



# ZIA RADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

August 2009 • Vol. 43 - No. 8



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# Zia ROADRUNNER



### Cover:

Summer is winding down.  
Make sure you take some time  
to enjoy the warmth  
before it disappears!

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**Zia Chapter**  
**Paralyzed Veterans of America**  
A Member Chapter of the  
Paralyzed Veterans of America

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Our readers' opinions on the contents of the *Zia RoadRunner* are always welcome. Please write, fax, e-mail, telephone your comments and suggestions to our chapter office and we will respond. All material in the *RoadRunner* may be reprinted, unless specifically prohibited, **JUST TELL 'EM WHERE YOU GOT IT.**

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Material contained herein expresses the opinions of the writer, not necessarily the opinions of the editorial staff, Zia Chapter, or the Paralyzed Veterans of America.

# August 2009...

## Monthly...

**Cataract Awareness Month.** More than half of all Americans develop cataracts by age 80. The good news is, cataracts are one of the most curable forms of vision loss. Find out more at the American Academy of Ophthalmic Executives Web site, [www.aao.org](http://www.aao.org)



**National Immunization Awareness Month.** Vaccines have eradicated smallpox, eliminated wild poliovirus in the U.S., and significantly reduced the number of cases of measles and other diseases. As parents enroll their kids in school, students get ready to enter college, and health care workers prepare for flu season, it's a good time to make sure everyone's up to date on their vaccinations.

**National Water Quality Month.** Drinking plenty of water during the hot summer days is essential to your health. Be aware of the symptoms of dehydration: thirst, fatigue, and weakness, followed by delirium and possibly death. Decrease the risk by drinking plenty of fluids before you get thirsty.



## Weekly...

**Single Working Women's Week, August 2-8.** Created by the Single Working Women's A Elvis Week, August 8-16. Elvis fans unite! Held in Memphis, Tenn., Elvis Week 2009 features an Elvis film festival, an art contest, a trivia scavenger hunt, and a candlelight vigil at the gates of Graceland Mansion. For tickets and information, go to [www.elvisweek.com](http://www.elvisweek.com)

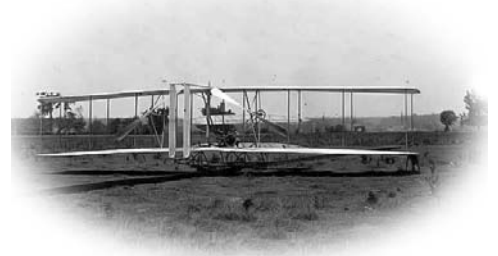
**National Assistance Dog Week, August 9-15.** More than 20,000 dogs assist people with disabilities. Their duties include guiding people with impaired vision, helping victims of hearing loss, assisting people with mobility problems, and alerting people with sudden onset diseases such as seizures or diabetes. More information on them can be found at [www.workinglikedogs.com](http://www.workinglikedogs.com)



## Daily...

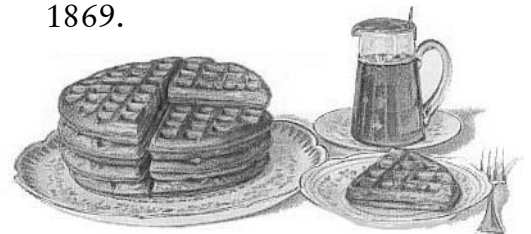
**August 2. Friendship Day.** The first Sunday in August was proclaimed National Friendship Day in 1935. Since then, the concept has caught on around the world and is now celebrated internationally.

**August 13. International Left-Handers Day.** The Left-Handers Club initiated this celebration of sinistrality in 1992 to increase public awareness of the benefits and disadvantages of being left-handed. Two of our last three presidents are left-handed, by the way. For more about both the club and the day, go to [www.lefthanders-day.com/about-club.html](http://www.lefthanders-day.com/about-club.html)



**August 19. National Aviation Day.** Celebrated on the birthday of Orville Wright (1871), who flew the Wright Brothers' first successful airplane a distance of 120 feet in 12 seconds in Kitty Hawk, N.C.

**August 24. National Waffle Day.** Not to be confused with International Waffle Day, which originated in Sweden and is observed on March 25, National Waffle Day marks the anniversary of the waffle iron, patented by Cornelius Swarthout of Troy, N.Y. in 1869.



# From the President

Chris Ewer

This month's report is a response to an email sent to me via the Zia PVA office. I have always prided myself in my ability to communicate with people, but sometimes I must not be successful. The next to the last paragraph of the following email response pretty much sums up what I was trying to say not only to Mr. Durkee, but to all Zia PVA members. When I am at the Zia PVA office, please stop in and talk. Call the office and Carol or Amie will be able to let you know when I'll be there.

"Mr. Donald C. Durkee, Jr.,

I do not really know what I have done to make you so mad. I have been the Sports and Recreation director for the Zia PVA for about six of the nine years that I have lived in Albuquerque. I have asked for input from the membership on what they were interested in through surveys, newsletter articles, one-on-one conversations and received little or no response at all. You, your wife, and myself had a conversation, either in the SCI Day room or the Courtyard, about your not being made aware of RVing at the Elephant Butte State Park where the 2009 Zia Bass Tourne was held. I believe my response to you was that the event was a fishing tournament, but since it is also a State Park, you could have brought down you RV and stayed. One thing I promise you is that I do not avoid conversations or confrontations.

I do know that last year Mike D'Arco tried to put together an RV group outing on a couple of occasions and had only a couple of responses.

In September of 2008 I was asked by the then President, Lindol Hill, to come back and take re-takeover the Sports & Recreation Program Manager position and rejoin the Zia BoD. Shortly thereafter Lindol resigned as President and VP Ron Gattas took the helm. Then President Gattas asked me if I would accept being appointed as VP. I agreed and was ratified by the Zia BoD. In mid-November I was admitted to the SCI Unit with a decubitus ulcer and got out of the SCI unit on 24 March, 2009. Then President Gattas, due to poor health at the time, asked me if he resigned as President whether I would step in as the new President. I said I would and that if I became President that I would ask Lindol Hill to come back as VP. Ron Gattas resigned and I took over the Chapter helm and Lindol Hill became VP. All of these changes of leadership took place as per the Zia Chapter PVA By-Laws and Policies & Procedures and were ratified by the Zia BoD.

I did not sit on the Zia BoD when it decided to build the new addition to the existing building and re-joined the BoD during the latter part of its construction. When I left the Zia BoD in the summer of 2007 to help care for my parents, I was the Zia Treasurer and the financial situation of the Chapter

was excellent. I was surprised when I heard that Zia was expanding and alarmed at the expected cost and cost overruns, but the die was cast and we now have what we have. I can't fault the decisions which were made to build the new addition — who really knew that the economy was going to take a dump. Actually, when part of the Zia investment portfolio was converted to cash to build the addition, it was a sound move because it was done before the stock market started to plummet and had the Zia BoD had waited a few months the investment portfolio would have been sorely depreciated and the addition could not have been built. The new addition and changes are good for the Zia Chapter and, if, the membership comes to utilize it as planned; they will realize it was worth it.

Don, I didn't have to tell you about all of the above, but to show you that I do wish to communicate with you, I have.

The Zia Chapter PVA is not about just me, you, the Zia BoD, or the Chapter Office. It is about providing services to the Zia PVA Membership. It is not Ray Hill's or anyone else's personal building, The Zia BoD now holds its Management Meetings at the office to save money, and I do not think that only that the Zia BoD are the only volunteers. If you believe this, then you have a comprehension problem or someone is really feeding you a bunch of bull.

*Cont'd on pg 3*

Cont'd from pg 2

Call the office at 505-247-4381 and ask when I will be there. I still take care of my Dad (my Mom passed away 05/05/08) and attempt to have a somewhat normal life, so I'm not always at the office. I will be more than happy to talk face to face with you. Most of the time when I am at the hospital, I'm there for a meeting or an appointment and don't have a lot of time to chat.

Sincerely,

*Christopher Ewer,*  
Zia Chapter PVA President"



“Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.”

— *Winston Churchill*

# From the Vice President

*Lindol Hill*

This has been a fairly busy month for me. Visited Hobbs and Artesia CBOCs. Worked with Amie, Jean and Carol to get ballots ready for sending out and got them sent out. I sincerely hope all of you voted for the person/s of your choice for positions in Zia Chapter. Worked with Chris and Jean on getting ready for the National PVA Site Team Visit next month here in Albuquerque and on to El Paso. Leaving in two days to make visit to Silver City CBOC for a return visit. I am presently working on a Management Meeting for Zia Chapter Officer's, BOD members and Program Managers for later this month. We want to do a better job on programs and in order to do so we need to plan for

the future. Hope all are enjoying a very nice summer. Please be careful and stay safe.

It was so nice receiving a letter from a member thanking NSO Richard Martinez for his assistance on his VA claim. Zia is proud of our National Service Officers and their staff.

Let us hear from you so we know if we are doing things you want or need. All comments are welcome so let us hear from you. I will say again that you are our greatest asset. Thank you for being a member and for your military service to this country. God Bless our active military and our veterans.



“In skating over thin ice, our safety is our speed.”

— *Ralph Waldo Emerson*

“We should have a great fewer disputes in the world if words were taken for what they are, the signs of our ideas only, and for things themselves.”

— *John Locke*

“Swearing was invented as a compromise between running away and fighting.”

— *Peter Finley Dunne*

“Life is built on character, but character is built on decisions. The decisions you make, small or great, do to your life what the sculptor's chisel does to the block of marble. You are shaping your life by your thoughts, attitudes and actions.”

— *Warren Wiersbe*

# PVA Service Office

Jean Dougherty, SBA

## Smile!

**W**e all have our share of troubles in life, and keeping our spirits high on a consistent basis is very difficult, but there are things we can do to help us maximize our happiness in the state of adversity. Positive thinking has long been recognized as a valuable aid for coping with life. Sometimes it is hard, if not impossible, to think positively. What can we do to make our quest for a positive outlook on life easier?

One of the most effective things that many of us can do is follow the advice of Oliver Wendell Homes, "*Learn the sweet magic of a cheerful face-not always smiling, but at least serene.*" We need literally to learn the sweet magic of a cheerful face and that is to smile. There is indeed a certain kind of magic in training ourselves in maintaining a cheerful face consistently. There are times when we face such tragedy that none of us can maintain a cheerful face and a smile is out of the question, but at least we can maintain a serene expression.

Some people claim that it is physically impossible to remain sad while we are smiling. Is there something about the physical act of forcing ourselves to maintain a cheerful face that actually makes us feel

better? And even look better? If we consciously work at keeping a pleasant expression on our face, it might become almost natural to smile all the time.

None of us can be happy all the time. During times of great adversity it is natural and even beneficial to grieve. What about all those times when we are faced with the daily problems that come with living? Isn't it possible that during such times we can actually influence our mood by thinking positively and maintaining a cheerful face which includes a smile?

What about the effects of our cheerful faces on other people? Can enthusiasm for life and a cheerful attitude be contagious? Is it possible that in the process of making ourselves feel better we are also making others feel better? So just keep smiling.



"Once the game is over,  
the king and the pawn  
go back in the same box."

— Unknown

"The person who constantly  
angers you  
or frustrates you,  
controls you."

— Colleen Kettenhofen



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# Zia Sports and Recreation

Chris Ewer

**H**ope that everyone survived the heat of July and enjoyed the annual rains of the high desert monsoon season. There is still quite a bit of heat left in the summer/fall season and if you venture out in it be prepared. When you do go out into the heat, be sure to take plenty of water, sunscreen (USPF 40 or better), and a good quality wide brimmed hat. Have you ever noticed how much hotter it seems when you are in the direct sunlight? Well, think about it. You're up at 5200 or 5300 feet in altitude in Albuquerque and 7000 to 7400 feet in altitude in Santa Fe. The higher you go, the thinner the protective atmosphere gets and the effects of the sun are greater. You can get dehydrated quicker than you realize because of the lack of humidity and don't feel how much moisture is being lost from your body. Certain types of Spinal Cord Injuries and Dysfunctions are more susceptible to intolerance to heat. Quadriplegics, MS, ALS, and other neurological disorders fall into this category and having a mister or spray bottle of water or cool wet towel can make life more comfortable. Common sense and being prepared are the keys on an outdoor outing during the summer months.

There have been several successful "card" events at the new Zia Chapter Recreation room. Attendance varies depending on which day the event is held. The nights and afternoons tried



so far are Thursday nights and Saturday afternoons. If you are interested in playing Texas Holdem, come on down and give it a try. Call down to the office and see if there is a game on that week. Games are scheduled on short notice usually, dependant on expected response.

If you need a place to hang out and work on a computer, there are two in the Zia Office Rec Rm. There are also board games, jigsaw puzzles, books and other things to entertain you with. We have been thinking about setting up a table tennis table if there is enough interest.

The dates for the **Introduction to Trapshooting/Step Outside** events this year are the last Sunday of the months of August (30th), September (27th), and October (25th).

These events are held at the Albuquerque Trap Club. The first two months shoots start at 0930 and run until 1300 hrs and the Oct.



shoot will start at 1000 and run until 1400 hrs. A better description and directions are posted on the Calendar at the [ziapva.org](http://ziapva.org) website or call the office.

**The Annual Fishing Day & BBQ** will be at the Sandia Lakes on Saturday, September 26th. We have reserved the #3 (Tribal) lake and the pavilion for the entire day from 8 am until 7 pm. We are restricted to fifty (50) persons, so get your RSVP's in quickly to insure that you get in on the fun. Attendees must be Zia Chapter PVA members, Associate members, and



their immediate family or approved special guests. **The RSVP's have to be into the office by the close of business on Thursday, September 17th.**

If you like to fish, this will be an excellent time to do it. The #3 lake has larger than normal planted trout in it and other species as well. When you enter the Sandia Lakes complex you must stop at the office and check in. It is here that you get the fishing licenses. We were able to get a discounted rate for the attending Zia PVA attendees'. Adults \$22.50 (5 fish

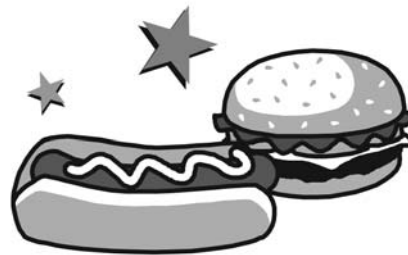


limit), Seniors \$15.00 (5 fish limit), Disabled \$13.50 (5 fish limit), and Kids (under 12) \$12.00 (3 fish limit). Those who are going to fish must purchase a license! Zia PVA will reimburse each member for two (2) fishing licenses. To get reimbursed, the member must bring in or mail in the original fishing license receipt to the Zia PVA office within 10 days of the Monday following the event! This is the only way that we can keep track of the number persons fishing. The rental of the lake and pavilion is expensive, so the Chapter cannot pay for everyone to fish. There will be some prizes for largest fish — Adult, largest fish-Kid, and largest string of fish (by length) — all fishing. The bill of fare for the BBQ will be similar to what is served at the SCI Courtyard Luncheons. Anyone wishing to bring a non-perishable side dish or food item is welcome to. There will not be

any refrigeration available. Cooking will be done on two gas barbeque grills. NO ALCOHOLIC BEVERAGES ARE TO BE BROUGHT INTO THE SANDIA LAKES COMPLEX!!!! IF YOU DO, YOU WILL BE TALKING TO THE TRIBAL POLICE!!! Directions to Sandia Lakes: From I-25, take exit 234 (Sandia Resort & Casino exit) and go west on Tramway. Continue west until you reach the NM state hwy 313 turn off. Turn right (north) until you see the Sandia Lakes sign on the left side of the road (just a little ways past the Shady Lakes sign). Turn left into the Sandia Lakes complex and check in at the office on the left. Be sure to tell them you are with the Paralyzed Veterans of America-Zia Chapter. They will give you further directions to the lake and pavilion.

If you have any questions, please call the Zia office at (505) 247-4381. Remember to prepare for a fun day and be prepared for the heat.

Stay healthy and fit and may God Bless you and yours.

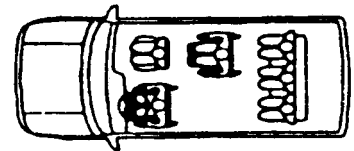


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# CBOC Visits

*Lindol Hill*

## Hobbs

President Chris Ewer, SBA Jean Dougherty, and I went on a fact finding trip in Southeast New Mexico to Hobbs CBOC. We were driven there by Pat Dougherty on Zia's bus. This was a first visit to this CBOC which is under Big Spring VAMC. We had received permission last year as we visited the Big Spring VAMC Director.

We visited the CBOC on June 23, 2009. Upon our arrival we noticed there were no signs outside the building reflecting that the CBOC was located here. The building was accessible and the CBOC was located on the fourth floor. We were advised that the physician in charge of the CBOC and an RN were out attending an important meeting and would not be available for our visit. We were able to meet the other RN and the PSA who handled the front desk. The PSA provided us a tour of the CBOC and answered our questions. She was friendly and courteous to us and those she greeted at the front desk as well as spoke to on the telephone.

The CBOC has only four employees as mentioned above. They enrolled between 1000 to 1200 patients. They have from 13 to 16 daily appointments plus walk ins. They have no local contracts and in talking with patients it is easy to see some contracts are needed locally to prevent unnecessary trips to several medical facilities by elderly patients to get all

care needed. The RN on duty was performing blood draws and they get 6 to 17 a day for blood draws. Blood draws are picked up and carried to Big Spring VAMC for processing. There were three exam rooms but none had an electric table that would go down far enough for a wheelchair patient to be able to transfer to and from. They do have a mental health clinic on Thursday as this is the only day a proper mental health specialist is available. Pharmacy is handled primarily by Big Spring VAMC Pharmacy and they feel it is fairly fast. There are some problems with travel pay for patients as it is not paid at the CBOC and at times it takes awhile to receive reimbursement. Transportation is a real problem for veterans at the present time. Patients are not happy with having to go through Big Springs VAMC telephone system to reach the local CBOC. It is confusing for some of them and they want a direct line at the CBOC. They have a conference room and the telemedicine machine is set up in it but it has no A/C. They do have a storage room and it does have A/C. The waiting room has A/C in addition to regular lobby area that they use for over flow lab patients. They have 2 to 3 volunteers that do a great job when present. When they sign up a new patient it takes about 7 days to get an appointment. No security was seen for this CBOC. The desk where the PSA handles incoming patients is wide open with

no glass or screen area for protection.

The two employees we met were friendly and we feel they probably have a very good attitude and care for patients. There is plenty of space for expansion and space needs to be better utilized for employees and patients.

We have made several recommendations to rectify the issues of concern we found. These recommendations will be forwarded to the VA Director in hopes of improving the CBOC.

It was a pleasure to visit the CBOC for the first time and to meet individuals present. We feel space is not properly utilized and perhaps the potential in the area has not yet been met. The service rendered is valuable to veterans in the area and we believe more can be done. We look forward to a return visit in the future. We do appreciate what is being done for the local veterans mat the CBOC.

## Artesia

Following the visit to Hobbs CBOC, President Chris Ewer, SBA Jean Dougherty and I went to the Artesia CBOC as a follow up to our visit in 2007. The Artesia CBOC is under supervision of Albuquerque VAMC.

We visited CBOC on June 24, 2009. They are located in a small shopping mall and there are signs to show that the CBOC is located in the mall. We noticed that our recommen-

dation for a new front electric door has not yet been fulfilled. However it appears that action is under way to correct this soon. It is needed to assist elderly veterans as well as veterans using canes, crutches, walkers and wheelchairs in admittance into and out of the CBOC. They are still in the same building and need more space for employees and veterans. It is being discussed and the VAMC is aware of their need. The building was clean and accessible.

The CBOC Director Rhonda Martinez, RN, gave us a tour of the building and introduced staff as we went through. This gave us the chance to see space and equipment. The manning is two physicians, two RNs (one is director) but they have another RN coming in (to assist with the Diabetic Clinic), one AO, one health tech, one Social Worker, one and a half LPNs, and two PSAs. This is an increase over what they had two years ago and is needed with increase in clinics they handle. They still have about 2000 visit's a month and have just under 1200 enrolled veterans at this CBOC. Nurses still handle about 20 telephone calls a day. They perform about 280 to 300 blood draws per month and they have pickup about 3PM. They have some limited contracts with local hospital. Between CBOC and contracts they perform pap smears, mammograms, cancer screening for

colon, rectum, and prostate, EKGs, chest x-rays, check diabetic patients, have mental health covered, and perform dermatology service also. The telemedicine machine will soon be used two afternoons a week. They have a pharmacy contract with Walmart. They provide same day appointments for veterans when both physicians are available. This CBOC and its employees are very busy and the attitude is great. They have kept up the great service to veterans in the local area while adding more services. The staff appear to work well together and are commended for an outstanding CBOC overall. They did receive two hooyer lifts but slings were not sent so they need them before they can use the lifts. They have worked very hard with local veterans and thus have a real low no show rate. They work with Vietnam Veterans of America locally for transportation for veterans that need such a service.

We again made several recommendations as to the areas which need improvement.

RN Martinez states she has a good working relationship with Albuquerque VAMC and is pleased with the support she receives from them. This is an outstanding CBOC and the VA can be proud of these employees. It was a pleasure to talk with such effective professionals.



## Master These Acronyms ASAP

Here are a few common and uncommon abbreviations to dazzle and befuddle your friends:

- **ALF. Always Listen First.** Used in training sessions and counseling.
- **BDU. Brain Dead User.** Reputed to be a term used by IT support staff for human error (as opposed to software or hardware malfunction).
- **BRAN. Benefits, Risks, Alternatives, Nothing.** Useful for deciding on a proposed course of action in business. What are the benefits? Potential risks? Alternative courses of action? What if we do nothing?
- **IDEA. Identify, Design, Execute, Augment.** A planning strategy. First, identify the relevant issues; then design your course of action. Execute your plan; then adjust or add to it as necessary.
- **GROW. Goals, Reality, Options, Will.** From the life-coaching literature, these are factors involved in self-improvement.

# For Your Health and Safety

## Save Your Eyes: Recognize The Symptoms of Cataracts

August is Cataract Awareness Month, and that's a good time for everyone to get acquainted with the dangers that a cataract can pose.

A cataract is a clouding of the lens in the eye. Because the lens focuses light onto your retina, any blockage or distortion can result in diminished eyesight. Cataracts develop gradually, usually (but not always) in older people.

Congenital defects, inflammation, exposure to certain kinds of radiation, diabetes, and smoking can also contribute to cataract formation earlier in a person's life.

The standard treatment is surgery to dissolve the clouded lens and then remove the fragments from the eye; doctors then insert an artificial lens to replace the old one.

Because cataracts develop slowly and without pain, symptoms may not be obvious. Check with your eye doctor if you start to notice these changes in your vision:

- Vision that's cloudy, blurry, or dim.
- More difficulty seeing at night.
- Heightened sensitivity to light.
- Seeing halos around lights.
- Colors seem faded, or yellowish.

- Double vision in one eye.

With the proper treatment, you'll save your eyesight. So don't neglect the potential dangers.

## Caring For Pets In Sultry Weather

Summer is a time for both you and your pet to enjoy the sunshine and outdoors, but along with the fun, the season also offers situations that can endanger your pet. The Humane Society of the United States offers these guidelines for pet owners to keep their furry friends safe this summer:

### Never leave your pet in the car

During warm weather, the inside of your car can reach 120 degrees in a matter of minutes, even if you're parked in the shade. Pets who are left in hot cars even briefly can suffer from heat exhaustion, heat stroke, brain damage, and can even die. Don't think that just because you'll be gone "just a minute" that your pet will be safe while you're gone.

### Water wisdom

Always supervise a pet in a pool. Provide plenty of water and shade for your pets while they're enjoying the great outdoors so they can stay cool.

### If you can't stand the heat...

On hot days, limit exercise to early morning or evening hours. Hot asphalt can burn your pet's paws. Pets can get sunburned, too, and your pet may require

sunscreen on his or her nose and ear tips.

### What to watch for

Your pet can suffer from heat exhaustion and heat stroke. The signs of heat stress include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue.

If your pet does become overheated, move him into the shade and apply cool (not cold) water over his body. Let your pet drink small amounts of water or lick ice cubes. If necessary, get him to a veterinarian immediately.

For more information, or to donate to the Humane Society, please visit [www.hsus.org](http://www.hsus.org)

## Take Your Time To Get More Done

Getting more done doesn't always mean doing more things. Sometimes it's about doing less. Don't try to schedule every minute of every day. When you make and prioritize your to-do list, leave yourself some flexibility to handle interruptions and unplanned tasks that are bound to come up during the day. You should block out segments of your day for important tasks (that's part of reviewing and prioritizing your to-do list), but be sure to reserve enough time so that you don't have to rush through things. Taking your time can sometimes be the best use of your time.

# A Touch of Humor

## The Real Meaning of Corporate Job Titles

### CHAIRMAN OF THE BOARD

- Leaps tall building in a single bound
- More powerful than a locomotive
- Faster than a speeding bullet
- Walks on water
- Discusses policy with God at length

### PRESIDENT

- Leaps medium-size buildings in two bounds
- Slightly more powerful than a commuter train
- Just as fast as a speeding bullet
- Walks on water if the sea is calm
- Talks to God; unsure if God's listening

### VICE PRESIDENT

- Leaps short buildings with a running start and favorable winds
- Almost as powerful as a city bus
- Faster than a speeding bullet shot from a slingshot
- Walks on water in an indoor swimming pool (heated)
- Leaves voicemail for God (unreturned)

### MANAGER

- Runs into buildings, bruising nose
- Recognizes locomotives (two out of three times)

- Is not allowed to handle live ammunition
- Can't stay afloat with a life preserver
- Talks to animals

### ADMINISTRATIVE ASSISTANT

- Lifts buildings and walks under them
- Kicks locomotives off the tracks
- Catches speeding bullets in his/her teeth
- Freezes water with a single glance
- Tells God what to do

## Not His Usual Passenger

A business traveler got into a cab late at the airport late one night. Her destination was some distance away, so they rode in silence for several miles.

She began to wonder if the driver was taking the right route, so she leaned forward and tapped him on the shoulder.

The cabbie shrieked and swerved, almost hitting a sidewalk bench.

"I'm sorry!" the woman said quickly. "I didn't think that would startle you so much."

"It's not your fault," the driver said, calming down. "It's just that this is my first night driving a cab."

"Oh? What did you do before this?"

"For 20 years, I drove a hearse."

## Workplace Retorts Better Left Unsaid

- "And your uninformed, knee-jerk opinion would be...?"
- "If I throw a stick, will you leave?"
- "Does your train of thought come with a caboose?"
- "I'm trying to imagine you with a personality."
- "Can I trade this assignment for what's behind door #1?"
- "How do I set a laser pointer to stun?"
- "You thought you wanted a career. It turns out you just wanted paychecks."

## When Your Job Takes Over

A doctor was treating a patient for insomnia. Thinking the problem was job-related stress, she asked, "What do you do for a living?"

"I'm an accountant," the patient said.

"Try counting sheep until you fall asleep." She made an appointment for a return visit the next week.

When the accountant came back, the doctor asked, "How is that working for you?"

"Not so good," the accountant said. "Last night I made a mistake and spent three hours figuring it out."



# I AM MAD, MAD, MADDDDD

*By Lindol Hill*

I am mad as can be as I listen to TV, radio, and folks and read the magazines, papers and many e-mails. I cannot believe everyone thinks they are smarter than everyone else. I cannot believe that our paid representatives at all levels of government think they really know what is best for me or you without first asking me what I think about an issue. I can not understand why leaders of companies, business's and organizations do not always act in the best interest of customers and members.

It has gotten to the point where the average joe doe like you and me have no real say so in what goes on in government, companies, and organizations. Because someone has a position, title or money does not mean they should take action that can involve my life without seeking my input. Yet every day this is exactly what is happening all around the world. People give themselves to much power and at times they apparently feel like they are GOD and will act as if no one else is smart enough to give advice. SHAME, SHAME on all of them that feel and act this way. A lot of them need to get their heads out of the sand and take a look around and learn just exactly what is going on in this world and country. We have become a country of power hungry folks that want to control everyone else and keep all for them-

selves. And I served this great nation so they can get by with such. I am ashamed of many folks that are in power because they care about only themselves and do nothing that really benefits this whole country, business or organization. It seems that all actions today benefits only those in power and a select group of followers. This is not what this country was founded for and goes against all thoughts of honesty, true leadership and fair play. But the sad thing is that I and you have allowed this to become every day action. SHAME, SHAME on us.

The above is the most important issue I am MAD about but there are others. Cell phones I feel is the worse invention ever designed for mankind. I get so tired of hearing folks talk so loud into a cell phone because they apparently think they need to because it is so small. I really do not want to hear other folks discuss business or other topics. There are so many folks that cannot go shopping without talking on cell phone almost all the time so how can they enjoy shopping. I feel they just want attention. Does anyone else really care if a person is standing in line to get on a plane, or to buy a drink, or listen while a person describes all the clothes on a rack or that they are on a page number of a book. People need to get a real life. When I am eating in a nice

place I do not want to listen to someone tell someone else about the menu or what is going on at the moment. Sometimes I wonder if they are really talking to someone or just trying to get attention. Rude is the word of the day for most cell phone users.

I am so tired of hearing about Michael Jackson and the other so called important people. They run such into the ground. We do not give as much attention to what is going on in government as we do to folks like Jackson and or sports figures. We do not seem to care about the really important things in life anymore. We praise movie stars, entertainers and sports figures much more than we do the President, present and past, as well as those that serve us and make laws that we must go by. Our priority seems warped to me because I do not see where movie stars, entertainers or sports figures really do anything to improve my life or way of living. And do not think that I do not enjoy a really good movie, or listening to a great singer and I do enjoy a great football game but these are not at the top of my list as important to my over all life and happiness.

I do not believe increasing my tax at any level is going to increase my life style. I do not believe increasing cost of gas, food and heating is going to do a thing to improve my life one bit. I do not believe bailing out

any company is going to improve my life style one bit. I do not believe making government larger and going into more debt for this country is going to improve my life one bit. I do not believe people in high positions stealing funds is going to improve my life one bit. My life is getting worse because of such actions but a hand full of folks are making these decisions without caring about my life at all. But rest assured that I will not bow down and kiss their shoes. I do not even want to shake their hand because I am afraid I might catch the big head fever from them.

And Zia PVA members, I really do not understand why you do not want to have a free lunch on us when we visit your area. It would be a real pleasure to see you, shake your hand, talk with you and enjoy comradeship with you. We just finished visiting two CBOCs and not one member called to say they would want to have a free lunch on Zia Chapter. It

hurts when this happens because we are trying to reach out to you and trying to let you know we appreciate your membership and are proud of your service to this nation.

I guess I am just getting OLD by complaining but I sometimes feel we are allowing this country and our leaders to do whatever they want instead of holding them to doing what is best for this country instead of a Party or themselves. This is a great nation thanks to our forefathers and what they built for us. They did a great job in the past and we need to remember them and what this nation was built on so we can maintain those thoughts and freedoms. This is our country veterans and we need keep it free and on the right track. Bless each and every one of you. The above comments are mine and mine alone.



“The genius of communication is the ability to be both totally honest and totally kind at the same time.”

— *John Powell*

“The more elaborate our means of communication, the less we communicate.”

— *Joseph Priestley*

## A Nearby Place To Get Away

We all need to chill out occasionally and get away from the hustle and bustle of life, whether at work or at home. Here are a few tips on how to design your own space for meditation or simple relaxation.

- Remember that the place is meant to refresh your spirit, so decorate it the way you want, not to match other people’s tastes.
- Remove all the clutter that can cause you stress, like computers, paperwork, unpaid bills, etc.
- When choosing colors, look for cool, soothing tones—green, blue, or lavender.
- Soundproof the room, or play a recording of soothing sounds that drown out the noise from the rest of the house.
- Add scented candles. The glow and aroma of a candle in the dark promote serenity.

# VA Awards \$3.7 Million for El Paso Cemetery Project

WASHINGTON (July 9, 2009)

The Department of Veterans Affairs (VA) has awarded more than \$3.7 million for a construction project at Fort Bliss National Cemetery in El Paso. “With the further development at this national shrine, VA will ensure that memorial benefits for Texas and New Mexico Veterans are available for many more years,” VA’s Acting Under Secretary for Memorial Affairs Steve Muro said. Design and construction contracts totaling \$3,740,935 were awarded to M. R. Tafoya Construction Company Inc. of Albuquerque, N.M., a service-disabled, Veteran-owned small business. The project to install 5,000 pre-placed crypts in three existing burial sections began June 1. Landscaping and water-wise restoration of the area is included. The cemetery is in the central section of El Paso on the far north side of the Fort Bliss Military Reservation. Situated on 82.1 acres, the cemetery accommodates casketed and cremated remains. Fort Bliss was established in the late 1840s at the end of the Mexican-American War. Although there are no definitive dates for the establishment of the first post cemetery, records indicate the first interment was made in 1883 and 16 burials were

made prior to 1890. In 1914, Fort Bliss changed from an infantry to a cavalry post. At that time, the area set aside as a post cemetery totaled 2.2 acres with a capacity of 800 graves. In 1936, Congress authorized establishing a national cemetery at Fort Bliss, but funds were not appropriated for construction until 1939 and interments began in 1940. Today, the cemetery serves an estimated 57,000 Veterans in western Texas and southern New Mexico. Approximately 1,300 burials are conducted each year. Fort Bliss National Cemetery staff also maintains Fort Bayard National Cemetery, located approximately 150 miles away near Silver City, N.M. Veterans with a discharge under conditions other than dishonorable, their spouses and eligible dependent children can be buried in a national cemetery. Other burial benefits include a burial flag, a Presidential Memorial Certificate and a government headstone or marker - even if they are not buried in a national cemetery. In the midst of the largest cemetery expansion since the Civil War, VA now operates 128 national cemeteries in 39 states and Puerto Rico and 33 soldiers’ lots and monument sites. More than three million Americans, including Veterans

of every war and conflict — from the Revolutionary War to the wars in Iraq and Afghanistan — are buried in VA’s national cemeteries on more than 18,000 acres of land. Information on VA burial benefits can be obtained from national cemetery offices, from the Internet at <http://www.cem.va.gov> <<http://www.cem.va.gov/>> or by calling VA regional offices toll-free at 1-800-827-1000. To make burial arrangements at the time of need, call the national cemetery scheduling office at (800) 535-1117.



“Science can purify religion from error and superstition. Religion can purify science from idolatry and false absolutes.”

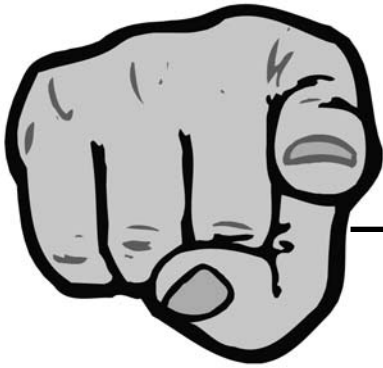
— Pope John Paul II

“While on a ladder, never step back to admire your work.”

— Unknown

“A friend is one who walks in when the rest of the world walks out.”

— Walter Winchell



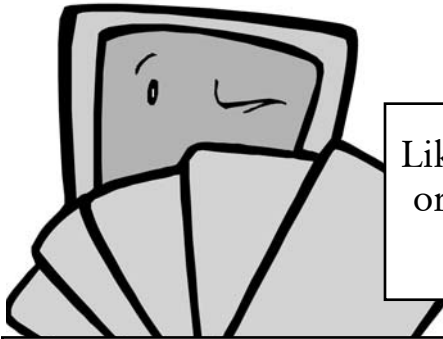
# We NEED You!

## Seeking Zia PVA Members for the following:

Weekday bowling at Santa Ana Star Bowling Center. We would like to get a league started, but we need your help!



Like playing Texas Hold 'em, Blackjack, or other card games? Or want to learn how to play? We need you!



Are you a long-time Zia PVA member?

If so, we need your help. We have a lot of old photos, but need to know the who, what, why and where — can you help??

# Highland Conversions LLC

**Specializing in equipment for disabled drivers**

- ✓ Braun - Ricon - Bruno Lifts
- ✓ Wheelchair & Scooter Lifts
- ✓ Wheelchair Tie Downs
- ✓ New & Used Ramps
- ✓ New & Used Scooters
- ✓ Certified Braun Repairs

New and Used Accessible Vans  
Wheelchair and Scooter Repair



Sales & Service  
Bryan Arndt

417 Adams SE · Albuquerque, NM 87108 · 505.232.8629

**Over 20 Years Experience**

# For Your Information...

## Do a Few Inches of Height Really Make a Difference?

The taller you are, the happier you are. According to the Gallup-Healthways Well-Being Index study, taller people tend to feel more satisfied with their lives than shorter people and are less likely to report feeling such negative emotions as anger, sadness, stress, and worry.

In the study, people gave their height and were then asked to evaluate their lives on a 1-10 scale, with 0 at the bottom and 10 at the top, representing the best life imaginable. Men with a height above the average of 5 feet 10 inches saw themselves as almost one-seventh of a step higher than males with below-average stature. The same trend was true among women, but to a lesser degree.

But wait: Taller people may be happier because they tend to have higher incomes, better education, and higher-level jobs. Gallup noted that once the findings were controlled for income or education, height in itself had little or no relationship to overall happiness.

## Protecting the Earth From Space Invaders

An asteroid killed off the dinosaurs millions of years ago. Fortunately, we humans

have a few tricks up our sleeve if another one threatens our civilization. And the possibility is real: In 2036, an asteroid dubbed Apophis will pass within 10,000 miles of Earth.

Scientists estimate that the chances of a collision are remote, maybe as low as 45,000 to 1. But they're still thinking of ways to avoid global catastrophe. Here are some of the options:

- **Gravity pull.** An unmanned spaceship could be sent to intercept the asteroid. Its gravitational pull, though weak, could tug the rock off course just enough to take it safely away from Earth's orbit.
- **Crash.** Humans could send a spacecraft to slam into the asteroid's surface. Launched from sufficient distance, the ship could gain enough force to deflect the planet-killer off its path.
- **Drilling.** Under this scenario, spaceships would land on the asteroid and drill beneath its surface, pumping out material with enough force to shove the interloper in a new direction.
- **Mirrors.** Orbiting mirrors—up to 5,000 of them—could focus sunlight on the asteroid and melt away enough material to alter its deadly course. Simply blowing up Apophis, or any other asteroid, probably wouldn't work, because the resulting chunks of rock could

still pose a threat — and they'd be harder to deal with.

## Man's Best Friends: Origins of Domesticated Animals

Scientists recently discovered that humans began domesticating horses around 3500 B.C., several thousand years earlier than previously believed.

But the first wild animals to be domesticated were, not surprisingly, dogs.

Distinguished from wolves by their smaller jaw and teeth, they may have appeared anywhere from 13,000 to 30,000 years ago.

Domestication of cats probably began with the rise of agriculture, when people started storing grain. Grain attracted rats, which were followed closely by cats hunting them. A grave in Cyprus, excavated in 2004, found the remains of a cat laid close to a human skeleton, suggesting an affectionate relationship. The grave was estimated to be about 9,500 years old.

## Don't Let Anger Ruin Your Relationships

Anger is normal, but it can also be a dangerous and destructive force when it's out of control. Keep yourself in balance when your blood is boiling with these tips:

- **Breathe.** Stop what you're doing, or what you're about to say, and take three deep breaths to calm yourself. It's a little like the old "Count to ten" advice. The pause, and the oxygen, will help you relax.
- **Gain perspective.** Examine the situation a little. Will it make a difference next year, or even tomorrow? What's the worst thing that might happen because of the situation that's making you enraged? Is the other person really making you angry on purpose, or is it a misunderstanding? Taking a mental step back can soothe your emotions.
- **Exercise.** Physical activity can release built-up tension that contributes to frustration and anger. Take a walk, stretch your muscles. If possible, get away from the situation for a while: Go to the gym, lift some weights, shoot some baskets, etc.
- **Don't attack.** Losing control and yelling at people won't really make you feel better, and probably won't solve the problem. If you must confront the other person, wait until you've calmed down enough to explain yourself rationally.
- **Track your anger.** Learn what makes you angry so you can proactively counter it. Keep a journal and monitor what sets you off. Certain people or situations may exacerbate feelings of insecurity or low self-esteem. The more you understand your

own mental processes, the better prepared you'll be to deal with your emotions.

### **Want to Succeed? Then You Must Be Willing to Mess Up**

Success is about... failure. At least, it's about learning how to fail without letting it stop you from moving forward. As personal and business coach Jane Herman writes:

"You have heard the expression, 'Anything worth doing is worth doing well.' Here's your new motto: 'Anything worth doing is worth being willing to do badly.' If something is important to you, then you have got to be willing to try it, even knowing that you may fail. If you have the attitude that you can't do something unless you can do it well, or perfectly, then you will never take a step. Be willing to take the step."

### **Coming Soon? Charge Batteries In An Instant**

Researchers at MIT are developing a new process for recharging lithium ion batteries that may allow us to recharge them in just three seconds. MIT scientists are revamping the structure of batteries commonly used in cell phones, laptop computers, and portable gaming systems, using clumps of nanoparticles and mixing in carbon and other substances. Ion lithium batteries are also used to power electric cars, which means the

speedy process will result in vehicles that can be ready to go again much more quickly than the current models.

### **Checking In: How Am I Doing?**

On the bus, an older man happened to overhear a young woman talking on her cell phone. "Hello, could I speak to your sales director, please? Yes, I'm calling about the sales position you advertised three months ago? Is that still open? Oh. Well, is there any chance of its opening up again soon? Can I ask why not? Oh, really, that good? Oh, well, thank you."

The man turned and said: "I don't usually listen to other people's phone conversations, but I happened to overhear yours. I'm sorry the job you're trying to get isn't available anymore."

"Oh, that's not it at all," the young woman said with a smile. "That's where I just started working three months ago. I was just calling to see how they think I'm doing. The sales director said his newest salesperson is doing a fantastic job, so I must be doing all right."

*Moral:* Don't take your success for granted.





# Saluting our Members

## ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 574 as of July 20, 2009.

Zia Chapter records indicate our chapter voting membership as follows:  
306 – Service connected  
268 – Non-Service connected

We received notice on the passing of the two members during this reporting period and extend our deepest sympathy and prayers to the families of

Roy D. Carper  
William Moon

National PVA has removed the following members due to undeliverable addresses:

Kevin Holloway

If you have an address change, please let us know so we may update our records and continue sending you various correspondence and the chapter newsletter.

If you know of a veteran with a spinal cord dysfunction and not yet a member of PVA, please let us know at the main Chapter headquarters. Our phone number are:  
(505) 247-4381 or 1-800-5580:  
FAX (505) 247-9204.

## Happy Birthday!

Zia PVA Officers, Directors, and staff salute the following voting members who are having

### Birthdays in August

- 1 - Patricia Buss, Ron Swafford
- 2 - Walter Denney, Reynaldo Sepeda, Joseph Vallejos, Jason McMillan
- 3 - Michelle Oswald
- 4 - Braxton Allen, Anthony Micelli
- 5 - Lloyd Gobourne
- 7 - Ronald Barnard
- 8 - Ronald Billingsley, Larry Bennett
- 9 - Kenneth Newkirk
- 10 - Andrew Engbrock, Maxwell Blanchard, Jack Sweitzer, John Albers
- 11 - John Egli
- 12 - Edward Barber
- 13 - Laverne Swanson, Ruben Porter, Joseph Mulqueen, Wayne Edwards, Matthew Schmalz-Riedt
- 14 - George Parker
- 15 - Danney Brown, John Holland, Samuel Rogers, Ruben Pino, Chris Wulfert
- 16 - Buddy Hayes
- 17 - Peter Parsonese, Robert Gordon
- 19 - Herbert Dillard
- 20 - Frankie Rue
- 21 - Joseph Misquez
- 22 - Lewis Foster
- 25 - Shawn Unruh
- 27 - Ron Gattas, Ronald Harvey
- 28 - Lilburn Ritter, Francis Koch, Jimmy Copeland, Stephen Cramer
- 29 - Patrick Bloomfield
- 30 - Fedencio Gonzalez, Wendy Deluca
- 31 - Raymond Allen, Nathaniel Massie

# Classifieds

'93 Dodge250 RAM designer van, V-8; Braun W/C lift & tiedowns w/remote; power doors; towing package; tv, vcr & MORE!  
Only \$10,500! call 505-832-2651

**Land For Sale** - \$60,000 - 3 1/2 acres, 10 miles south of Belen in Veguita. Has good well, 4,000 gallon upright water storage tank; 1 acre is pipe, cable and wire panel corrals, built in cow feeders, 200 gallon tank for water or hay; 3 100'x100' small corral and 2 large corrals approx. 1/4 acre each. Nice area for home — large or small; access to Hwy. 304; also access to paved N. Jaramillo. Call 861-0115 or 457-7296 for more information.

Also for sale: Generac 5000 (less than four hours) - \$400.00; GENE 3 Pt. PTO Driven seeder, holds 250-300 lbs ; 9" 3 Pt. PTO Drive Auger new, never been used - \$600.00; 5' Howse Blade (Brush Hog) - \$450.00

**WANTED** - Competent reader for blind veteran to read reports, newsletters, magazines, books, etc. Please call 266-8883 for more information.

**FOR SALE** - Hospital bed, 6 way wired remote (electric); w/ low pressure continuous flow air mattress. Also, Hoyer lift partner pickup.  
Call 266-8883 for more information.

**For Sale:** 1998 GMC Suburban V-8, 5.7 liter, 9 passenger, all power, cold a/c with rear control. Michelin tires, 140k miles, low effort brakes installed by VA. Electric crane lift included. \$4,800 OBO. Call Paul at 505-884-1495 or cell 321-4319.

Want to place an ad?  
Classified ads are free to members, \$10/issue for all others. Just call the office and let us know, then fax or email or mail the ad to us. For those ads requiring payment, it is due prior to the ad running. All information is needed be the 15th of the preceding month.

## Commercial Advertising Rates Zia RoadRunner

	1x	3x (-5%)	6x (-10%)	12x (-15%)
Full Page	\$88	\$250	\$475	\$897
2/3 Page	\$74	\$210	\$400	\$755
1/2 Page	\$58	\$165	\$313	\$592
1/3 Page	\$43	\$123	\$232	\$438
1/4 Page	\$35	\$100	\$189	\$357
1/6 Page	\$25	\$71	\$135	\$255
Business Card	\$22	\$63	\$119	\$224

Contact the Zia Chapter at 247-4381 for more information about advertising.

# Zia PVA Programs

## Programs and their Managers

Aid and Attendant .....Gary Kather  
 Assisted Living.....Committee  
 Chaplain .....Terry Conger  
 Chapter Hospital Liaison .....Terry Conger  
 Chapter Hospital Liaison - Spokes.....Lindol Hill  
 Computer Assisted Technology.....Jim Payne  
 Fund Raising.....Jim Hay  
 Government Relations.....Mike D’Arco  
 Membership .....Alyan “Ray” Hill  
 Newsletter .....Amie Kelm  
 One-to-One .....Paul Stapleton/Terry Conger  
 Research and Education.....Vacant  
 Scholarships.....Ron Gattas  
 Sports and Rec .....Chris Ewer  
 VA Voluntary Services .....Mike D’Arco/Amie Kelm  
 Volunteers.....Kevin Dailey

If you are interest in more information about one of the programs at the left, or you would like to volunteer some time, please contact the Chapter.

Zia is a small organization run with a small paid staff (currently one full time and one part time employee) and volunteers — members and associates. Without the volunteers some things don’t get done. We exist for the benefit of our members and we want to provide programs and services that are of interest to you. Please let us know what we’re doing right and what we can do better! Written comments we can post in the newsletter are great and we won’t even print your name if you don’t want us to. Let us know!

### Zia PVA Officers and Directors for FY’09

Chris Ewer, President  
 Lindol Hill, Vice-President  
 Kevin Dailey, Secretary  
 Ray Hill, Treasurer

Directors:  
 Terry Conger  
 Ron Gattas  
 Jim Hay  
 Jim Payne  
 Paul Stapleton

Immediate Past President,  
 Alyan “Ray” Hill

### National PVA Executive Committee for FY’09

Randy Pleva, President  
 Gene Crayton, Sr. Vice-President  
 Rick Glotfelty, Vice-President  
 Al Kovach, Vice-President  
 John Jackson, Vice-President  
 Bill Lawson, Vice-President  
 Frank Rigo, Secretary  
 Craig Enenbach, Treasurer  
 Joseph L. Fox, Sr.,  
 Immediate Past President

# Zia Events - September 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7 Zia PVA Closed	8 SCIC Bingo	9	10	11	12
13	14	15	16	17 SCIC Luncheon	18	19
20	21	22	23	24	25	26
27	28	29	30 Zia Annual General Membership Mtg.			



## Phone Numbers:

Zia Chapter .....(505) 247-4381  
 Toll Free .....(800) 597-5580

PVA Service Office.....(505) 346-4896  
 Toll Free .....(800) 795-3618  
 Office at SCIC .....265-1711 x5046

El Paso VLO .....(915) 564-6183

PVA (National Office).....(800) 424-8200

NM Department of  
 Veteran Services.....(866) 433-8387

## NM Veterans Administration (VA) Medical Center

### Frequently called Direct Dial Service Numbers

Centralized Scheduling .....256-2743

Eligibility .....256-2741

**EMERGENCY ROOM** .....256-2793

Medical Information.....256-2731

**VA POLICE**.....256-2730

Prosthetics .....256-2756

Pharmacy.....265-1711 x5067

**PVA Svc. Office @ SCIC** .....265-1711 x5046

**SCIC Administration** .....256-2849

Voluntary Services .....256-2771

Switchboard .....1-800-465-8262/265-1711

**Regional Office** .....1-800-827-1000

Paralyzed Veterans of America  
 ZIA CHAPTER  
 833 Gibson Blvd. SE  
 Albuquerque, NM 87102

NON-PROFIT  
 ORGANIZATION  
 U.S. POSTAGE  
 PAID  
 Albuquerque, NM  
 Permit No. 620



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## Zia Events - August 2009

Sun		Tue	Wed	Thur	Fri	Sat
		4	5 SCIC Bingo	6	7	8
9	10 Zia BOD Mtg. 1:00pm	11	12	13	14	15
16	17	18	19	20 SCIC Luncheon	21	22
PVA Annual Convention - Miami, FL						
23	24	25	26	27	28	29
30	31					

Tear Me out and post me on your fridge!