in the mainstream of society, and for accessibility to all aspects of daily life. In recent years, the ACB of Maryland has lobbied successfully in Baltimore City, Montgomery County, and other localities within the state, for accessible pedestrian signals at intersections where "Walk/Don't Walk" signs assist sighted pedestrians to cross streets safely. With other blindness organizations, the ACB advocated successfully for provision of video



description during prime-time television broadcasts, and recently, the ACB has brought suit against the U.S. Department of the Treasury in an attempt to make paper currency accessible to people who cannot identify it visually.

“All we want, as blind and visually impaired people,” says Debbie C. Grubb of Bradenton, Fla., President of MAGDU’s parent organization, Guide Dog Users, Inc., “is to lead our lives just like everyone else. We want to participate in the lives of our families and our communities, to get the kinds of training and education we need, to go to work and to school and to church with minimal difficulty. We have chosen to partner with guide dogs in order to pursue these goals, and, fortunately, we have state and national laws on our side, to guarantee our rights to travel when and wherever we want. GDUI has been advocating for the rights of guide dog users for more than thirty years. Our organization continues to grow, as the number of blind and visually impaired people who choose to use dog guides continues to expand.”

Grubb says that GDUI welcomes the formation of the new local affiliate in Maryland, and that the organization expects to formally charter the organization at its national convention in Pittsburgh, Pa., next July.

“The ACB of Maryland is one of the fastest growing state affiliates of the national organization,” says Albert Pietrolungo of Baltimore, president of the state organization. “We could not be more pleased about the formation of the MAGDU special interest affiliate within our state organization.”

In its short three months of operation, MAGDU has already intervened on behalf of guide dog users who were denied access to rehabilitation training facilities. The organization has developed a poster to educate business owners and service providers about the rights of guide dogs and their partners to access public facilities. MAGDU members make themselves available to any guide dog users who encounter discrimination or lack of access as they go through their daily lives, and also as educators and speakers in public venues about guide



dogs, the rights of their users, and the ways in which the service animals work to keep their partners safe.

For more information about guide dogs and the rights of their partners under the Americans with Disabilities Act, contact:

**Guide Dog Users, Inc.
(888) 858-1008
www.gdui.org**

To learn more about the American Council of the Blind:

**www.acb.org
(202) 467-5081**

For information about guide dog acquisition and training, contact:

**Cabell-Wayne Association of the Blind
38 Washington Ave.
Huntington, WV.
25701
304-522-6991
cwabadm@cabellwayne.org
www.cabellwayne.org**



AFB's CareerConnect Website launches

The screenshot shows a Microsoft Internet Explorer browser window displaying the AFB CareerConnect website. The address bar shows the URL <http://www.afb.org/careerconnect/>. The website header features the AFB CareerConnect logo and the tagline "employment planning for people who are blind or visually impaired". A navigation menu includes links for "Careers", "Mentors", "Tips", "My CareerConnect", "Technology", "Resources", and "Home". The main content area contains the following text:

AFB CareerConnect™ is a free resource for people who are blind or visually impaired to learn about the range and diversity of the jobs that are performed throughout the United States and Canada by adults who are blind or visually impaired.

[Hear Erik Weihenmayer's Thoughts on Mentoring](#)

[Register for Free as a My CareerConnect User](#)

Would you like an [overview before getting started?](#)

- [Career Exploration](#)
- [Mentor Match](#)
- [Tips for Job-Seekers](#)
- [My CareerConnect](#)
- [Technology in the Workplace](#)
- [Other Resources](#)
- NEW! [Guide for Rehabilitation Counselors](#)
- NEW! [A Student Guide to Using AFB CareerConnect™](#)

A small photograph of a man sitting on a stack of books is visible on the right side of the page.

In conjunction with National Disability Employment Awareness Month of October 2002, AFB announced the launch of AFB CareerConnect™ (www.afb.org/careerconnect), formerly the Careers & Technology Information Bank (CTIB). A development of AFB employment and web teams this interactive website (continued on page 13)



(continued from page 12).

is a free resource for people who are blind or visually impaired to learn about the range and diversity of the jobs that are performed throughout the United States and Canada by adults who are blind or visually impaired.

The database contains a wealth of career-related information and self-help tools for career exploration and job seeking. Designed for both adults and youths, AFB CareerConnect also lets users search for career information about a wide range of jobs by entering specific job titles or areas of interest. Judges, biologists, computer programmers, graphic artists, lawyers, CEO's, and movie producers are just a few of the many careers included in the site. AFB CareerConnect also draws of the U. S. Department of Labor database, allowing job seekers to explore thousands of career options.

One of the unique features of AFB CareerConnect is Mentor Match, a national online database of over 1,000 successfully employed blind or visually impaired workers willing to discuss their jobs. Once a mentor has been found in the database, the job seeker can email him or her directly from the site to ask about necessary education or training for a job, job duties, and assistive technology useful for the job.

AFB CareerConnect also includes a number of online tools to help a user with a job search, such as a profile and personal data sheet, a resume builder that produces a printable resume, and a calendar to keep track of pending appointments. Job seekers can also find tips on job hunting, as well as landing and completing successful interviews. Like all of AFB's web offerings, AFB CareerConnect is fully accessible to blind or visually impaired users who are navigating the site with assistive technology.

“According to recent census information, over one-and-a-half million



blind or visually impaired adults of working age are currently employed,” said Gil Johnson director of the AFB National Employment Center. “AFB CareerConnect allows visually impaired job seekers to draw on the wealth of knowledge and experience of this population, learning about how they function on the job and about the technology they use in the workplace.”

To introduce this new employment tool to the public, AFB’s employment, technology, and web departments partnered with the West Virginia Division of Rehabilitation Services presented a webcast demonstration and question-and-answer session, live from West Virginia State College last Fall. The archived webcast can be viewed online at:

www.afb.org/careerconnect/webcast.asp

This hour-long webcast was targeted toward public and private rehabilitation professionals across the country. Over 400 people participated, including representatives from over 60 rehabilitation agencies.

For more information about AFB CareerConnect, contact:

Detra Bannister
National Employment Associate
(304) 523-8651
dbannister@afb.net



ANNOUNCEMENT!

COME SPEND A WEEK IN THE GLORIOUS PACIFIC NORTHWEST

ORAL HULL FOUNDATION FOR THE BLIND

The Oral Hull Foundation for the Blind announces its summer 2003 camp dates. Our 23-acre site offers the visually impaired nature walks, swimming, fishing, sports, good food and great comradery. The cost is \$300 for the week and camperships are available for both camps. Adult camp (21 yrs. and up) will be in session from July 19th to July 26th. Youth Camp (10 to 20 yrs.) will meet from August 16th to August 23rd.

There is no obligation in requesting an application.

Write to:

Oral Hull Foundation for the Blind
PO Box 1 57
Sandy, OR 97055

Or call: Ria Ehrheart at (503) 520-9384 for more information.



ORAL HULL PARK

Oral Hull Foundation for the Blind



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Organization
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Cabell-Wayne Association of the Blind
Services Division
38 Washington Ave
Huntington WV 25701

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





RUMMAGE/ BAKE SALE

**Friday, April 4th and Saturday, April 5th
8:00 a.m. to 4:00 p.m.**

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

**Baked or Traditional Spaghetti Dinner
Cole Slaw, Bread and Drink
\$3.50**

**BBQ's, Hot Dogs and Baked Goods
also available**

**To donate rummage items
(no clothing except baby clothes)
or for more information, please call
522-6991**



Marshall University Men's Basketball Schedule



Mar 1	Ohio	Athens, Ohio	TBA
Mar 5	Akron	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		

Association summer trip planned

The annual Association summer outing will be Saturday, June 21st when our group will travel to Chillicothe, Ohio to attend the outdoor theatre presentation of Tecumseh!

Witness the spectacular re-enactment of the life and the death of the great Shawnee leader, Tecumseh.

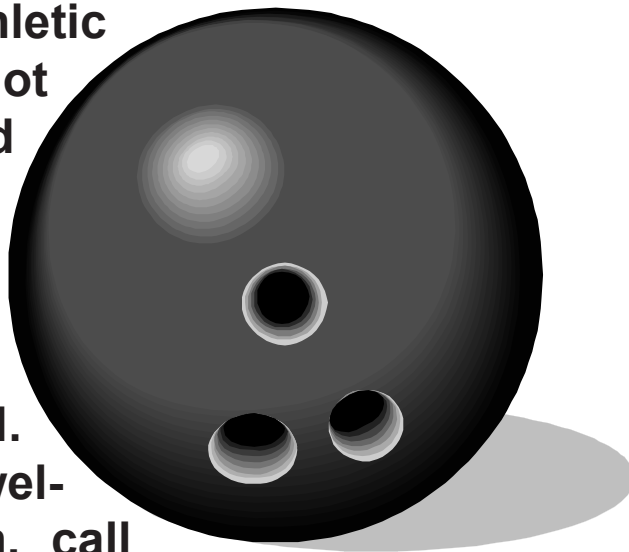
Set in a large, tiered amphitheater, nestled in the hardwood forest of Sugarloaf Mountain, here beneath a canopy of stars, across the quiet waters and from the encircling forests, a spectacle of unbelievable proportion explodes around you.

The hidden history of this legendary land unfolds before you as in the mists of evening, the men and women who lived and died for this land take form and once again reveal their lives to you in the high spectacle of outdoor drama. Show time is 8:00 p.m. Dinner at a local restaurant is included.

Call 5220-6991 to reserve your seat today!

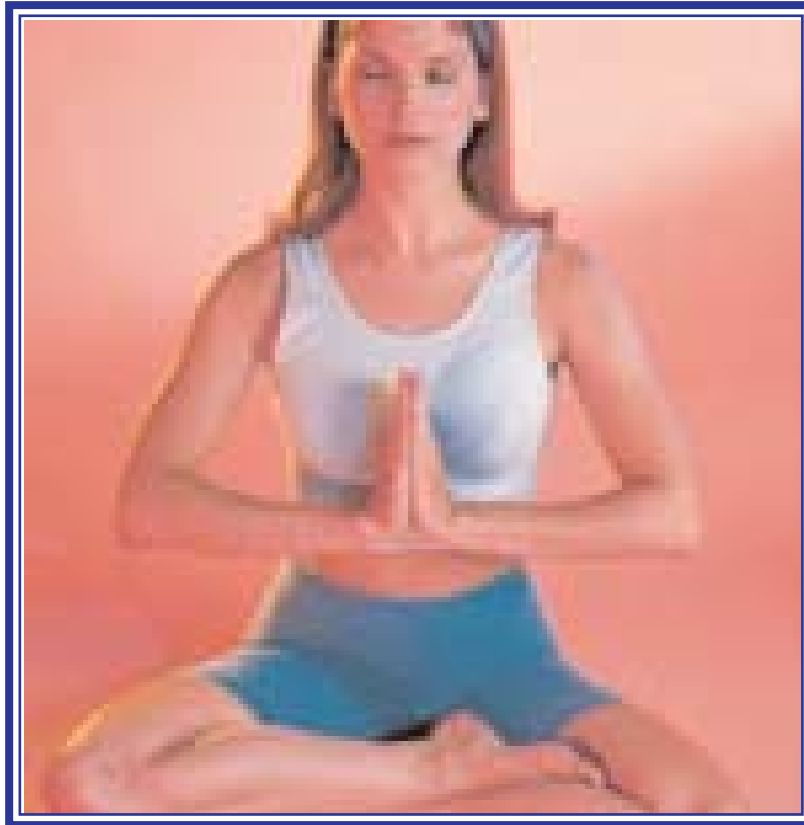


Bowling is a fun, non-athletic sport. Experience is not necessary to have a good time! Bowlers meet each Monday from 12:30 to 2:30 p.m at Colonial Lanes on West Fifth Avenue in Huntington. At least four consumers are needed. Weekly volunteers are also welcome. For more information, call Linda Worthy at 522-6991.



Recent Scores

Eddy Adkins	189
William White	185
Bill Sayre	169
Victor Milner	122
Brandon Grayson	121
Lanna Taylor	112
Harold Ryle	112
Nancy Harless	100
Betty McCoy	97



YOGA

Dates:

April 12th and 26th

May 3rd, 10th, and 17th

Time:

1:30 - 2:30 p.m.

Call 522-6991 for sign-up and transportation details!



Yoga classes to be offered

Tonia Michos, a Certified Therapeutic Massage and Bodyworker is offering CWAB consumers the opportunity to receive Yoga instruction.

The classes are designed for the general health-builder and are open to the public. Michos calls her class the “lazy, pleasure loving Yoga,” to encourage participants to enjoy themselves and relax into good health practices in all of daily life.

Yoga develops confidence and awareness of one’s body. Simple movement postures alternated with simple still postures combine to lengthen and strengthen the structures of the body that support usual daily movements. Coordinating breathing with movement helps keep the mind focused on the task at hand. Beginning level Yoga establishes safe stretches and strength building that can help a person’s body be safer in any environment because the body becomes more coordinated with the person’s mind and can send more information to the mind that the mind can put to good use. Yoga is a practical art of movement that brings joy to life.

Classes begin on Saturday, April 12, 2003 and continue for five weeks. People attending the Saturday afternoon classes will learn basic balance, movement and breath coordination in a gentle, informal atmosphere. Good things to wear to class are soft, stretchy pants and shirts that tuck in so that you are comfortable standing, sitting or laying on the floor. No shoes, socks or jewelry are worn during a Yoga class for safety and, of course, cell phones are turned off for the hour. Each person will be assisted into the Yoga positions by simple verbal direction and occasionally by hands-on placement, with the permission of the student. Expect to have some fun!

CWAB hosts country dance night



The “CC Band” entertain during a recent CWAB fundraiser.

“Having fun is what it’s all about,” said Paul Slone Executive Director for CWAB’s Services Division during a Country dance/fundraiser January 24th at the organization’s activities room at 38 Washington Ave.

“We were going to do this at the Country Club in Ashland, but they had other plans,” Slone said.

The event earned the building fund over \$100.

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.



CWAB's annual Valentine Social - one of the biggest events of the year - was held Friday, February 14th. Over sixty consumers and their guests enjoyed an evening of music, games, and refreshments. It was a night filled with fun and laughter, everyone agreed they had a wonderful time!





King and Queen, Harvey Green and Tara Annis share a “royal” dance

Phillip Carr agrees every kid’s dream is a bazillion balloons!



Alice Grooms and Victor Milner enjoy a dance.





Weather Watch

Adam Joseph - Meteorologist
WSAZ Newschannel 3



WINTER!

It's the time of year when cold weather and frequent snowstorms should blanket the region. However, this winter so far it has acted like two children on a seesaw with two different stories.

In a Meteorologist's eye the winter months are December, January, and February. On the calendar it doesn't begin till the end of December. Tony, Scott and I watch the winter months for big storms moving out of the Gulf of Mexico. These are the ones which give us the memorable snow, ice and rain storms.

This year, the El Nino (read Scott's story on this event) pattern has proved true for the southern United States with plenty of moisture. In the northern United States, plenty of cold air has blanketed the northeast and at times drained in into the region. If only we can combine the two, then a huge storm would pound us with

deep snow.

So far no real big event has occurred here,

however parts of the east coast have been hammered by a number of Wednesday Nor'easters.

What do I mean by Wednesday Nor'easters? Well starting Wednesday November 27th, the region saw a few snow showers with temperatures falling into the low 30s. Then a week later we received the first real snowstorm with 1-2 inches covering the ground. Parts of southeast Ohio and along the Ohio River were blanketed with 8 inches of fresh snow. On December 11th, morning sleet and freezing rain greeted drivers. Then a few showers moved in on Wednesday December 18th. If you were wishing for a white Christmas it didn't look good a few days before. Above normal temperatures pushed in from the south ahead of a developing coastal storm. At first we were pounded by rain, and



then it changed to snow Christmas morning. A grassy coat and even a few inches dotted the landscape before night fell. Finally, on Wednesday January 1st, more inclement weather hit with heavy rains all day and even the clap of thunder. This indeed shows a unique pattern a meteorologist finds fascinating.

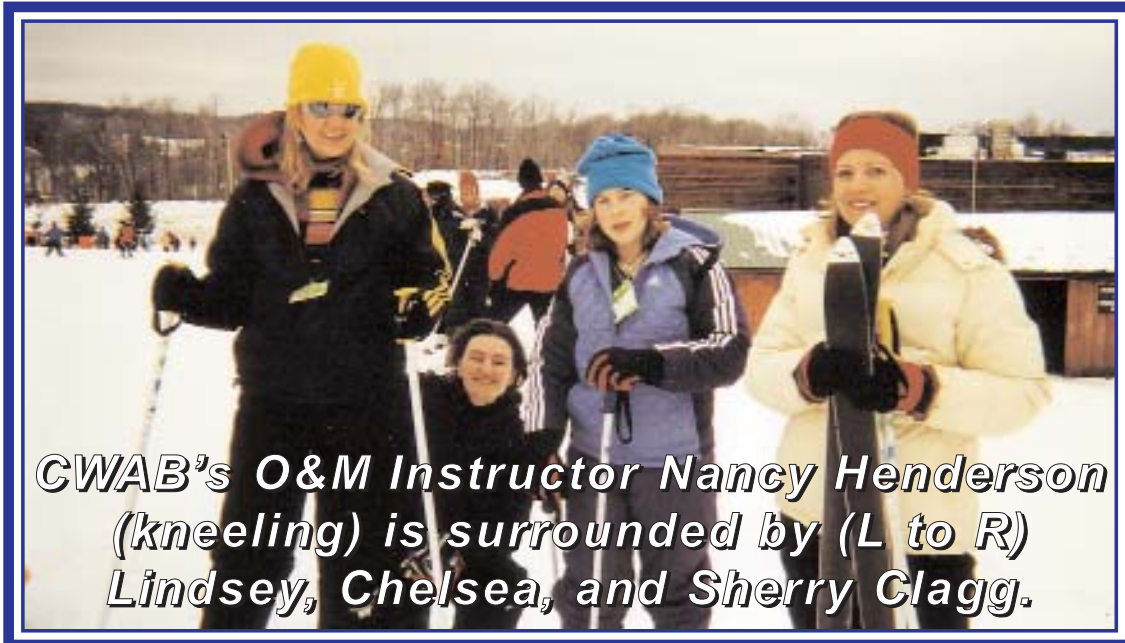
If you are wondering what the winter season has brought us so far on average, let's look at the month of December. Let's say winter began on December first, remember this is the winter season for a meteorologist's standpoint. Overall the first fifteen days were below normal with an average high of 39 degrees. Normal is between 42 and 48 degrees. Rain and snow totals on average for the first half of the month should add up to 1.70 inches. We had 1.95 inches with most of it rain despite the colder temperatures. If you remember we had rainy days in the 30s so it was a cold, raw rain.

For the second half of the month our average high temperature was 47 degrees while the normal is 44. The last day of the year topped 70 degrees in Charleston, so a warmer second half of the month made southern lovers happy. We missed the normal precipitation by a quarter inch for the month in total. So in a nutshell it was a drier and warmer end to the year.

What will 2003 bring us? Well, Scott's article on El Nino will help guide you. El Nino is strengthening and is predicted to last through May of this year. A warmer second half of the winter seems fitting, however the recent cold blast from Canada remains a mystery to those who say El Nino years are typically warmer and drier.

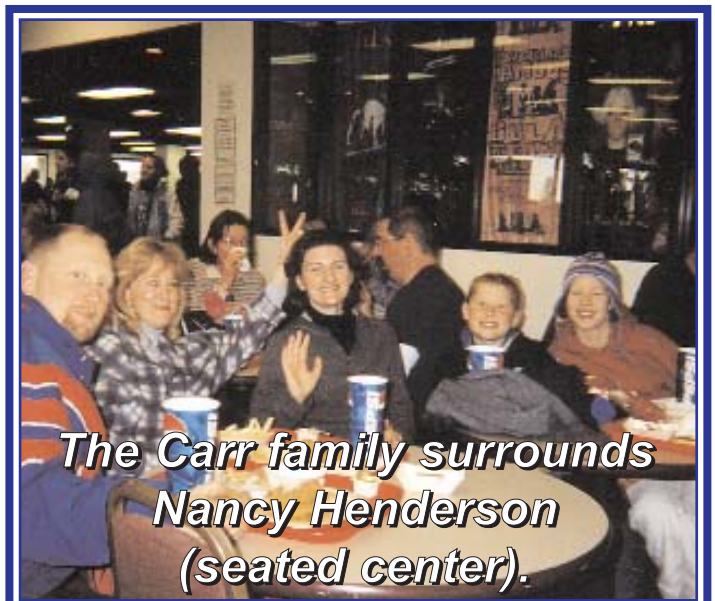
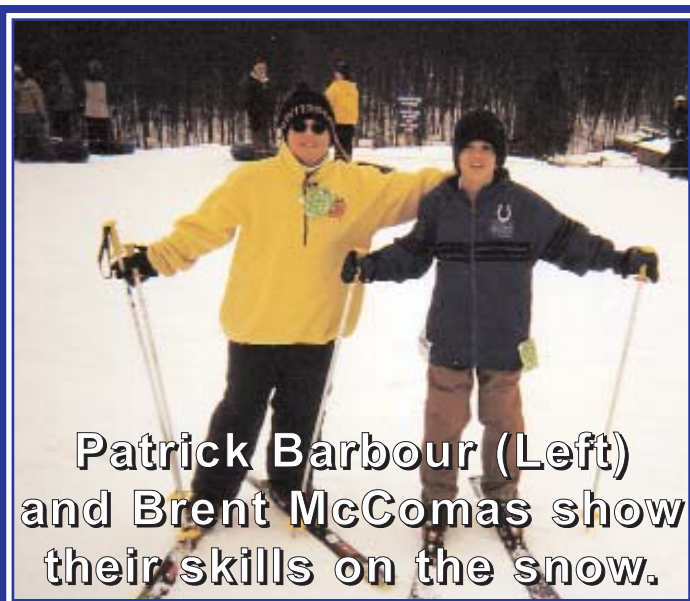
Tony, Scott and myself enjoy visiting and speaking to community groups and schools. If you would like to invite us to bring the First Warning Weather Van to your area, just send us a note, or give us a call at 690-3050.

***E-Mail WSAZ Meteorologist Adam Joseph at:
adam.joseph@wsaz.com***



Teubert Prep goes skiing!

The Teubert Prep members took advantage of recent winter weather to participate in their second annual skiing trip to Winterplace Ski Resort in Flat Top, West Virginia. The January 20th trip was attended by nearly two-dozen "Prep" members and sighted guides and friends.





SPECIAL NOTES

Deadline for GOALBALL, which is played on the first and third Friday of every month, will be by NOON the Wednesday the week of each game.

EVERYONE NEEDS TO SIGN UP, REGARDLESS OF WHETHER OR NOT TRANSPORTATION IS NEEDED.

This will let us know if we have enough to play. A minimum of 6 people is needed. IF LESS THAN 6 SIGN UP, THAT WEEK'S GAME WILL BE CANCELLED.

Obviously, we will notify everyone of cancellations, HOWEVER, IF YOU DO NOT SIGN UP, WE WILL NOT KNOW TO NOTIFY YOU!

In April and May we will once again be having craft classes each Wednesday from 1 to 3 p.m. at CWAB. Any consumer interested in teaching a craft class, please contact Linda Worthy 522-6991. CWAB will furnish the necessary supplies for everyone in the class to complete their project.

Several consumers have expressed an interest in teaching. Please call to sign up today (to teach or to participate). The classes will be:

***April 2nd, April 9th, April 16th, and April 30th
May 7th, May 14th, and May 21st.***

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

Diabetic Apple Pie

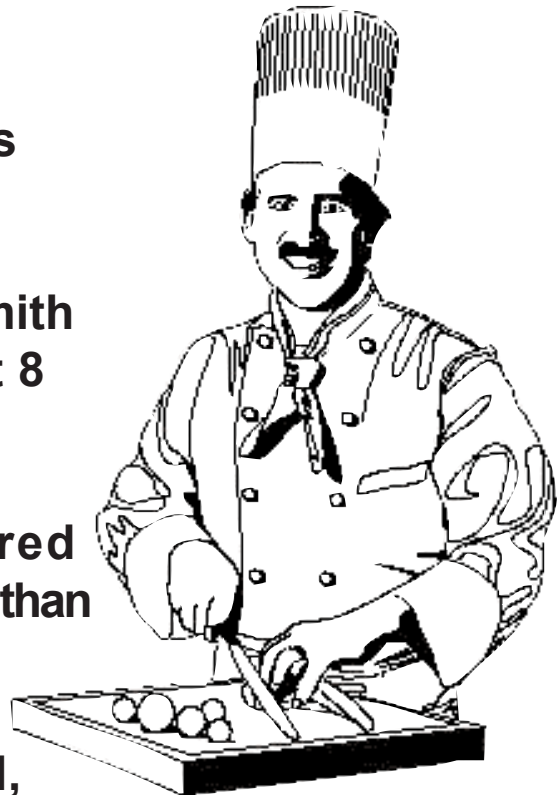
**Pastry for double crust
9-inch pie
3 tbsp. cornstarch
24 packets Equal
 or 7 1/4 tsp. Equal for Recipes
1/4 tsp. ground nutmeg
1/4 tsp. salt
8 sliced, cored, peeled Granny Smith
 or other baking apples (about 8
 medium)**

Roll 1/2 of the pastry on floured surface into circle 1-inch larger than inverted pie pan. Ease pastry into pan.

Combine cornstarch, Equal, cinnamon, nutmeg, and salt; sprinkle over apples in large bowl and toss. Arrange apples in pie crust.

Roll remaining pastry into circle large enough to fit top of pie, seal edges, trim and flute. Press-pastry hearts on pastry.

Bake in preheated 425 degree oven until pastry is golden and apples are tender, 40-45 minutes. Cool on wire rack.





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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.

