



AVRT



Cleveland, Ohio -- Location of the 2018 AVRT Conference

*Association of Vision
Rehabilitation Therapists*

Summer 2018 – AVRT Conference Edition

Aug. 8, 2018

Association of Vision Rehabilitation Therapists

Newsletter

Summer 2018

Visit our Website at www.avrt.org

In This Issue:

***AVRT Board of Directors 2016-2018* 2**

[Editor's Note](#) 3

[President's Message](#) 4

[AVRT Professional Development Conference](#) 6

[AVRT Training Conference Agenda](#) 7

[Alice Raftary Emerging Leader Award](#) 11

[The Charlyn Allen Award](#) 13

[Learn About Conference Presenters](#) 14

**[Amazon Echo vs. Google Home Assistant](#)
Submitted by Steve Kelley, CVRT, CATIS, CRC 18**

**[Reeling in the Research on Fish Oil and Eye Health: What's the Catch?](#)
*By Major (Ret) Carey Wickizer, OTR/L, CLVT, and
Cyndy Greenacre, PhD, CVRT, CLVT, COMS* 20**

**[Non-Profit Computers for the Blind \(CFTB\)](#)
Submitted by David Jeppson, Executive Director CFTB 23**

[From the Editor's Kitchen](#) 25

AVRT Board of Directors 2016-2018

President:

Jennifer Ottowitz, CVRT
West Allis, WI
847-784-2888
jennifer@hadley.edu

Vice President:

Lenore Dillon, CVRT
Montgomery, AL
334-293-7100
lenore.dillon@rehab.alabama.gov

Secretary:

Elaine Boykin, CVRT
Oklahoma City, OK
405-522-3382
reboykin@okdrs.gov

Treasurer:

Susan M. Dalton, CVRT
Marengo, IL
dalton.transvision@gmail.com

Past President:

Ian Shadrick, M.A., M.A., CVRT, CRC
Jefferson City, MO
ian.shadrick@gmail.com

Directors:

Helen Hahn, CVRT, CTVI
Kansas City, KS
913-558-2115
helenbhahn@gmail.com

Linda Fugate, CVRT, PhD
Mobile, AL
251-478-2192
Linda.fugate@rehab.alabama.gov

Pamela Holloway, CVRT
Bethany, OK
405-522-3361
pholloway@okdrs.gov

John McMahon, CVRT, PhD
Augusta, ME
207-623-7949
jspirit21@myfairpoint.net

Newsletter Editor:

Pamela Holloway, CVRT
Bethany, OK
405-522-3361
pholloway@okdrs.gov

Web Administrator:

Ian Shadrick, M.A., M.A., CVRT, CRC
Jefferson City, MO
ian.shadrick@gmail.com

Editor's Note

Dear Fellow Professionals:

It has been a very eventful summer! We have all been involved in various activities such as professional conferences, advocacy group conventions such as NFB and ACB, client training programs, etc. Hopefully there has been a relaxing vacation thrown into the mix. Now it is time to think about the AVRT Conference in November! It is always exciting to learn new techniques and see new products to take back to our consumers. This year is no different. Lenore and her team are working very diligently to make this year's conference one of the best! This newsletter is very special because it is the conference newsletter. You will learn details about many of the featured speakers. There is also information about Cleveland and the agenda enclosed.

If you have any further questions about scholarships, stipends, awards, registration, the hotel, etc., go to the website www.avrt.org.

Have a fun filled summer and I will see you in Cleveland, November 8 through 10!

**Sincerely,
Pam Holloway, CVRT
Newsletter Editor**

[Return to contents](#)

President's Message

“Are You Thirsty?”

I hope you are doing well and enjoying your summer. The warm temperatures remind us of the importance of staying hydrated. We need water to maintain balance within the body. Staying hydrated helps carry nutrition to the cells and also helps carry away waste products within the body. It is generally recommended to drink 8-12 cups of water per day.

Are you thirsty?

In addition to quenching our physical thirst, it is also extremely important to quench our thirst for professional knowledge and connections. Maintaining a healthy balance as a professional keeps our nutrients (knowledge and resources) replenished. These nutrients strengthen us and enable us to perform better when providing services to our clients and their families.

This newsletter presents information about an exciting source of hydration – the 2018 AVRT Professional Development Conference to be held November 8-10 in Cleveland, Ohio. This conference provides nutrition for our professional body and for us as individual "cells." It enables you to meet, network and develop lasting relationships with fellow VRTs and other professionals to provide a source of information, support and encouragement. We have a very exciting program planned to share information on a variety of topics, which can be immediately applied to your everyday work.

Visit our website at avrt.org for details about scholarship opportunities including a stipend for first-time attendees at the conference. We will also be presenting our professional service

awards which recognize and honor outstanding VRTs whose dedication, skill, compassion and encouragement have helped not only their clients but also their fellow colleagues. Please read on for further details.

We look forward to you joining us in Cleveland. Come thirsty as you will definitely get hydrated and energized!

**Kind regards,
Jennifer Ottowitz, CVRT
President, AVRT**

[Return to contents](#)



Association of Vision Rehabilitation Therapists

Rockin' at the AVRT Conference –
Listening, Learning and Leading VRTs into the Future
AVRT Professional Development Conference

November 8 – 10, 2018

Cleveland, Ohio

Expect an elevated level of quality during your travel routine at Cleveland Airport Marriott. After landing at Cleveland Hopkins International Airport, immediately relax, thanks to our free shuttle service. Also located near our hotel is Cleveland Metroparks Zoo, Progressive Field, and FirstEnergy Stadium. Following an eventful day, revel in relaxation in our rooms boasting plush beds and flat-panel TVs. To help complete tasks while on a business trip, our accommodations feature vast workspaces with ergonomic chairs and high-speed Wi-Fi. Later, drop by AMP 150, our restaurant and lounge equipped with delicious cuisine, refreshing drinks and a rock-and-roll vibe. While in Cleveland, allow our indoor pool to cool you off year-round. We also offer a 24-hour fitness center boasting well-managed free weights and cardio machines.

AVRT Vendor's Showcase

Exhibitors Date: Friday, November 9, 2018

This conference does not believe in a passive vendor experience – we provide an informative, interactive opportunity for our attendees. We encourage you to talk with our vendors and explore the products and services. Time is allowed for them to teach us and answer our questions. Then participate in Vendor Bingo and maybe win a prize!

Come and peak into the possibilities...

[Return to contents](#)

AVRT Training Conference Agenda
November 8 – 10, 2018

CEU's will be available for the following professions:

<i>CVRT</i>	<i>CRC</i>	<i>CATIS</i>
<i>CLVT</i>	<i>COMS</i>	<i>Social Work</i>

Thursday Nov. 8

- | | |
|----------------------|---|
| 7.30 – 10:00 | Registration |
| 8:00 – 9:30 | Introductory Session
Diabetes
<i>Anne Williams</i> |
| 10:00 – 10:30 | Opening Ceremony
Welcome <i>Jennifer Ottowitz</i>,
<i>President AVRT</i> |
| 10:30 – 11:30 | Key Note Speaker
Taking VRT to the Streets
<i>Nancy Parkin-Bashizi</i> |
| 11:30 – 12:30 | AVRT Business Meeting &
Lunch Buffet |
| 12:45– 1:45 | 1st Concurrent Session: |

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Annette Jakse	Introduction to the One Touch Program
B	Ian Shadrick	VRT's & Transition
C	Elizabeth Sammons	Eyes Abroad

1:50 – 2:50

2nd Concurrent Session:

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Becky Deerr	Alexa & Echo Dot
B	Cheryl Reed	Understanding Functional Vision
C	Kendra Farrow	Put Your Smart Foot Forward

3:00 – 4:00

3rd Concurrent Session:

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Lindsay Svarovsky	Therapeutic Recreations
B	Margaret Beckley	Low Vision & Heart Failure
C	Lachelle Smith	Learning to Collaborate VRT & OT

4:00 – 4:15

Break

4:15 – 5:00

President's Session

Friday Nov. 9

8:00 – 8:30

Registration

8:30 – 8:45

Opening Remarks

8:45 – 9:15

Vendors' Session

9:15 – 9:30

Break

9:30 – 10:30 **General Session**
Beginning Findings from the Role
& Functions of VRT’s Survey
Connors, Lee & McMahon

10:30- 11:15 **Time with Vendors**

11:15 – 1:15 **Awards Banquet**

1:30 – 2:30 **4th Concurrent Session:**

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Nancy P. Bashizi	Next Step Prep
B	Helen Hahn	What’s Cooking at Alphapointe
C	Larry Lewis	The 3 T’s of Moving from the Class to Real World

2:30 – 3:30 **5th Concurrent Session:**

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Andrea Marley	Viper Adaptive Proposal
B	Kerry Isham	APH: What’s New
C	Sarah Kelly	Blindsquare

3:30 – 4:00 **Final Vendor Visit**

4:00 – 5:00 **General Session**
Poster Showcase

5:00 **Adjourn**

Saturday Nov. 10

7:30 – 8:15	Breakfast
8:15 – 8:30	Opening Remarks
8:30 – 9:30	General Session Argus 2 <i>Cleveland Clinic</i>
9:30 – 10:30	General Session Practical Ethics <i>Linda Fugate</i>
10:30 – 11:00	Check Out, Break
11:00 – 12:00	General Session Is It You or Is It Me? <i>Larry Lewis</i>
12:00 – 12:15	Adjourn
12:15 – 1:30	Lunch on your own
1:30 – 3:00	Post conference session

Safe travel home until next year!

[Return to contents](#)

Alice Raftary Emerging Leader Award

This award was named in honor of Alice Raftary in recognition of her continuous mentoring and support of new professionals to the VRT profession and her years of dedicated work both within the field and the organization. Alice was a true legend, a wonderful mentor, and an inspiration to many professionals. Her story can be found in the APH Hall of Fame.

Purpose:

The award shall be presented to an individual who demonstrates potential for exceptional leadership and is expected to provide a unique and lasting contribution to the field of Vision Rehabilitation Therapy.

Criteria:

- **A nominee shall be an ACREVP-certified vision rehabilitation therapist.**
- **A nominee should have no more than three years of VRT direct professional service.**
- **A nominee should demonstrate outstanding professionalism and service to the field.**
- **A nominee shall be a member of AVRT.**

Nominating Procedures:

- **All nominations should include biographical information, education and training, employment, leadership qualities, contributions and achievements.**
- **A supervisor or professional mentor should submit the nomination.**
- **If possible, a copy of the nominee's curriculum vitae or resume should be included.**

- The Awards Committee shall select the award recipient based on nominations provided.
- Nominations must be submitted to the Awards Committee Chair.

Nominations for the Alice Raftary award should be sent to Pamela Holloway, CVRT, at pholloway@okdrs.gov (deadline is Oct 5, 2018).

[Return to contents](#)

The Charlyn Allen Award

Charlyn Allen worked in the field of rehabilitation teaching for the State of Missouri for approximately 35 years. The last 10 years she was supervisor for the Missouri Bureau for the Blind. Mrs. Allen was president of MACRT, then MCHT, in the late 1950s; she then assumed a leadership role in all of MACRT's conferences as well as other groups relative to rehabilitation teaching of persons with visual impairment.

MACRT named this award in honor of Charlyn Allen, a remarkable woman who happened to be blind, who exemplified dedication and service to the rehabilitation of persons who are blind. This award is presented annually at our training conference awards lunch.

Criteria:

- A nominee shall be an ACVREP-certified vision rehabilitation therapist.
- A nominee should demonstrate outstanding professionalism and service to the field.
- A nominee shall be a member of AVRT.

Nominations for the Charlyn Allen Award should be sent to Elaine Boykin at eboykin@okdrs.gov (deadline is October 5, 2018).

[Return to contents](#)

Learn About Conference Presenters

Ann Williams has worked with diabetes and visual impairment since the mid-1980's, initially in visual rehabilitation settings, and then in diabetes care settings. As she looked for the research that could form an evidence-based practice, she realized that no one was conducting disciplined research on how to meet the self-managements needs of people with diabetes and visual impairment. Eventually Ann returned to school and completed a PhD so she could do that research. Since 2005, she has worked on research projects focusing on people with diabetes and visual impairment, as well as other disabilities. She has also advocated for increased attention to this population within professional organization, and has been the lead author of professional guidelines. This year, Ann retired, and is now spending a lot of time with her grandchildren, garden, and her dogs.

Linda Fugate, EdD, CVRT--“Teaching is my passion and I find as many ways as I can to share with others. I currently manage a caseload that is both itinerant and center-based in Mobile. My education is varied with a BA in History, MS in Visual Disabilities and an EdD in Counseling. I am a teacher and a storyteller, a shoulder to cry on, a friend to celebrate with and a net to catch someone falling when needed. “

“I am honored to share this passion when asked to mentor those new to our profession. I have presented at conferences both in our field and outside of it. I currently serve on the Board of Directors of the Association of Vision Rehabilitation Therapists and am part of the Subject Matter Expert committee that recently updated our certification examination. I also write for the VisionAware blog “Peer Perspectives” and have more than 25 years as a Girl Scout leader.”

Nancy Parkin-Bashizi received her Master's Degree in Orientation and Mobility and Rehabilitation Teaching for the Blind from the University of Arkansas at Little Rock in 1995. This year she celebrates her 23rd anniversary of employment at Vision Rehabilitation Services of Georgia. For the majority of her time with VRS she has worked as an itinerant teacher, providing O&M, VRT and Access Technology Training services to clients of all ages. She has taught O&M and RT to schoolchildren, provides support to university students, works with people who have lost their vision as adults and helps her older clients maintain their independence.

In 2012 Nancy earned her certificate in The Rehabilitation of Persons who are Deaf-Blind from Northern Illinois University and has used this knowledge to help build a program at VRS that provides training and support to clients who are hard of hearing and / or deaf-blind. Helping her staff learn the skills needed to work with this special group of clients is one of the achievements of which Ms. Bashizi is most proud.

In addition to providing instructional services, for the past 8 years Nancy served as the Program Director and Lead Teacher at VRS. In this role, she works to develop new programs to meet the changing needs of our clients and provide support and training to her teaching staff. Most years VRS has the opportunity to host at least one OM or CVRT intern and over the past 23 years Nancy has helped welcome many new teachers to the field. Though Nancy is originally from Canada, she officially became a US citizen in May 2015.

In her professional role, Nancy has given numerous presentations on the many aspects of Vision Loss and Vision Rehabilitation at professional conferences and in-service trainings throughout Georgia and the southeast. In addition, she has on occasion been an adjunct professor for the VRT Program at Salus University.

Elyse Connors entered the field of blind rehabilitation after meeting therapists who love and believe in the importance of this work. Thus, she is indebted and grateful to the many people who have served before her, as well as all of you at AVRT. Elyse is a faculty member in the Blindness and Low Vision Department at Western Michigan University. She is ACVREP certified in VRT and O&M, and has a PhD in Interdisciplinary Health Sciences. Her research interests lie in safer medication management and packaging for persons with vision loss, as well as gaining a better understanding of the VRT profession with the goal of increasing recruitment.

Larry Lewis

Congenitally blind from cataracts that developed into a juvenile form of glaucoma, Lewis was fortunate to have been mainstreamed into the public school system. As a result of the excellent instruction that he received as a child, he is a fluent Braille reader and writer and a strong advocate for Braille literacy for students who cannot affectively access large print. These acquired Braille reading and writing skills allowed him to attain a comprehensive formal education. A Master of Arts in English has imparted to him the necessity for both written and verbal skill-sets. A Master of Science in Special Education (Blind Rehabilitation) has broadened his once myopic perspective of persons who are blind and visually impaired as well as persons who have secondary disabilities that may or may not be associated with their visual impairment.

He has been employed in both domestic and international product management and sales management capacities for leading manufacturers in the adaptive technology industry serving the needs of both domestic and international markets. Twelve years ago, he founded [Flying Blind LLC](#), that provides business development consulting, website remediation, training, and reselling services to institutions and individuals in need of customized adaptive technology solutions. He currently serves as

Director of Channel Sales and Strategic partnerships for [The Paciello Group](#), an organization committed to ensuring that electronic desktop and mobile content is conformant with today's accessibility guidelines.

Lewis's personal interests include hiking and other outdoor activities, reading, music, following a variety of sports, and he is heavily involved in his local church. He enjoys practicing yoga in a "hot" studio as a means of maintaining a healthy balance between body and mind. He's also an avid practitioner of Brazilian Jiu Jitsu—a grappling-based martial art which he has studied for the past twelve years. He enjoys competing in tournaments hosted by the International Brazilian Jiu Jitsu Federation, competing against other sighted practitioners winning gold medals in his weight class upon multiple occasions. He is a relentless competitor who believes that realistic, yet aggressive goals are at the heart of a person's success.

[Return to contents](#)

Amazon Echo vs. Google Home Assistant
Submitted by Steve Kelley CVRT, CATIS, CRC
www.lowvisiontech.com

No, this isn't one of those shootout reviews! While working with clients, we are always trying to determine what their goals are and modifying our plans or objectives based on those goals. As I experimented more and more with both the Amazon Echo and Google Home Assistant, two of the smart speakers, I noticed plenty of subtle differences, and a couple of big ones that make one a better choice than the other for a client.

Reading with the Echo

Amazon, in its ever-expanding world, includes Audible Books, as well as all those Kindle titles. The Amazon Echo can access a user's Audible account, so any book in their library can be read on the Echo, using some simple commands, starting with, "Alexa, read my book." In addition, many of the Kindle books, if they are purchased with narration, can also be read using Alexa, the Echo's personal assistant.

Google, on the other hand, is connected to Google Play Books, so books can be read here as well, but there are so many more options for reading on the Echo. Unless there are other compelling reasons, the client who wants to use their smart speaker for reading will want the Echo.

Phone Calls

Both smart speakers make phone calls using the WIFI network, but there are some significant differences at this time, that for some will be meaningful. Ask the Google Assistant, for example to call the Iris Network in Portland Maine, "Hey Google, call the Iris Network in Portland Maine," and the call will be initiated over the Google Home Assistant. If there is one of those menus where you have to, "Press 1 for something, 2 for something else, etc., users

can simply give the verbal command! For a client struggling with the phone, this seems like a great alternative!

The Amazon Echo has a slightly different approach. Users can ask for the phone number for the Iris Network, “Alexa what’s the phone number for the Iris Network in Portland Maine?” Alexa will find and speak the number. To call, the user will need to provide the number verbally, “Alexa, call 207-774-6273.” The call will be initiated on the Amazon Echo.

During the initial setup of both devices, if there are contacts on the tablet or phone used during the setup, these contacts may be transferred to the smart speaker. For example, if Robert Smith is in the contacts list, a user could then ask either speaker, “Call Robert Smith,” and the call would be placed through the smart speaker. These are just a couple of the many subtle differences between the two devices that might help you suggest one over the other for a client asking, “Which one is better?” The features for both are expanding almost daily to both smart speakers, and the entry level prices for both the Amazon Echo Dot, and Google Home Mini are below \$50. They are both two of the lowest priced, mainstream, assistive technology gadgets on the market, and it’s really hard to go wrong with either one!

[Return to contents](#)

Reeling in the Research on Fish Oil and Eye Health: What's the Catch?

**By Major (Ret) Carey Wickizer OTR/L, CLVT, and
Cyndy Greenacre, PhD, CVRT, CLVT, COMS**

Omega fatty acids are the polyunsaturated fats that are found in cold water fishes, such as salmon and mackerel, which are consumed to promote health in several body systems and organs, including vision and the eyes. However, new research suggests that backing for some of the popular hype may be more superficial than “super-fish-oil.” (sorry-cg) A topical review of the literature was completed on fish oil and visual health with 55 articles being reviewed; these are trends in the findings.

Fish oil supplements do not meaningfully alter the progression of Advancing Macular Degeneration, large scale studies by the National Eye Institute and others funded by NIH report. Macular degeneration is a disease in which retina damage causes a loss of visual acuity in the center of the eye, called the macula. AMD is a major cause of blindness in the elderly, and currently affects about 11 million Americans. National Eye Institute experts predict that number will double by 2050. The AREDS studies are well publicized and do show that nutrition and vitamins can be linked to eye health, but that subjects taking fish oil capsules showed no benefit compared to controls. Another significant finding of the AREDS2 study showed that lutein with zeaxanthin, like beta-carotene can be converted to vitamin A in humans and can collect at the retina, where they probably limit chemical damage caused by light. However, beta-carotene was associated with increased lung cancer in current or former smokers in the study. Thus, the new AREDS 2 recommendation is for 10 mg Lutein, 2 mg zeaxanthin, 80mg zinc, 2mg copper, 500mg vitamin C, and 400 IU vitamin E- no fish oil or beta-carotene.

Contrary to some earlier and perhaps ubiquitous hypotheses, omega-3 supplements for the treatment of dry eye reduced symptoms no better than a placebo. A condition in which a person doesn't have enough quality tears to lubricate and maintain the health of the front surface of the eye, dry eye can impede clear vision. Mild dry eye symptoms may cause irritation and make it uncomfortable to view a computer screen or engage in extended reading. More severe dry eye can be a painful, disabling condition that affects daily activities and the ability to tolerate light. One of the larger studies, which also used the highest dose of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in the research of dry eye treatments, measured clinical signs of dry eye, including the amount and quality of tears, measuring the tissue on the surface of their eyes as well as Ocular Surface Disease Index scale (OSDI). An improvement (reduction) of 10 points on this index is thought of as significant enough for a person to notice improvement in his or her symptoms. However, the difference between the control and the test was not statistically significant. Many patients receiving omega-3 supplements did have substantial improvement in their symptoms, but just as many patients taking an olive oil placebo had improvements.

Omega 3s in fish oil, more specifically a by-product of DHA, may prevent abnormal blood vessel growth in the retina, in diseases like diabetic retinopathy. Laboratory mice who were exposed to high levels of oxygen, developed abnormal blood vessel growth; they were then fed omega-3 fatty acids which seemed to improve the condition. Using mice engineered to not have the enzyme that converts DHA into 4-HDHA, researchers found it is 4-HDHA that seems to prevent abnormal blood vessel growth in the retina. Lois Smith, M.D., Ph.D., professor of ophthalmology at Harvard Medical School, Children's Hospital Boston, leads the study and cautions that while the initial findings are exciting, more research is needed to replicate findings and to translate them to human models and disease processes.

Fish oil, particularly the Omega 3 fatty acids contained therein has FDA-approved uses in cardiovascular health and other conditions which spurred speculation that fish oil supplements could help keep eyes healthy as well. The newest research suggests that a component of the Omega 3s, DHA, may help prevent abnormal blood vessel growth in the retina, although human studies have yet to be performed. However, fish oil supplements did not contribute meaningfully in the treatment of macular degeneration and dry eye. While fish oil taken at low doses is considered “likely safe,” high doses of 3 grams a day are associated with disruption of the immune system and blood clotting ability. Reports on Omega 3 are perennial in popular news; research will continue to add to the discussion of the best ways to promote eye and visual health.

Selected Resources

<https://nei.nih.gov/news/scienceadvances/advances/omega>

<https://www.nei.nih.gov/content/omega-3s-fish-oil-supplements-no-better-placebo-dry-eye>

<https://www.nih.gov/news-events/news-releases/omega-3s-fish-oil-supplements-no-better-placebo-dry-eye>

The Dry Eye Assessment and Management Study Research Group. 2018. Omega-3 fatty acid supplementation for treatment of dry eye disease. New England Journal Medicine. Published online April 13.

[Return to contents](#)

Non-Profit Computers for the Blind (CFTB)
Submitted by David Jeppson, Executive Director CFTB

Dear Colleagues,

Please help spread the word to consumers, consumer support groups, staff and colleagues, state agencies for the blind and local lighthouses and Industries for the blind affiliates.

Non-profit Computers for the Blind (CFTB), recognized last year with the 2017 Access Award by the American Foundation for the Blind (AFB) for making computers affordable and accessible, has further enhanced its program.

All CFTB Computers now come with a home edition license of the consumer's choice of JAWS, Fusion, or ZoomText. These home edition licenses can also be used for home businesses, and those who work from home.

Additional program enhancements include:

Typio talking typing tutorial. Only \$10 due to generous grant. Retails for \$100. Demo is free.

Availability of additional upgrades and add-ons such as additional RAM and bigger hard drives.

Credit cards, checks, and purchase orders from agencies accepted.

Bi-lingual customer service and technical support staff with expanded customer service hours.

More volunteers and more volunteer shifts for quicker turn-around of computers. Wait list in currently under 2 weeks.

Revamped [website](#).

For more details check out the [CFTB Fact Sheet](#) or call customer service at 214-340-6328.

CFTB is saving agencies thousands of dollars and consumers hundreds of dollars compared to retail costs due to generous grants from Communities Foundation of Texas and donated software from VF0 Group. Read about us on AFB's [VisionAware](#) website.

**Opening Worlds – One Computer at a Time
10,959 computers shipped to date**

[Return to contents](#)

From the Editor's Kitchen

Sweet Potato Casserole

Ingredients:

2 lbs. mashed sweet potatoes
1/2 C. melted butter
2 tbsp sugar
2 tbsp brown sugar
1 tbsp orange juice
2 beaten eggs
1/2 C. milk
1/3 C. chopped pecans
1/3 C. brown sugar
2 tbsp flour
2 tbsp melted butter

Directions:

Lightly grease the crock-pot. Mix first 7 ingredients and place in crock pot. Mix last four ingredients and pour on potato mix.

Cook on high 3 to 4 hours.

[Return to contents](#)

Caribbean Pork Chops

Ingredients:

1 tsp ground allspice
1 tsp black pepper
1 tsp ground cinnamon
1/2 tsp ground nutmeg
2 tsp ground thyme
1/2 C. finely chopped scallions
3 tbsp soy sauce
2 tbsp fresh grated ginger
1 seeded and minced habanera chili
pepper
1 tbsp minced garlic
1 tsp sugar
1 tsp salt
4 1" thick lean pork chops

Directions:

Combine all ingredients but chops and food process them into a paste. Coat the chops with the paste and put in the crock pot.

Cook in crock-pot on low for 7 to 10 hours or on high for 4 to 5 hours.

[Return to contents](#)