

The Neighborhood News

By,

Patty L. Fletcher



Issue 12

March 2016

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1. Greetings from Patty and All here in The Campbell Kingdom

Hello again and Happy Spring to all!

Can you believe that we're almost to the Spring Equinox? It seems as if it were just yesterday that we were talking about the Winter Solstice, Christmas and all the other holidays surrounding that time.

Now, here we are just a few weeks away from the springtime, and Oh! How glad I am to see it coming, allergies and all. I'll take a day of sneezing over a shivery slushy slick one any day of the week. To me this is a great time of renewal, and fresh starts, and so that is my theme this month.

I invite all of you to write to us through the Twilight Bark and let us know of your spring goals for this awesome upcoming season. Remember, as always let us know, whether you wish these comments to be seen by all in the Neighborhood, or kept between me you and the dog house.

***FYI Attention Advertisers and Sponsors of the Neighborhood News!

If you're supposed to have an ad in this month's issue, and you don't see it here, please let me know as soon as possible.

I had an issue with an update that did not take correctly the first time, and somehow some of my files were simply purged. They show up on no computer search, so if you'll let me know and resubmit your ad, I'll happily give you a month free at the end of your billing cycle. Make sure to include the date of beginning advertising service when you submit.

Thanks...

And now... The Neighborhood News!

2. Treat of the Month

Since many of us will be doing spring cleaning during the next couple of months I felt that the following was a great thing for us all to keep in mind. Thanks once again Tasha for a great Treat of the Month.

Heartwings Love notes 714: A Little at a Time

Heartwings says: "Small bites make for better digestion."

Many years ago, I ran across an article in a magazine which suggested allotting twenty minutes daily or whenever convenient, to a task that is often postponed ad infinitum. This would apply to any chore which might take too long or be lengthily tedious. A busy mother, often behind in my housework, I tried it and was pleasantly surprised to see that it worked. One example the article gave was that instead of cleaning out all the bureau drawers at once, take twenty minutes to clean out one. Do the next one the next day, and so on.

I was reminded of this technique just recently. For a very long time I had postponed cleaning out the refrigerator. Week after week each time I wrote out a new to do list, this particular task was at the top. Still I found reasons not to. Then I noticed how sticky one of the racks on the refrigerator door was. I decided to clean it off then and there. Because there were many small jars to be removed, washed off and replaced, it took me about twenty minutes or so to complete the task.

As I shut the refrigerator door, I remembered the household hint from so long ago and laughed. The next day I cleaned off the second shelf of the door. Several days later I cleaned off the whole bottom shelf of the refrigerator. Today I cleaned the oven, and so it goes. Each task that takes around twenty minutes is complete adds to a thorough cleaning and tidying. I will probably go through my bureau drawers next, and perhaps after that a couple of other tasks I can think of which need attending to.

I remember hearing someone say once, that when he thought about what he had to do, it always seemed far more daunting than it turned out to be, once he actually began to do it. The same holds true for me about the time spent doing something. Dividing a task into smaller segments works much better for me these days than trying to get it all done at once. As well, it spreads out over all the different times spent, the feeling of satisfaction I get from my small yet necessary accomplishment.

May you find joy in whatever you do, whenever you do it.

Blessings and best regards, Tasha Halpert

I love to hear from readers. Do let me know what you think, or if you have anything to chat about. My book *Heartwings: Love Notes for a Joyous Life* is available from Amazon or Galde Press, the publisher. Autographed copies are available from me at P.O. Box 171, North Grafton, MA 01536 for a check or by Paypal for \$16.00 to include postage and handling. Subscribe to my Love Notes at www.heartwingslovenotes.com.

3. Neighbourhood News

Recap

As Campbell and I have already reported, we have had our book *Campbell's Rambles* for sale out at 'I Love Books,' in the Kingsport Town Center. We told you that the books had begun to sell. Well, folks, they all sold out, and the manager of the store has bought more,

First I'd really like to thank all of you who have either bought books from there or who have helped to spread the word about them being there. I encourage you to please visit this awesome book store soon. If you've not already done so, buy a book. If you've already got a copy of our book, then by all means, stop by and buy one for a friend, or loved one. The very awesome manager of the store will be more than glad to take care of you.

He will even give credit to me for an online sale, if you request my book from his website. Check out: <http://www.kingsportbookstore.com/> today!

Campbell and I recently stopped by and signed copies of the books that were bought to replace those that sold out. So there are signed copies just waiting to be bought and read once again. We're always happy to sign a book if you have one and it hasn't been signed and you'd like to have it done, drop me a line, we'll find a convenient spot to meet and sign it for you.

We also still have books with another local business. That's Dilly's Curiosity Shop, at 1121 N. Eastman Road in Kingsport, Tennessee, in the Greenacres Shopping Center.

Should you ever find yourself in their neck of the woods, stop in and say hi. Tell 'em Patty and Campbell sent you! Their attractive website: <http://www.dillyshop.com/>

By the way, if you enjoy The Neighbourhood News, you're bound to enjoy Dilly's Curiosity Shop's newsletter as well. Make sure to take a look at their website, and sign up today!

Speaking of Dilly's, Campbell and I were there selling and signing books not long ago.

If for some reason you'd hoped to join us that day but something stopped you, you can still get in on the action. All you have to do is either go by their North Eastman RD location and pick one up, or, go to the website shown here, and request a book. They will be happy to sell one to you.

See their website for more info, and if you wish to donate directly to The Seeing Eye see: <http://www.TheSeeingEye.org>

Campbell and I have a Facebook page called Campbell's Rambles. It's for the promotion of books, ezines, blogs, Facebook pages, and groups. We are always putting up new things, so make sure to stop by and take a look, and invite your friends to like it as well. We are happy to promote folks other than ourselves, so be sure to stop by. Share a link, a blog post, or anything you think will help get the word out about whatever it is that you love to do. If it's your passion, we want to help let everyone know!

Speaking of blogs! Campbell's World continues growing by leaps and bounds. If you take a chance, and click the link below, you will discover an awesome world like no other you've visited before.

There you will read about the treasures Campbell, Bob Cat and I find as we live our lives together each day in The Campbell Kingdom. There will be episodes of Campbell's Calamities, writings from our adventures as we go through our daily activities and we will also talk about the struggles that those with disabilities of all kinds face each day. Again, there will be something for everyone.

So take a breath, gather your nerve, and click today

<https://campbellsworld.wordpress.com/>

If you have something you've written that you'd like to post as a guest writer on my blog, shoot me an Email to the address given in Administrative Details.

A couple of our readers are already guest bloggers. We have Karen Baillie, and Leonore Dvorkin on the blog thus far, and John Justice, and Steven Halpert just to name a few who have submitted stories to The Neighborhood News, and who could forget Sam's cat rescue story. Amazing stuff our neighbors are up to.

In our ongoing effort to make a place where folks can come together and leave their differences behind Campbell, Bob Cat and I have created a new and awesome Facebook group called Patty and Pals. I have to say that out of all our Facebook groups this one is the chattiest and most fun. We share our joys, sorrows, and occasionally someone gets on a rant? But no one is ugly mean or intolerant. When you visit Patty and Pals you will find nothing but acceptance forgiveness and love. So we hope you'll join us there soon.

As you know one of the things I am doing is to raise awareness of folks who own and handle a Service Dog, and as a result Campbell and I were blessed with the privilege of doing an interview for one of our local TV stations. The issue? Discrimination against Service Dogs.

To see this interview go to

<http://www.wcyb.com/news/kingsport-woman-raises-awareness-of-ada-regulations-on-guide-dogs/37425498>

If you've had an issue where you feel you were discriminated we would like to hear from you.

What happened?

Where?

How did you handle it?

Is it resolved or ongoing?

What's New

Campbell and I are going to school. No! I'm not going to go to college. Campbell and I will be presenting our new '*Reading On Campbell's Corner*,' Volunteer program to the Kingsport City School Family Liaison group on March 10. We kicked off the idea at the Andrew Johnson Elementary Literacy Night on March 1 and it was a huge hit. You can go to our blog and read all about it.

We met some awesome kids with great potential, and other than the fact that Campbell had just a bit too much interest in Humphrey the Hamster, it went very well.

We hope you'll go and read of it soon.

4. Literary Submission

We have been reading '*Murder In Grafton Center*,' by Steven Halpert.

When we last left them the case was beginning to take shape. We've been away from this but due to popular demand I am continuing it with P 4. Enjoy, and send us your thoughts on the story and who you think may have done it.

If you need to see back stories and don't wish to hunt for them in previous issues, email me and I'll send them to you.

And now...

Stephen Halpert

Murder in Grafton Center, Part 4

The next morning it was raining. I sat in the breakfast nook of my second floor apartment on Marlborough Street reading the morning *Globe*. On the obituary page it said Bob's Memorial Service was scheduled on Saturday at the Unitarian Church in Grafton Center.

I warmed up a raspberry Danish and brewed a pot of French roast. The doorbell rang.

Sherry Burke, Boston's eminent female private eye stood there looking helpless. "It's a deluge out there." She smiled, came in, shed her rainwear and proceeded to check out my humble abode. "I love this apartment. If you ever decide to move to Cambridge I'll sublet from you."

I laughed. "Never happen. Gypsy likes her own space and I like having mine."

She turned and looked at me very intently. "Do you think Bob died of natural causes?"

"I haven't decided yet." I gestured toward the leather club chair by the window. "To what do I owe the pleasure of your visit?"

"Jeff wanted you to see this." She reached into her red leather bag and handed me a blue memory stick. "Bob's computer was hacked. Many of his files were deleted. Take a look."

"How'd you get this?"

"After you came back up from his office with that wench hanging from your arm we went downstairs. Bob's computer was on. Jeff downloaded his hard drive. And guess what? All the correspondence and research about Honey Acorn Cordial was missing." She sighed. "Is that coffee I smell?"

"Want a cup?"

"Thanks." She sat down and looked out over Marlborough Street.

I served us two cups of French Roast and a plate of warmed raspberry Danish. Then I inserted the memory stick into my computer.

"Did you notice anyone coming up from the basement just before or after I did?"

"No. Why?" She looked at me quizzically.

I told her about my sensing someone leaving Bob's office. Then I mentioned Tony Staccato's interest in Bob's death."

Sherry frowned. "Why would a Revered mob boss care about the death of a resident of Grafton?"

"Why indeed?"

The rain beat harder against the windows.

As she had said, the contents of the Honey Acorn Cordial folder had been deleted along with a few dozen other documents. I looked up at Sherry. "Feel like taking a ride?"

"In this rain?" She grinned. "Sounds romantic, but only if I can drive my new Volvo. Where to?"

"Grafton Center." I got my raincoat.

Sherry giggled. "You look like Dick Tracy in that."

As we were nearing exit 11 on the Pike Sherry said, "Don't look back but we're being followed. About five car lengths back, it's the same maroon SUV I saw parked across the street from your apartment." But when we turned onto Brigham Hill Road, the SUV stayed on route 122. The rain had stopped.

Bob's friend and neighbor Ernest Dickens lived at the top of Wild Elk Road. Sherry's GPS said it was a simple left off Brigham Hill Road. What it failed to convey was that Wild Elk Road was a steep unpaved quarter-mile incline carved into the side of a small mountain.

Sherry downshifted adroitly. Finally we pulled up to a rundown shack near a solid one-story brick building with small slits for windows. An old man with a tanned, wrinkled face sat in a rocker on a dilapidated porch. He wore a Red Sox tee shirt, jeans and red sneakers. His face was turned up to the sky.

We got out and approached him. The place was surrounded with thorny flowering bushes covered in bees. He pressed his index finger to his lips. "Best not to make a sound until we know what the spirits have to say."

Sherry's eyes brightened. "You talk to spirits?"

"When they want to talk to me, I do. Sometimes they make me wait a long time though."

He looked at us, squinted into the emerging sun and rocked. "Are you Tony Staccato?"

"No! I'm Dancer, a friend of Bob's."

Dickens nodded and looked upward. "Bob said his friends would be stopping by." He reached into a canvas sack beside the rocker, pulled out two bottles with ornate labels and handed one to each of us. It designed label read Honey Acorn Cordial. He grinned at Sherry and said conspiratorially. "The squirrels know the secrets of the acorns."

"Secrets?" She asked.

He chortled. "Prometheus is reborn by their power." He pointed at the long low brick building. "But Bob's gone. Left me holding the bag." He looked up into the sky and mumbled incoherently.

Then he grinned and looked mischievously at Sherry. "You learn a lot when you tend the bees and gather the acorns."

He waved at the low brick building. "Got enough made up to sell to that cruise line for years. Only Bob never told me where it's supposed to be shipped."

My cell phone chimed. It was Jenkins. "Just got a call from Inspector Mallory in Grafton Center. Patience Worthington drowned in Bob's pond earlier this morning."

"How does someone drown in four feet of muddy water?"

"I asked Mallory that same question. He said it could happen anywhere. Someone goes wading, falls, hit their head on a rock, loses consciousness, and drowns. Simple as that."

"I don't buy it."

"Neither do I, but right now there isn't any evidence to the contrary."

(To be continued)

*** OK Readers, it's almost over, so how about some feedback for our contributing author? Who done it? Write in to the Twilight Bark and let us know what you think.

5 Link of the Month, In The Hood, Tricks, and Tips of the Month

Link of the Month 03/2016

Unify

www.women.unify.org

<https://www.youtube.com/watch?v=p41rBnxb7Jc>

This video really touched my heart; combined with its intention which is to express that on International Women's Day there's such a huge calling for women to gather in circle. Would it be alright to post this video and ask others if they were so inclined to join me in the ethers at a certain time?

Blessed Be.

Isidora MoonDancer

High Priestess, Sisters of the Burning Branch

*** Hi Readers, Patty here.

I not only watched the first video all the way through twice, the talk given, and the chant, are written in the pages of the lessons I am currently taking. I have truly found a place where I am comfortable and happy both within and without.

It is a wonderful place to have found myself. I do still experience trials and tragedy each day but I am more able to stay grounded focused and centered. Blessid Be to ALL listen and enjoy!

In The Hood

FYI On behalf of The Seeing Eye here are a couple of very important announcements. Even if you're not a grad you may find some of this interesting.

I hope you'll take a look.

Dear Seeing Eye graduate,

Hope you're having a great February!

If you missed the graduate conference call on January 30, or would like to hear it again, you can find it on the [Graduates Only](#) section of our website, under [Important Links](#). Note that you will need your User ID and password to visit this area of our website. If you're having trouble accessing your account, please email gradservices@SeeingEye.org for assistance.

In other news, our eighth annual online auction will be held April 25 through May 6. We are accepting donations of new items until April 4. If you are considering donating something to the online auction, gift cards are always a big hit, especially for online retailers, restaurant chains, national stores, and so on. To donate an item or for more information, email auction@SeeingEye.org.

July feels like it's so far away but we're already starting work on the Summer issue of The Navigator, a newsletter only for graduates of The Seeing Eye! If you have something you'd like to share with your fellow graduates – a new child (or grandchild), a new job or hobby, or a tip about traveling with or caring for your Seeing Eye dog – please email us at news@SeeingEye.org.

Keep those tails wagging!

Craig Garretson
Manager of Communications
The Seeing Eye

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Another important thing coming up in The Hood is the NFB (National Federation For the Blind Tennessee State Convention.

April 1/3 2016

To learn all about it visit

<http://www.nfb-tn.org/node/4>

Campbell and I are hopeful we can go. It is not very far from us but we have to figure out how to earn the funding.

It's a busy time of year, and so here is yet another important announcement.

***FYI! Dear GDUI Members and Friends.

Announcing GDUI's Upcoming Election! If you have been thinking about becoming more actively involved with Guide Dog Users, Inc., here's the announcement you've been waiting for: <http://guidedogusersinc.org/gd-2016-elections-announcement/>

A brief summary: The GDUI election will commence on Saturday, May 21, 2016 12:00 AM Eastern Time and conclude on Sunday, May 29, 2016 at 11:59 PM Eastern Time. Three directorships are available, one with a term of one year, and two with terms of three years each.

In addition all officer positions (president, first and second vice president, secretary, and treasurer) are up for election. The term of service for each of these positions is two years. If you are considering running for any of these positions, visit the link above to find out how to submit your letter of intention and application. Your application is due by March 20.

Even if you're not considering running for a position on GDUI's board or as an officer of the organization, make sure that you are a member in good standing by the Record Date, which, for this year's election is March 31, 2016. (If you haven't yet updated your annual membership, visit <http://guidedogusersinc.org/join/> , to complete the membership application and pay your annual dues of \$15.00 by Pay Pal. Or, call GDUI's Secretary and Office Manager, Sarah Calhoun, who can help you complete your application and accept your payment by check, at this number: 866.799.8436.

Two candidates' forums are being planned, and you can find out how to submit questions for the nominees at the link listed above, as well.

We in GDUI are very proud of our universally accessible elections which allow members to vote independently and in complete privacy by phone or online. Close to the date of our election, each member will receive a unique Voter I.D. number, which will allow you to participate in this year's election.

We look forward to a spirited election season, with engaging candidates' forums, and thoughtful discussion concerning the present and future of GDUI and the issues that are important to people who rely on guide dogs for independence, mobility, and safety. We are grateful to our GDUI Nominating Committee, chaired by Dixie Sanderson, for making all of these arrangements and getting election plans in place so efficiently. Thank you.

Greyhound Settlement with DOJ : The U. S. Department of Justice recently announced having reached a settlement with Greyhound, and this is good news for people with disabilities who need to leave the driving to Greyhound as they travel in-between cities all over the U.S.A. Under the terms of the settlement agreement, Greyhound will immediately implement a series of systemic reforms to address and rectify a pattern of discrimination which has unfortunately characterized services the company has provided to people with disabilities over the last several years. First of all, the company will pay \$300,000 in compensation to certain passengers with disabilities identified by the Department; they will retain a Claims Administrator to compensate an uncapped number of additional passengers who have experienced disability discrimination; and they will pay a \$75,000 civil penalty to the United States. Greyhound will further be required to provide Americans with Disabilities Act training and technical training on the accessibility features of their fleet to staff and contractors, and to make regular reports on these compliance efforts. For more information on this settlement agreement, you may visit: <http://www.ada.gov>.

GDUI Affiliates Meet to Become Better Informed on Effective Advocacy. Last Thursday, GDUI affiliate leaders met by conference call to hear from ACB's Director of Advocacy and Governmental Affairs, Tony Stephens, and long-time advocate, Jenine Stanley, about the issues surrounding an increasing prevalence of "fake service animals" occupying so many of the environments we need to visit with our guide dogs. Both Tony and Jenine provided valuable information which GDUI affiliates can use when advocating for our rights to travel safely throughout our communities and educating others about the training and behavioral standards which distinguish our guide dogs from often untrained and sometimes ill-behaved pets whose

owners attempt to pass off as service animals. We want to thank Debbie for, as usual, preparing such an informative program, and Tony and Jenine for their excellent presentations.

A reminder for GDUI Affiliate Leaders:

ACB CFO Lane Waters reminds all of ACB's affiliates – and this reminder applies to GDUI affiliates as well – that the IRS makes it possible for you to check on the last time you filed your IRS Form 990 and to verify that your not-for-profit status is in good order. If you need assistance, Lane encourages you to contact ACB's national office. Call Nancy Becker at 612.332.3242 or email her at nancybecker@acbes.org. The topic of maintaining your 501(c3) status will be featured at next week end's ACB Presidents' Meeting.

Blindness-Related Research: Let's make sure the researchers know who we really are! There always seems to be a new online survey that researchers and educators want us to complete, and, we know, these announcements can become tiresome. Yet, blindness is a relatively low-incidence disability, and in the spirit of "Nothing about us Without Us," we believe it is important to take advantage of these opportunities to inform the researchers who want to make life better for us about who we are and what might actually be beneficial to us.

Last summer, we shared with you a link to a survey that Lauren Long, who is a graduate student, is conducting concerning children with disabilities. Lauren is conducting one final round of research and would appreciate your help once again. Here is a link to the survey, which will take only about 15 minutes to complete: www.disabilitystudy.org.

Another group of researchers is investigating the utility and usability of social Media Web sites for people who are blind. Michael J. Proulx, PhD, Senior Lecturer [Associate Professor] in Psychology, Department of Psychology, University of Bath, urges us to complete a survey to make him and his colleagues better informed on this topic. The survey, which he describes as "incredibly brief, can be found here: <http://people.bath.ac.uk/pssrj/VD/VD.htm>.

If you are between the ages of 18 and 25 and learned to read and write Braille in a K-12 educational program after you had learned to read and write print, Drs. Penny Rosenblum and Tina Herzberg welcome your participation in an hour-long telephonic focus group which will concentrate on your experiences during the transition from print to braille. to participate in the study, you can fill out a very brief online form here: <https://www.surveymonkey.com/r/XQCQXCX.Once> they receive your information, the researchers will follow up with you. To learn more about the study, contact Dr. L. Penny Rosenblum at <mailto:rosenblu@u.arizona.edu> or 520.621.1223.

ACB's Presidents' Meeting and Legislative Seminar will be taking place this coming week end. Willow and I are looking forward to connecting with many of you at these meetings as we catch up on the latest ACB news and become better informed about the issues that need our advocacy and our legislators' attention. Meanwhile, thank you all for your friendship and support.

Sincerely,

Penny Reeder,

President

Guide Dog Users, Inc.

<mailto:President@GuideDogUsersInc.org>

Will Burley,

First Vice President

Guide Dog Users, Inc.

<mailto:vp1@GuideDogUsersInc.org>

<http://www.guidedogusersinc.org/>

Call us, toll-free, at 866.799.8436

Like and visit us on Facebook: <https://www.facebook.com/GDUInc>

Follow us at Twitter: @GDUInc

Support GDUI when you use this link to shop at [Amazon.com: http://smile.amazon.com/ch/52-1871119](http://smile.amazon.com/ch/52-1871119).

To join the GDUI-Announce List, visit this link: <http://guidedogusersinc.org/join/>.

For our members and friends who do not have access to e-mail (or prefer to listen to the pleasant sound of a human voice reading aloud), we also offer telephonic recordings of every announcement. If you are aware of guide dog users who do not have computer access, please share this telephone number with them: 646-653-1900. Recorded announcements available at this number are updated concurrently with each new online announcement.

We look forward to sharing announcements concerning our organization with all who are interested in GDUI.

**** Patty Back to say, to Penny and all Members of this fine organization that I apologize that some of these announcements did not get made before they happened. I encourage you to always know that you're welcome to post anything on all of my FB groups and pages. This goes for all groups, no matter who you represent. As I wrote before, if it's your passion we want to help folks know about it.*

Here is yet one more very important announcement.

Please make certain to read this one.

******* First, time sensitive. Please read:

White House dot Gov Survey Needs Your Signature by February 11!

On July 26, 2010, the twentieth anniversary of the signing of the Americans with Disabilities Act (ADA), an Advance Notice of Proposed Rulemaking (ANPRM) addressing the obligation of public accommodations to provide web sites that are accessible to individuals with disabilities was issued by the United States Department of Justice (USDOJ). At the time, President Obama correctly observed that these proposed rules would be "the most important updates to the ADA since its original enactment." Yet the release date of the actual rule proposal for revising the Title III regulations of the ADA, originally scheduled for January of 2012, has been extended until 2018, eight years beyond the issuance of the original ANPRM and a year after this administration leaves office.

As blind Americans, we know first-hand that equal access to the internet is paramount for education, to obtain and retain employment, and for everyday tasks such as paying bills, online shopping, booking travel, etc. As blind Americans, we cannot simply sit by while this issue that is so critically important to our wellbeing is side-lined.

A petition has been launched on WhiteHouse.gov to demand that the Administration release these regulations immediately.

We here at The Neighborhood News encourage you to sign the petition, and to share its content and its importance with others. Please urge them to sign. Once the petition reaches 100,000 signatures, the Obama Administration will be required to take action. This issue is not identifiable in terms of which blindness organization has launched the petition or whether or not you are a member of which organization. This issue is monumentally important. As a community who needs the same access to information as our fellow citizens who are not disabled, we need to stand together to advocate for our civil right to equal access to publicly available accommodations.

Find the petition here:

<https://petitions.whitehouse.gov/petition/direct-us-department-justice-promptly-release-ada-internet-regulations>

Tips and Tricks.

This month our Tips and Tricks as well as our recipe are provided by Food Lady from the Blind Post.

I am ever grateful to her for allowing me to use these most awesome tips and tricks as well as these yummy recipes.

If you'd like to send Food Lady a questions you may do so by following the instructions she gives. One thing to add to this is when you write to her make sure you put in the subject line, '*Tips and Tricks: The Neighbourhood News.*' This way she will know who is asking.

And now...

Dear Food Lady:

I am having the most difficult time measuring my laundry soap. If I use powders, I get it all over the place. If I use liquid, I overfill the lid and then it is running down the bottle. How do you do your laundry and how do you get the correct amount of detergent?

Thank you,

Sudsy in Florida

Dear Sudsy,

I used to have that problem too. I discovered laundry pods, or packs, that are premeasured little packs of laundry soap. I buy the All-mighty free and clear laundry packs. I usually use two per load, unless my wash load is a small or medium load. Then I only need one. There are many brands on the market. I order mine from Amazon, but they carry them at most grocery stores, and Walmart has them as well. They feel like little pillows. The outer shell dissolves in the wash. I put mine in first and fill the washer with a small amount of water, and then I lift the lid and load my clothing or towels...then shut the lid to finish filling and then continue the wash. I have not tried putting them on top of a prefilled load, but that might work too.

Thank you,

Food Lady

Dear Food Lady,

How do you separate egg whites from the yolks? I need to do this for an angel food cake, and also for my favorite pineapple upside down cake.

Please help,

Egg on my face in Texas

Hi Egg On my Face,

I was taught, from my cooking instructor at a school for the blind, when I was 19, to crack one egg in a small bowl. About the size of a cereal bowl. Then, I very gently put my clean hand in under the yolk, with my palm up. Then I very carefully spread my fingers apart and slowly scoop the yolk out and place it in another bowl. I then pour the egg white in a different bowl. Repeat the process for each additional egg. Just one egg at a time. You will get the hang of it, when you have done this a few times.

Hope this helps,

Food Lady

Please send in your questions to Dear Food Lady at: foodlady@theblindpost.com

Tips and tidbits from the Food Lady:

Banking and paying my bills

I have been managing my money and paying my bills as a totally blind person since I was 18 or 19 years old. Actually I wasn't completely blind until age 20, but any vision I had at 18 and 19 was very minimal, and only out of one eye, at that time of my life.

I attended the Orientation Center for the Blind(OCB) in Albany, CA when I was 19. I learned how to write checks with a template that I placed over a regular check. I remember my Aunt Patty teaching me how to write checks, when I was nine and could still see. She lived with my family, while my Uncle Dan was in Viet Nam. I guess that would have been 1966, and she was pregnant with my cousin Teardrop. I remember using an old checkbook of hers, and I could practice as much as I wanted to writing checks.

Now I use raised line checks that have carbon behind each check, in a plastic cover that has a flap that goes behind the carbon copy, so I don't write a check that gets copied to all of my checks.

I mostly pay my bills with my bill pay on my bank's website. Each bank's bill pay is a little different. I used to use Wells Fargo for paying my bills, but I had to make sure I had the money in my bank to cover my check at the time I scheduled my payments. With my Idaho bank, I can set the date for when the check can be paid. This allows me to schedule my rent payment on the 3rd of the month as an automatic payment, since that is the day our checks are electronically deposited.

I can also use my bank's bill pay service to write a personal check, if I want to. This saves on the hassle of printing an envelope, writing a check, and using a stamp. I will do this sometimes, especially when I do not have some eyes to double check my writing. It has been over 40 years since I could see my own writing.

I pay my credit card bills online at their websites. I also sign up for paperless statements whenever I can. Less mail to scan and read.

Recently, my internet provider did something to their website, and I could not submit my payment using Jaws and their button. I had always been able to do this with no issues. I emailed the customer service. Anyway, I don't know about any of you, but when I cannot pay my bill or access a website, especially when I have been able to before, I kind of throw a little Lori tantrum. Well, after I calm down, I usually go back to the site and see if there is another way to pay my bill. I found the phone number where I could pay my bill using their automated phone system. This was great. I need to do this with one of my credit cards too, since their date combo box did not work for me.

How do I read my mail and find the bills that are not paperless? Well, I actually scan in every piece of mail and use my Open book software program. I have gotten used to its crazy quirks. I should probably shut my office door when I do this, because I am known for talking out loud to my mail, and my scanner, and to those unknown folks that sent me the bill in the first place.

Anyway, I finally figure out what needs to be paid, and anything I cannot access, goes in a pile until some eyeballs walk through the door.

Who knows how long cards and other such mail gets read. I have been known not to read Christmas cards until I remember to take them with me to church or remember to show them to my sister.

I use a spread sheet to keep our monthly budget, and put in all of the bills and payments for the upcoming month, with little notes to myself. At my age, I seem to forget things, if I don't put little notes to myself.

Hungry and I do not have a housekeeper, a cook, or reader, but we do hire a person to mow in the spring through fall. We pay for some transportation services, but since last November I have been able to take the senior bus to Walmart the first Monday of the month, and Tuesdays and Thursdays, the senior bus can take us to doctor appointments or other errands for free. We need to schedule them ahead, since there are limited times until they get another bus or van.

This has been a great help to us, especially when my sister is out of town.

If you have any questions for me, please email me. I will try to give more home management tips in each issue. I know you all like recipes too.

So here is an Angel Food cake recipe that you can use to practice separating eggs with. Chocolate Almond Angel Food Cake

An angel food cake is an oddity because, although it's a cake -- with all of the high calorie, high cholesterol implications of a cake -- it has absolutely no fat in it at all, not even in the dozen eggs you use, because, of these eggs, you use only the whites. All the fat and cholesterol is in the yolks.

3/4 cup All-Purpose Flour

1/4 cup cocoa

1 1/2 cups sugar

1 dozen egg whites, placed in a large bowl

1/2 teaspoon salt
1 teaspoon vanilla
1 teaspoon almond extract
1 1/2 teaspoons cream of tartar

Preheat your oven to 325°F.

In a medium-sized bowl, blend together the flour, cocoa and half the sugar (3/4 cup).

Add to the egg whites the salt, and vanilla and almond flavorings. (The egg shells can go in your compost heap to help sweeten your garden, another bonus of "from scratch" baking.) Beat the egg whites with a whisk or electric beater until they're just frothy. Now sprinkle on top the cream of tartar (this is a fruit acid that coagulates the protein in the egg whites a bit, so they can hold the other ingredients without collapsing). Continue beating until they form stiff, glossy peaks.

Once the egg whites are stiff, add, 1/4 cup at a time, the remaining 3/4 cup of sugar. Then fold in what's in the dry ingredient bowl, also 1/4 cup at a time.

Scoop the cake batter into an ungreased tube pan. What you've done up to this point is all that a mix saves you from! Bake for 40 to 45 minutes. Remove the cake from the oven. If your tube pan has legs on it, invert the cake onto those and cool for an hour and a half. If your pan doesn't have legs, invert it over a bottle and cool that way.

Once the cake is thoroughly cool, cut around the edges with a knife, including around the tube. Turn the cake back over and shake it gently onto your serving plate. It may need more coaxing, but it will eventually come out.

To serve the cake, take two forks and pry pieces apart. The slices will be rough, like the surface of an English muffin. Angel food cake tastes wonderful all by itself, or you can use that rough surface to catch whatever sauce you might want to drizzle over it.

This recipe reprinted from King Arthur Flour's Baking Sheet, Vol. II, No. 5, March, 1991.

and since Pineapple upside down cake was mentioned in the Dear Food Lady section above,

Pineapple upside down cake

1 can pineapple slices with juice
¼ cup butter
1-cup brown sugar
3 eggs
1-cup sugar
1 cup sifted flour
½ tsp salt
1 tsp baking powder

Set oven at 350 degrees.

In a 10-inch skillet melt the butter. Add the brown sugar and make an even layer on the bottom. Or use larger cake pan and Melt butter in oven and add brown sugar and make even layer on the bottom. Add the pineapple slices, and cherries, placing them evenly on the bottom.

In a medium bowl put the egg yolks and beat well. Add the white sugar and 5 tablespoons of the pineapple juice. Add the dry ingredients, which have been sifted together. Beat well. Beat the separated egg whites until stiff. Fold egg whites into mixture. Pour over the pineapple in the baking pan or skillet. Bake for approximately 45 minutes to 1 hour.

Cool and then gently slide a knife around the edge. Using potholders if pan is still too hot, and flip over onto your serving plate.

Yummy!

Enjoy,

Food Lady

**** You know? Those cakes sound very tasty. I wonder...? Do you think there might be something awesome in the ads below that might go with them?*

Hmmm...?

Why not take a look. I'm thinking there might be. And...What about once you've found a treat, and are ready for a nap? Won't you need something to snuggle up with? I'm betten a dollar to a slice of cake that if you take a look you just might find exactly what you're looking for...

Oh! Yes, you'll want some entertainment too.

Mysteries, Music, Crafts and More!

6. Products and Services

First a word from this month's sponsor.

Patty L. Fletcher

On Monday, March 14 at 7:00 p.m., Eastern Time, our featured guest on Branco Broadcast will be Patty Fletcher. To participate on the program, please call 712-832-8294, and use pass code 514295. Please be sure to arrive on the call 10 minutes before Patty arrives, and mute your phones at all times unless you are asking Patty a question. This will eliminate any unnecessary background noise. The following is a brief bio about Patty.

About the Author

Patty L. Fletcher lives in Kingsport, TN, where she worked for nine years at CONTACT-CONCERN of Northeast Tennessee, Inc. She now writes full time.

Her autobiographical book is Campbell's Rambles: How a Seeing Eye Dog Retrieved My Life (C 2014). There, she tells how she obtained her first guide dog from The Seeing Eye® in Morristown, NJ: what motivated her, the extensive training she had, and the good friends she made.

For more details about her and her book, including where to purchase the book in e-book or print format go to: www.dvorkin.com/pattyfletcher/

To see her blog and newly updated website go to <http://campbellsworld.wordpress.com/>
Patty will give a brief presentation, and then take questions from our participants. We look forward to hearing from all of you on Monday evening.

Bob Branco

**** Patty here, I'd like to thank Bob for having me back on the show. Bob is allowing previous guests back as well as hoping for new ones. He is allowing previous ones back due to his now having the ability to record and archive the show, which he's not been able to do for some time.*

Bob is also the author of several books, some of which will be profiled in the Products and Services ads below. He is also the owner and producer of the Consumer Vision which is coming out for March soon. Make sure to check him out.

**** Just a note from all here in The Campbell Kingdom: The following items seem to me like very good things for birthday gifts, Christmas gifts, and any other holiday shopping. I'm sure that some of you have friends or relatives who have birthdays just around the corner.*

Easter's going to be HOPPING along soon, and then before you know it Mother's and Father's Day will be right along. So pay special attention to the products and services below.

<http://campbellsworld.wordpress.com/>

New Welcome to: Wanted or to give away:

*** I'm looking for Braille cookbooks in good condition. Cookbooks produced by the Massachusetts Association for the blind and also the older two-volume Fanny Farmer Jr. cookbook produced probably sometime back in the sixties by the American Printing House for the Blind. Contact:

karenb7410@gmail.com

Calling all Coffee Lovers

Are you a coffee lover? Do you enjoy delicious food? If so, I have just what you are looking for! I am an Independent Kat's Coffees Representative, and I carry a large variety of coffees, teas, dessert mixes, bread mixes, and so much more. All products are made to order. So, there is no wondering how long a product has been sitting on a shelf before you order. See all the high quality and delicious coffees and other edibles at www.katscoffees.com/ourproducts.html

I can be contacted at inahurrycoffee@gmail.com or 816-977-9434 with any questions or to place an order. All payments are made via PayPal and are sent to inahurrycoffee@gmail.com Please also give a like to my page on Facebook, Independent Kat's Coffee Representative, Jordan Gallacher, to find out any news about products or any specials that are going on!

Thanks,
Jordan Gallacher

Butterfly Knitting

Looking for an awesome birthday or Christmas gift? Maybe you have a new baby coming? Here's the lady to call. Becky and her sidekick Jake can hook you right up. Give her a shout-out today!

Becky Frankeberger

Butterfly Knitting

Ponchos

Afghans

Shawls

Custom Knitting

360-426-8389

becky@butterflyknitting.com

An added comment from Leonore Dvorkin: For those readers who cannot see Becky's website and her products, I can assure you that they are flat-out gorgeous and they appear to be of the highest quality. She is very talented indeed!

Hi, are you a music collector? Do you still have a place in your heart for cassettes? I have several cassette holders filled with cassettes of all sorts of awesome music. Classic Rock, and more from Decades going back to the 70's and before. If you're interested in doing some negotiation, give me a shout. Shoot an email to patty.volunteer1@gmail.com and put Flash Back Cassettes in the subject line and I'll write you back with more information.

Did you miss the sixties? The clothing and the macramé belts, with those decorated belt buckles? I am Offering handcrafted macramé belts, and can order a belt buckle of your choice, and I may also be able to add various beading on the macramé as well for additional cost. If this interests you please contact me at karenb7410@gmail.com

The Devil's Lieutenant

by Suzi Albracht

In The Devil's Lieutenant, our hero reluctantly enters a dangerous, unholy world where nothing and nobody can be trusted while attempting to solve a series of gruesome murders. As he investigates, his core beliefs are challenged and still the murderer eludes him.

At the same time, one by one, his loved ones are threatened and struck down. Then his unborn child becomes a target of the Devil's Enforcer. He has a faithful ally by his side, but will they be able to save their wives, their children, the world? Someone's wife and child will suffer a horrendous end. Will it be our hero's, bringing him to his knees? The battle to save humanity has

begun, and our hero has no choice except to wage war against the Devil himself and his henchmen.

Come with me and I will tell you the tale of The Devil's Lieutenant.

<http://www.amazon.com/Devils-Lieutenant-Due-Collection-Book-ebook/dp/B00TGA84YE/>

Video trailer: <https://youtu.be/IPGepsZrm70>

**** Well, I have decided I'm gonna have to get this book. I see it is on Amazon which means Kindle readers will be able to read it. This means even if you don't have a Kindle or smart phone and App, you can still read it. How? Go to Amazon and click the Accessible Kindle For PC Plug link and download it right to your computer. Cool huh? Now anyone can read EBooks. TTS Enabled.*

Beautiful Calendars and More for the New Year

www.cafepress.com/deerparkkc

Kansas City photographer Margot Ferguson offers her lovely photos of nature at all seasons (plus many other subjects) via CafePress. Products include 12-page wall calendars (\$16.99), large one-sheet calendar prints (\$5.99), mugs, magnets, tile-topped keepsake boxes, tile coasters, tote bags, note cards, and framed prints, all top quality. Each year's calendar has a theme. For 2016, it's "Yard Art," featuring interesting and sometimes whimsical objects, many of them in animal shapes, with which people have decorated their yards. Browse and order products at the CafePress website given above.

**** Well spring and summer are coming soon, check this out, who knows? Maybe you'll find something to spiff up the place, and give it a whole new look. If you do, let us know.*

Welcome first time advertiser!

A Few Moments in Time, by Howard A. Geltman

C 2011 / 231 pages / In e-book and print on Amazon and other online sites

To read a sample and/or to order, go to: <http://www.dvorkin.com/howardgeltman/>

Summary:

A Few Moments in Time is a wistful, emotion-filled memoir of a boyhood and adolescence spent at a Connecticut school for the blind in the 1960s and early '70s. The author provides us with a detailed picture of his youthful past, complete with pains and pranks, and then a snapshot of his impressive achievements in adulthood. Honest, funny, informative, and often deeply moving, this is a tale of the triumph of determination over disability. The striking cover photo was taken by a blind student, Matt Langer.

A Few Moments in Time



Howard A. Geltman

Review quotes: “Howard Geltman allows the reader deep into his soul. He shows us that no matter how difficult the road may be, there is always hope.” “Howard captures a piece of precious time and has told it so well that I felt I was there.” “This special memoir glows with warmth, affection, and compassion.”

For another excellent book about life at a school for the blind, see *My Home Away from Home*, by Robert Branco. Details: <http://www.dvorkin.com/robertbranco/>

Books by Abbie Johnson Taylor

For detailed descriptions, excerpts, and ordering information, visit <http://www.abbiejohntaylor.com>

We Shall Overcome. Lisa, visually impaired, is afraid of policemen because of an incident that happened to her brother years earlier. When she meets John, a bicycle patrol officer, she must re-evaluate her apprehension.

How to Build a Better Mousetrap: Recollections and Reflections of a Family Caregiver. The poems in this collection were mostly inspired by the author’s experiences while caring for her late husband, totally blind and partially paralyzed by two strokes.

That’s Life: New and Selected Poems. In this book, the author gives advice to teenagers, shares more memories of her younger years, and touches on other life-changing events, including her wedding and her late husband’s death.

All three books are available on Bookshare, and you can download a recording of ‘*That’s Life*,’ in mp3 format from the author’s site.

Title: *The Distant Sound of Violence*

By Jason Greensides

Genres: Literary/Contemporary/Coming-of-age/Mystery

Synopsis:

Do we ever escape the decisions we make when we’re fifteen? Nathan Dawes, the loser from school, an outsider, street philosopher, and member of The Grove Runners gang, needs Ryan’s help to get Stephanie to fall for him. When Ryan’s lawnmower is stolen, Nathan sees this as his chance to enlist Ryan in his plan.

Although Ryan knows that becoming friends with Nathan could lead to trouble, he reluctantly agrees to help.

Stephanie wants nothing to do with either of them. Besides, she’s more interested in the one guy in the world she really shouldn’t be.

As Nathan continues his pursuit of Stephanie, and Ryan gets mixed up with The Grove Runners, soon events overtake them all, haunting their lives for years to come.

This compelling coming-of-age mystery is a heart-breaking tale of bad decisions and love gone wrong. It's about the choices that lead to violence, loss, and tragedy.

<http://www.amazon.com/Distant-Sound-Violence-Jason-Greensides-ebook/dp/B00PP1H2F0/>

Website of Jason Greensides: www.jasongreensides.com

For those of you who have been waiting and waiting, it's finally here! Meagan Green's

First album is out! Many people who have listened to it already have really enjoyed it, so check out the samples at; <http://www.musicspring.net>

The album is called, The Flow of Your Blood.

Eight of the songs are originals by Meagan herself, including the title cut which is a favorite of most who have heard the album. There is one well known hymn with a great arrangement by Chris Belle of Affordable

Studio Services, Meagan's producer.

The other song is written by her dear friend Stephe Belle, Chris's wife and co-owner of the studio. You can either get a CD in the mail or download it on the computer. The cost for a download of the entire album is \$13. If you'd like to download by the song, they are \$1.50 each. You will be taken to paypal through my shopping cart.

Or you can enter the following email address;

mgreen@wvi.com

For a CD hard copy the cost is \$15 which includes shipping.

Send check or money order to:

Meagan Green

1410 Westfall Place

Stayton, Oregon 97383

Enjoy!MeaganGreen

**** Hi, I just want to let you know, Meagan along with several others from The Neighborhood have graciously donated to The Seeing Eye Online Auction. I'd like to personally thank all of you, and encourage anyone who has a product, or service, or maybe a bit of extra money to pick up a gift card from someplace to do so before the deadline.*

No matter where your guides are from, you know this is a worthwhile cause.

Excerpt from a book by Brian K. Nash

Talking with Kids: Everything You've Always Wanted to Know about Blindness (C 2011)

In e-book and print from Amazon, Smashwords, and other online sellers. Full details and buying links: <http://www.dvorkin.com/brianknash/> (the 5th book listed)

I have come to the conclusion that most sighted people consider the loss of vision to be so appalling that they simply can't imagine life without it. They imagine that if they were blind, the smallest and simplest of tasks would become absolutely insurmountable. If you have any reservations about this statement, check out your own level of proficiency next time the power goes out at night and you are without a flashlight or candles.

With this in mind, once I had reached adulthood, I set out on a high-minded crusade. I wanted to do my very best to change people's thinking, to give them a glimpse into the world of blindness through demonstrations of equipment we used to perform certain tasks and by delivering positive lectures.

In the early 1980s, I let the leaders of a number of civic groups in the area know that I was ready and willing to talk candidly about blindness. Over the next few months, I suffered through several rather awkward meetings at these local clubs, but eventually I put together a pretty good informative speech and demonstration. My guide dog, Arrow, always came with me, and soon we were booked by numerous schools and other civic groups in the area.

I really enjoy working with kids. They have vivid imaginations, and unlike most adults, they aren't encumbered by the constraints of proper etiquette or logic. Their questions reflect their love of life and their inborn tenacity, their burning desire to carry on no matter what the circumstances.

**** Hi Brian, Patty here, great excerpt. I'm going to have to read your book soon. I too enjoy doing presentations with children. I have done several, and have written of them in my Campbell's Calamities.*

I especially love it when they make connections with how we live our lives, and how they live theirs. They're like little sponges, soaking up all types of info, so I'm always happy when I can share mine with them.

Just this day I visited the Kingsport City School Family Liaison Leaders, and am hopeful to begin soon with the project written of in The News.

The Blind Perspective

For a fun-filled, informative online magazine, check out The Blind Perspective: <http://www.theblindperspective.com>

Unity Church of the Tri-Cities

423 W. Walnut St., Johnson City, TN
423-975-9159 /
www.unitytricity.org

Sunday service at 11:00 a.m.

All are welcome at Unity Church of the Tri-Cities, where you will find an atmosphere of love, acceptance, and empowerment. It is a Christ-based teaching that emphasizes spirituality over religion as we embrace our own spiritual growth and development. We strive to apply Universal Truth Principles to improve our own life experience as well as to bless our planet and all humankind through selfless service.

Awethology.

Four books of Short Stories written by a group of authors from a Facebook Group called The #Awethors. There are over 50 short stories for you to enjoy and the best part is the eBooks are FREE worldwide.

Title: December Awethology - Dark Volume:

<http://www.amazon.com/DecemberAwethology-Dark-Awethors-ebook/dp/B018XWC5Z4/>

Title: December Awethology – Light Volume:

<http://www.amazon.com/DecemberAwethology-Light-Awethors-ebook/dp/B018XWC4WS/>

*EBook Version Free On <http://www.Smashwords.com>**

Campbell's Rambles: How a Seeing Eye Dog Retrieved My Life
Nonfiction by Patty L. Fletcher. Now For Sale!

The book is now for sale in print and e-book format from Amazon, Barnes and Noble, Apple bookstore, Smashwords, and other online sellers.

For details, please see: www.dvorkin.com/pattyfletcher/

About the Book

This is the story of how the author obtained her first guide dog from The Seeing Eye™ in Morristown, New Jersey: what motivated her, the extensive training she had, the special relationship she developed with her trainer, and the good friends she made. Once she returned home to Tennessee, there were many new challenges to be met and overcome, including domestic abuse. All that was in addition to her chronic conditions of bipolar disorder and fibromyalgia.

With honesty, courage, and humour, Patty Fletcher tells a remarkable story of personal development that is sure to inform, entertain, and inspire others, both blind and sighted. THE SEEING EYE and SEEING EYE are registered trademarks of The Seeing Eye, Inc. See: www.SeeingEye.org

The book was edited by Leonore H. Dvorkin: www.leonoredvorkin.com

Cover design by David Dvorkin: www.dvorkin.com

About the Author

Patty L. Fletcher lives in Kingsport, Tenn., where she worked for 9 years as Volunteer Coordinator at CONTACT–CONCERN of Northeast Tennessee, Inc, and is now writing full time. For many more details about her and her family, and to see some additional photos of Patty, her former co-workers, and friends and Campbell, go to: www.dvorkin.com/pattyfletcher/

*** *Patty and Campbell with Bob Cat too back*

To say thanks to all our advertisers, and sponsors for your ads this month. We're very grateful to you for your business and encourage you to let us know if the ads are helping you. And now, a word from our good friend Dave Light from AM Tricities. Take it away Dave...

Hey, Beautiful Patty and Handsome Campbell,

Per your request:

The show is “AM Tri-Cities” (the show has been around for over 60 years—long story ☺) and is on the Holston Valley Broadcasting WKPT/ESPN family of stations. It can be heard at AM 1400, 1490 and 1590 and on FM 94.3, 97.7 and 97.9. Yes, those are six transmitters covering East Tennessee, Southwest Virginia, a bit of eastern Kentucky, and Western North Carolina, and it's also streamed live on the internet at <http://espntricity.com>. I prefer to be contacted—initially, at least—by email at dave@wkptradio.com. Non-profits, entertainment, regional heritage, things to do, and topics of general interest that enhance the quality of life in our region are our usual fare.

Many thanks for all you do. Give yourself a pat on the back and Campbell a hug for me.
Dave Light

###7. Newsletter Submission Information

*FYI!!!* SPECIAL!!!*

Attention All Readers of - The Neighborhood News!

We are continuing our special on advertising. From now until further notice you can purchase one year's advertising for a onetime fee of \$20.00 for 200 word limit or \$25.00 with a photo.

To place your Ad, please send your information including contact info such as email address, phone or website. (One link per Ad)

Font & Size: - Times New Roman, size 12

To: patty.volunteer1@gmail.com and make your payment to me at PayPal.com using the same email address.

Even if you are already placing Ads with us, you may still take advantage of this limited opportunity. Thanks and we look forward to doing business with you in the near future.

Author, Motivational Speaker and Nonprofit Consultant

Another change in The Advertising is that we will no longer charge for Literary Submissions unless they need editing. If your submission is going to need editing you may contact either Claire, or Leonore Dvorkin for editing services.

Treat of the Month submissions are free of charge. Treat of the Month submissions can include Musings, Making It Happen, and similar things, such as the submission this month.

Just keep it to a maximum of 500 words.

However, links may not include advertisements for your own products or services. Those are paid or trade out ads only.

Also, we are now offering advertising such as the write-up provided by Dave Light, host of AM Tricities, and the information about author and talk show host Robert Branco.

To become a sponsor, you can either agree to advertise The Campbell's Corner Neighbourhood News on your show, blog, or other publication, or you can send a payment of \$20 via PayPal to me at patty.volunteer1@gmail.com

Please note: Due to many helpful comments both public and private, the layout of what is now an ezine has changed. This ezine can be received via email subscription and also seen on Facebook. Previous issues can be seen on our new blog at <https://campbellsworld.wordpress.com/>

The publication has also lengthened a bit to include certain things that were requested. It is always under construction, and we encourage you to send feedback at any time.

- Patty Fletcher

8. Subscription Information

To receive The Neighborhood News, simply email me to subscribe. Please send your first and last names and your email address with your request to patty.volunteer1@gmail.com

To unsubscribe at any time, please email me with your first and last names, the word unsubscribe, and the email address you're subscribed with. We will remove you from our mailing list without one hard feeling.

###SPECIAL SUBSCRIPTION INFORMATION!

Call to readers!

I'm making a 2016 Reader Directory. One for my business use, and one which would be shared with any reader wishing to reach out and network with others.

Please write back with the following information.

indicates Optional * Indicates Required to continue Receiving.

All Optional info will be shared if reader gives permission.

First and last name

Subscription Email

Advertiser (Yes No)

Secondary Email (Share or Private)

Social Media (Share or Private)

Phone (Share or Private)

Please submit all required information by March 31 2016 to continue receiving The Neighborhood News. I will send out one reminder 3 days before the deadline.

Thanks so much and have a great day. I'll let you know when the directory becomes available. If you'd like to have an ad in the directory such as are posted in Products and Services please send \$5.00 to PayPal at

Patty.volunteer1@gmail.com

Follow Newsletter Guidelines when submitting Directory Ad

9. Author's Corner and the Twilight Bark

Author's Corner

Well folks, I had Campbell send out a message over The Twilight Bark for readers to write in and let us know what happens in their neighbourhoods, but this month no one barked back. We really want to know what neat and interesting things you're up to. Even if you just went out to eat at a really neat place, took a great walk or read a great book, we here in the Author's Corner would like to share in your adventures. So get on the Twilight Bark and let us know what's going on with you.

For example, Campbell and I have been spending time at the Friendship Connection Peer Center, and have been making some great friends, and having a whole lot of fun.

Or, Maybe you're at home, sick or just hanging out. What are you reading? Here's what one of our subscribers has been reading.

Thanks so much for sharing.

Anyone who would like to send in a book review may do so by emailing me at the address given in the Administrative Details.

When submitting a review please make sure to recognize where the review was posted, and where the book information comes from. If from an email list, please obtain the Moderators permission before sharing.

First NLS:

[Small: life and death on the front lines of pediatric surgery DB82489](#)

Musemeche, Catherine. Reading time: 7 hours, 50 minutes.

Read by Elaine Grant.

Health and Medicine

Biography

Pediatric surgeon recounts the history of the field, her day-to-day experiences, and the emotional highs and lows of dealing with the families of her patients. Examines the development of treatments for conditions which would have been death sentences in years previous. 2014

Her descriptions are fascinating. Books can take us into places we'd otherwise not see. In this book, Musemeke explains the tiny world of pediatric surgery. She has a tendency to start a chapter with a case and then digress into a description of the medical situation, give a short history of what has been tried, and why she'll try what she recommends to parents. Sometimes, the results turn out very well. Other times, not. It's a hard frontier fought with instruments smaller than a soda straw on bodies not much bigger than a small bunny.

As I was reading it, I kept thinking back to a book, *In the Blink of an Eye*, that I read in the 1990s; and lo and behold today it appeared on BARD. You can read either or both.

Sometimes, I wish I had figured out a way to have a website that listed all the nonfiction (maybe fiction, too) books I have read and linked to updates on authors, articles about the books, and what might have happened to the people in the books. I realize nonfiction books would be treated differently than fiction ones, but I thought it'd be a cool idea. Goodreads.com does all the review, some books having so many reviews, no one can surely read them all -- some with spoilers and some not. And then, magic, a big company would buy me out for zillions, giant grin from shoulder to shoulder!

[In the blink of an eye: inside a children's trauma center DB30307](#)

Doelp, Alan. Reading time: 8 hours, 18 minutes.

Read by Jim Bond.

Health and Medicine

In 1980 Dr. Marty Eichelberger established a special trauma unit at Children's Hospital National Medical Center in Washington, D.C., because he realized children were not "miniature adults" and needed special treatment. The book describes the unit with its 95 percent survival rate among its small patients. Included are case histories and discussion of the economic and political issues involved in starting the center.

Thanks David. Nice to hear from you again. By the way? Great getting to know you better last month. Drop back in to chat any time.

Twilight Bark

Well, I asked for comments concerning keeping readers' comments in or out of The Neighborhood News, and the response was huge. Most wanted to keep them in, and they also wanted to give the section a name—hence “The Twilight Bark.”

We get great feedback both private and public from our Neighbours here in The Neighbourhood News, and we're proud to say that we are making the changes most requested. We very much wish to have your feedback on all of this, so please make sure to bark back soon. Please as always, let us know whether you wish to remain private, or if you'd like to put your comments out on the Twilight Bark.

Below are just a few comments some readers are barking about.

Marda wrote to say that while she likes The Neighborhood News sent to her in the body of a message she is glad I offer it so many ways, also when I wrote and asked about whether folks wanted The Neighborhood news Monthly, Bi-Monthly or Quarterly she wrote back and said that she understood if I were busy and needed to send it out less frequently but that she enjoyed the newsletter a lot and for her part she hoped I continued to send it out every month.

I only got three other emails back on that and they all agreed with Marda and so the newsletter will remain a monthly publication. If anyone has any other comment about this by all means let us know.

One reader wishing to remain nameless, said, “I unsubscribed from your newsletter, because it is easier for me to see it and enjoy it from your blog.” This gave me renewed hope, because this meant that she was reading and following my blog. When I asked about being able to access info later from ads and such, she said simply, “I can save links to my favorites, and sense the blog posts come in an email if there are multiple articles I like, I just save the entire thing.” So see? No need for anyone not to be a part of The Neighborhood.

Anne wrote in in response to the information given about Apple products. Here's what she had to say. I found this very useful.

Hey Patty, This is Ann Harrison with one tip about apple's accessibility with their products, if anyone who is visually impaired wants to learn how to use their new apple devices, please visit www.applevis.com . They also keep you up to date about the bugs and enhancements to IOS and Mac OSX updates.

Thanks to Anne and all.

I hope more of you will write in as time goes along. I'd also like to welcome all you who are new to The Neighborhood and encourage you, as well as those of you who are long time neighbors to share with us your talents. If you have a story, poem or narrative we'd love to read it. Got a tip or a trick, maybe you have a question. Write and let us know.

If we don't know the answer we will research until we find it.

10. Wrap-Up

From your Editor

A small update. At present we have a Sponsorship Program up and running along with two other Indie businesses. We are looking for New Indie Authors who write Sci-fi and have never published a full length novel. For more information please go to this link.

<https://plaistedpublishinghouse.wordpress.com/sponsorship-program/>

We are calling for submissions right now!! We are all looking for Submission for our by monthly newsletter, be it Indie Business, Indie Author or Artwork for children to colour in. At present we are looking into how to do the newsletter for those who have disabilities and have the pictures in to. You can find Issue one of our newsletter on the website below.

Well that is it from me for now. You can contact me at:-

www.plaistedpublishinghouse.wordpress.com or plaistedpublishinghouse@gmail.com

Thanks X

**** Patty back to say thanks Claire. I couldn't do this without you. I love putting this newsletter together, love that it is growing and is never the same two months in a row. So, how's that back? Don't forget, Claire and all, every fifty minutes, get up, walk, stretch, and circulate.*

*Oh yes! How's your newsletter coming for you? Figure out a way to send to me yet?
I love a challenge, so hit me with it.*

I am grateful for you the readers, and for all who contribute.

Until next time, this is Patty Campbell and Bob Cat too saying, May Harmony Find You! And, Blessid Be!

Patty L. Fletcher

Author, Motivational Speaker, and Nonprofit Consultant

Book: Campbell's Rambles: How a Seeing Eye Dog Retrieved My Life (C 2014), in e-book and print on Amazon and other online selling sites / The e-book is text-to-speech enabled.

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