



ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

January 2012 • Vol. 46 - No. 1



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Zia ROADRUNNER



Cover: A new year is upon us - whether 2011 was good to you or maybe a bit of a struggle, may 2012 be better!

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Zia *RoadRunner* is published twelve times a year by:
Zia Chapter, Paralyzed Veterans of America • 833 Gibson Blvd., SE, Albuquerque, NM 87102
(505)247-4381/www.ziapva.org/ziapva@aol.com
Contact the Zia Chapter for information on Advertising or Subscriptions.

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January 2012...

MONTHLY

National Blood Donor Month. Bad weather, busy post-holiday schedules, increased cold and flu symptoms, and even the winter blues are common excuses for not donating blood during the winter months. January has been observed as National Blood Donor Month since 1970, and the need is just as important now as it was then.



WEEKLY

New Year's Resolutions Week, Jan 2-8. What better time to clearly define some constructive goals for the New Year?



DAILY

New Year's Day, Jan. 1. Make a resolution, nurse a hangover, and get ready for great things in the coming year.



Zia PVA Closed, Jan. 2 and 3

Zia PVA Board of Directors Meeting, Jan. 9, 12 - Noon.

Zia PVA - Bingo at the SCIC, 6:30pm

Martin Luther King Day, Jan. 16. Celebrating the life and legacy of the civil rights leader, born Jan. 15, 1929.

Zia PVA - SCIC Monthly Luncheon



February 2012

TBD -
Zia Board of Directors Meeting

Wed., 2/8 -
SCIC Bingo

2/12 - 16 -
PVA Mid-Winter
Board of Directors Meeting

Thur., 2/16 -
SCIC Luncheon

Mon., 2/20 -
President's Day - Zia Closed.

March 2012

Wed., 3/14 -
SCIC Bingo

Thur., 3/15 -
SCIC Luncheon



From the President...

Kevin Dailey

As we start another calendar year, I hope that everyone has had a pleasant holiday season and is ready to try to keep the New Year's wishes that we all make.

We also can give thanks that are brothers and sisters are coming home from Iraq and Afghanistan. The war is over and the Iraqi people can take care of their own country. I know that I am not supposed to be political but I could never keep my mouth shut. It should not have lasted as long as it did because we need an administration that has a backbone and should have ended it years ago.

In December, the Zia chapter held its Annual Christmas party at the Santa Ana casino. There were approx. 85 members in attendance; however, Jack Richardson was unable to attend. This meant that we did not have a singer like last year.

I heard many pleasant remarks about the food and the good service we received from the staff as always. There were comment cards at the reception table and I hope that many were given. They will be acted on.

During the upcoming year, The Zia chapter will have several events scheduled as such the Annual fishing tournament in April or May and some other events during the year. Please try to attend if you can.

On February 12 -16, 2012, I will be attending the Mid-Winter Board of Directors meeting in Orlando as President, not as National Director. Jack Richardson has assumed that position for the Zia chapter. Wish him luck!

If you have any ideas or comments, please tell someone at the chapter office.

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And God bless you*



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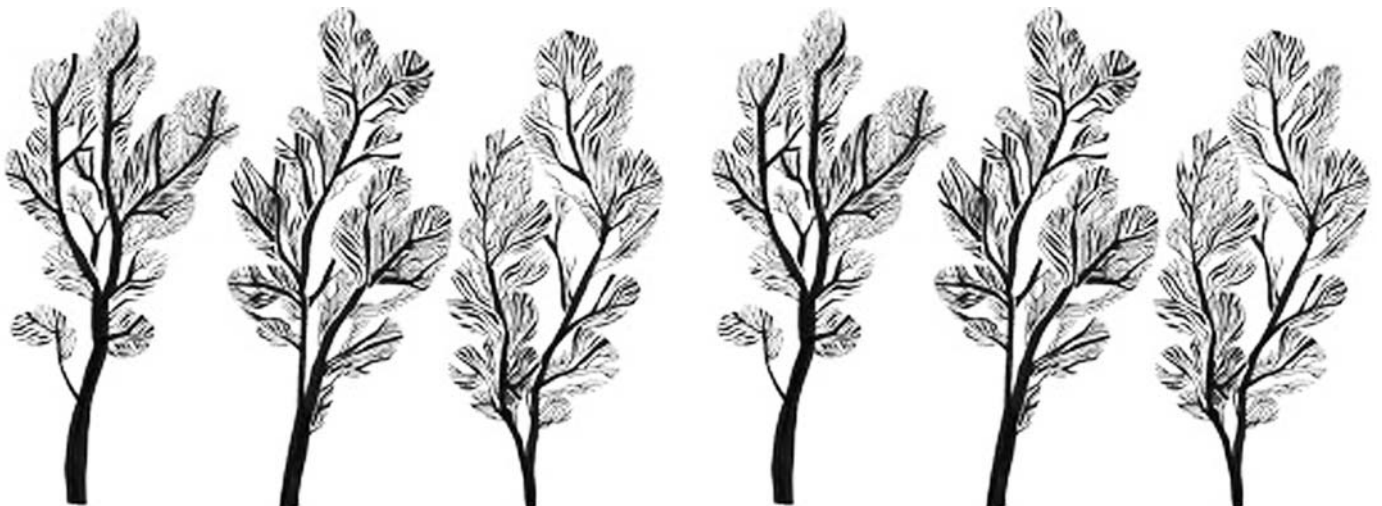
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Zia Happenings

There were no meetings during the month of December. With so many holiday events and parties, Zia voted many years ago to suspend Board of Directors meetings until January.



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Over 20 Years Experience

Introducing Edward "Ed" Hartel

Alexis Lewis

Ed Hartel is currently serving as the Vice President of the Zia Chapter of the Paralyzed Veterans of American. Additionally, he's presently serving as the Chapter's liaison for Computer Assisted Technology located in the SCIC. Last year, he served as the Zia Chapter Secretary.

Born in New Brunswick, New Jersey, Ed joined the New York Army National Guard in 1969 as an EOD (Explosive Ordnance Disposal) specialist. Shortly after his enlistment, Ed found that he enjoyed his part-time military service so much that he went active duty for the Army and was promptly deployed to Vietnam. Finding that he had a talent for EOD work, he took a second tour in Vietnam.

In 1975, Ed separated from the Army and used his GI Bill

to pursue higher education at Pennsylvania State University where he received a Bachelor of Science degree in Chemical Engineering. Later, he attended the University of Southern California and received a second degree in Structural Engineering. Then, with his education and military experience, Ed joined the US Marine Corps where he served from 1979 to 1990 as a Firefighter, HAZMAT technician, and eventually he was promoted to Fire Chief.

In the early 90's, Ed began a civil service career at the fire station in Barstow, California, where he served as the community's Fire Chief. A few years later he relocated to Belen, New Mexico, where he could take care of his elderly parents in an environment that was more beneficial to their health.

While living in Belen, Ed established himself as a General Contractor and he also found this line of work to be personally satisfying. He continued as a contractor for several years until his spinal cord disease progressed to the point that he had to stop work. Nonetheless, he continues to enjoy building and fixing things. Now, Ed's principle forms of relaxation are refurbishing old tractors and woodworking.

Ed has five children and fourteen grandchildren. He lives with his wife Rosemarie on a parcel of land in Belen that is large enough for his tractors and his many varied woodworking projects.



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Temporarily Out of the PVA SCI Office

Jean M. Dougherty, SBA

If you have been by the PVA office at the Albuquerque SCI center you may noticed that I have not been sitting behind the desk for the last couple of months. As you are reading this issue of the Roadrunner I will be starting my temporary assignment of working at the Palo Alto SCI center in California for the next six months. When my time is up I am guaranteed to be able to come back to Albuquerque.

While I am at the Palo Alto SCI center I will be training a new candidate for the PVA NSO training program. The NSO training program is one year in length. After I come back to Albuquerque I will have to continue to travel back monthly to Palo Alto until the training is completed.

The original time was supposed to be for one year so I wouldn't have to continue to travel back and forth to Palo Alto each month to continue the training. National only approved six months for my continuous stay. This was not an easy decision for me to make as I really enjoy being in Albuquerque and especially enjoy working at the Albuquerque SCI Center. I didn't feel that I have been able to do my job properly as I have been gone a lot of the time

which is not fair to the patients and staff.

While I am gone Craig Stewart, SBA, will be manning the PVA office at the SCI Center. Even though I will be gone for the next six months this doesn't mean that I will not have any knowledge of what is going on at the Albuquerque SCI. The Albuquerque SCI office is one of the eight offices that is under my jurisdiction to oversee so I will be able to get the updates of what is happening.

May you have a Happy New Year and see you in the middle of the year...



Albuquerque SCI Office Coverage

Craig M. Stewart, SBA

I hope everyone had wonderful holidays.

As some of you are already aware, Jean Dougherty, Senior Benefits Advocate stationed at the Albuquerque Spinal Cord Injury Unit has accepted a temporary transfer to our Palo Alto, CA office. When she has completed her tour of duty in Palo Alto she will be returning to Albuquerque to again represent our members and clients here in New Mexico.

In Jean's absence I will be manning the Albuquerque SCI office. For those of you who do not know me, my name is Craig Stewart. I have served PVA in various capacities and in numerous offices for the last 31 years. I am currently a Senior Benefits Advocate (SBA). I have been here in Albuquerque for a little over six years working at our downtown office. Before moving to Albuquerque I worked in Seattle, WA, Louisville, KY and Cleveland, OH.

As your PVA representative I will do everything I can to help you obtain every benefit you are entitled to from the Department of Veterans Affairs (VA) and to advocate for you regarding any problems you may have regarding your VA affairs. My intention is to provide the same great service and advocacy that you all are use to receiving from Jean.

If you have any questions regarding VA benefits or any of your VA affairs please do not hesitate to visit the office at the SCI Unit (office hours are Mon – Fri 8am to 4pm) or call me at 505-265-1711 X-15046.



**Letters to the
Editor**

Member's Corner
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Resolutions

This Year, Resolve to do Something Different

It's January again. Have you made your New Year's resolutions yet? Maybe this is the year to forget the boring, routine promises you won't keep, like going to the gym every day and calling your parents once a week. Try resolving to be more creative in 2012 with these resolutions:

- Keep a journal. Spend a few minutes every day or so writing down your thoughts, feelings, dreams, and ambitions—not your daily schedule or your upcoming appointments. Let your mind wander; free-associate a little. You may be surprised at the ideas you generate.
- Read more. Vary your reading habits and explore different topics. If you usually read novels, try a biography. If you read only history, try a book on modern-day science. You'll exercise your mind, and maybe find new connections between ideas.
- Learn something new. Take a class in something unrelated to your job or your usual hobbies—art, auto mechanics, philosophy, etc. Mastering new skills can refresh your outlook on life.
- Meet new people. Make a positive effort to make new friends this year (or professional contacts). Look for gatherings of people whose interests match yours, and network. The more people you know, the better equipped you are to learn and grow.

- Create something for the heck of it. Paint a picture, write a poem, or start a garden—not because you'll get paid for it, but because you want to. You'll find satisfaction in achieving personal goals and motivation to keep trying new things.
- Volunteer. Find a cause you support, and offer your time and service. You'll meet new people and enjoy the feeling of helping out with an important cause.

Keep Track of Your Personal Priorities on a Weekly Basis

In the rush and stress of life, you can easily lose sight of your personal priorities. And when that happens, you may waste a lot of time on the wrong path.

If you're worried about forgetting what's important, start paying attention to what you're really doing in life. Once a week, ask yourself these questions:

- Did I make a difference in someone else's life this week? Satisfaction comes from making an impact on the world, even a modest one in your own small community of friends. Will your efforts make a difference in the near future? How many other people will they benefit? Will the projects you worked on this week matter a year from now?
- How often did I laugh? Laughter and relaxation are important to a well-balanced life. Which of your friends, family, or co-workers helped you feel happy? Have you been

able to make others laugh as well?

- Am I connected to other people? Don't isolate yourself—keep the lines of communication and community flowing, and do your best to repay and help the people who've helped you.
- Did I take time for myself this week? Don't burn out on everyone else's priorities. What did you do to relax and refresh your energy? What could you ask someone else to do that would reduce the stress in your life? How effective are you at delegating tasks at work and on a personal basis?

How to Make Resolutions You'll Actually Keep

Making a New Year's resolution is like setting any other type of goal. You have to choose wisely if you want to achieve something significant. Remember that a good resolution, like a solid goal, usually has a few definable characteristics:

- Focus. Set a definite target: "Lose 10 pounds by June" is better than "Lose some weight."
- Challenge. Your resolution should be neither too hard, nor too easy.
- Commitment. Share your resolutions with others who will help you work on them.
- Presence. Write down your resolutions in detail, and post your list where you'll see it often.
- Vision. Visualize the results you want to achieve every day.

Time to Tickle the Funny Bone

Call It Ecclesiastical Horse Sense

Joe went to the racetrack one afternoon. As he was consulting the racing form, he saw a priest step onto the track and bless one of the horses on the forehead. The horse was a long shot, but Joe thought, "With a priest's blessing, this horse has got to win." He ran to the window to place his bet, and, sure enough, the horse came in first.

A few races later, the priest again stepped onto the track and blessed another horse's forehead. This horse was also a long shot, but Joe was feeling lucky, so he placed a larger bet on that horse. Again, it won.

One hour later, right before the last race of the day, the priest stepped onto the track again and blessed a horse on the forehead, eyes, ears, and hooves. Like the others, this horse was also a long shot. Joe decided to go for broke, and he went to the window to wager everything he'd won so far on this last horse.

The horse came in last.

Dejected, Joe left the track. But out in the parking lot he spotted the priest. "Hey, Father," he shouted. "What happened? You blessed two horses, and they won. Then at the last race you blessed a horse, I bet everything, and the horse lost."

The priest sighed. "Some people just can't tell the difference between a simple blessing and the Last Rites."

Three Jokes About Doctors

A man went to the doctor with a miserable cold. The physician prescribed some medicine, but it didn't help. The man went back, and the doctor gave him a shot, but that didn't do any good.

He called the doctor and asked what else he could try. The doctor advised him to take a hot bath, then without drying off, to open all his windows and stand in the draft.

"But if I do that, I'll get pneumonia."

"Yeah," the doctor sighed, "but I can cure pneumonia."

"I don't know what it is, doc," the young man said. "I just don't feel good."

The doctor examined him and ran some tests. Then she talked to her nurse and came into the examination room with three bottles of different-colored pills.

"OK," the doctor said. "I want you to take one blue pill with a large glass of water every two hours. I want you to take a green pill with a large glass of water every three hours. And then take one of the yellow pills, with a large glass of water, every four hours."

"Geez, that's a lot of pills," the patient said. "What's the matter with me?"

"You're not drinking enough water."

An emergency room doctor came in to examine his first patient of the day, a woman

who'd been in a minor traffic accident. "Well, what brought you here today?" he asked cheerfully.

The woman, in pain, glared at him. "What do you think? An ambulance!"

The Truth Is Out There

A single-engine plane had engine trouble in Nevada, very close to the Air Force's high-security installation known as Area 51. Military police converged on the aircraft when it landed, pulled the pilot out of the cockpit, and spent hours interrogating him.

They kept him all night, finally realizing that the pilot was telling the truth about his engine problems. With a stern warning, they allowed him to take off and fly away.

The next day, though, the same airplane came in for a landing on the same spot outside the base. Again the MPs surrounded the aircraft. The pilot opened the door and jumped out, arms raised, but the sergeant in charge saw a second person sitting in the cockpit.

"What are you doing here?" the sergeant demanded.

"Do anything you want to me!" The pilot pointed to the cockpit. "But please just tell my wife where I was last night!"



Health and Safety

Where Does Aspirin Come From? (Aside From the Medicine Chest)

“Take two aspirin and call me in the morning” is a medical cliché, but that doesn’t mean that aspirin is something to ignore. Even Hippocrates, the father of medicine, prescribed an early form of aspirin for patients suffering from minor pains.

Aspirin, known by its technical name of acetylsalicylic acid, belongs to a group of drugs called salicylates. It’s commonly used for minor aches and pains, to reduce fever, and to relieve inflammation. Aspirin also inhibits the production of platelets in the blood, making it useful in preventing clots that may cause heart attacks and strokes. In addition, low doses of aspirin administered immediately after a heart attack can reduce the risk of a second attack or damage to cardiac tissue.

Hippocrates and other early physicians used extracts of willow bark or the plant spiraea (found in Europe and Asia) to treat headaches, pain, and fevers.

In 1853, a French chemist named Charles Frederic Gerhardt was the first scientist to create acetylsalicylic acid, but it wasn’t until 1897 that chemists at Bayer AG first produced a version of salicin that was gentler on the stomach than pure salicylic acid.

The new drug’s name, “aspirin,” was based on the word “spiraea.” By 1899 it was being sold by Bayer throughout the world.

Following World War I, “aspirin” became a generic term, although Aspirin with a capital A remains a registered trademark of Bayer in Germany, Canada, Mexico, and more than 80 other countries.

Cure For the Common Cold? Maybe It’s Yogurt

Colds, sinus infections, and other upper respiratory tract infections are the leading reason for visits to the doctor in the United States. But according to a study reported by Yahoo News, eating yogurt could help you avoid a cold.

Yogurt contains probiotics—bacteria that can benefit the body’s immune system. In addition to yogurt, probiotics are found in fermented and non-fermented dairy products and in soy products like miso and soy drinks. A review of data involving more than 3,000 participants found that patients who consumed foods with probiotics for more than one week came down with 12 percent fewer upper respiratory infections than those who were treated with a placebo, or who ate probiotic foods for less than a week.

Don’t Ignore These Signs of a Tragedy About to Happen

“Life is pain, highness,” says a character in the movie *The Princess Bride*. That movie ends happily, but for some people that pain becomes so unbearable that they can’t cope. Suicide can leave friends and co-workers wondering what they could have done differently.

Before the unthinkable happens, be on the lookout for these signs of potential tragedy:

- Statements like “I wish I were dead” or “What’s the point of living?”
- Isolation (avoiding conversations and interaction with other people)
- Persistent pessimism or attitude of hopelessness
- Drop in workplace performance
- Neglect of appearance or personal hygiene
- Extreme mood swings or violent rages
- Increased alcohol or drug use
- Sleeping problems
- Giving away possessions
- Loss of interest in enjoyable activities

Don’t jump to conclusions. But if you notice any of these symptoms in your friends or co-workers, take some time to talk to the person. A little extra attention may prompt him or her to seek professional help.

Happy New Year!

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PVA VARO Service Office

Richard Martinez, Sr. National Service Officer

GOOD NEWS:

The Federal Government has approved a 3.6 percent increase across the board for veteran's benefits. It's not a big increase, but it's a beginning and a nice way to start 2012.

Also the Department of Veterans Affairs (VA) has amended regulation 38 CFR 3.810 for CLOTHING ALLOWANCE. The regulation provides that under 38 CFR 3.810(a)(3) that a veteran is entitled to two annual clothing allowances if: (1) A veteran uses more than one qualifying prosthetic or orthopedic appliance,

medication for more than one skin condition, or an appliance and a medication; and (2) the appliance(s) or medication(s) each satisfy the requirements of 38 CFR 3.810(a)(1) and together tend to tear or wear a single article of clothing or irreparably damage an outer garment, requiring replacement at an increased rate than if the article of clothing, or outer garment, was affected by a single qualifying appliance or medication.

Applicability Date: This final rule applies to claims received by or pending before VA on or after December 16, 2011

Our office will once again be moving back to the third floor

beginning the first part of January. Phone numbers will remain the same so please be patient and leave us message during the transition process, we will contact you once we are fully operational.

As always, if you have any questions or concerns please feel free to contact the PVA Regional Office or the PVA SCI Office.

The Service Office wishes everyone a Happy New Year.



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The Chaplain's Corner

Chaplain Mark A. Mayerstein, MDiv

Trust in the LORD with all your heart, and do not lean on your own understanding.

In all your ways acknowledge him, and he will make straight your paths. (Proverbs 3:5-6)

Well, here we are...January, the beginning of another year. I can only pray that 2011 proved productive for all of you and that God blessed each of you and your family richly, as I hope He will again in 2012.

And what about this coming year? Are there things about your life, your attitude, or the way in which you interact with your family, friends, or other fellow human beings that you want to change for the better? Is there someone you need to forgive, but have not? Is that what easily forgotten "New Year's Resolutions" are about, or does deliverance ultimately come from rededicating our lives in service to God? Did you allow the clouds of pain, suffering, fear, or uncertainty to block your appreciation for all of the blessings that God had sent your way? When was the last time you thanked Him for His unconditional love and His providential care of you and yours? Don't you think it is about time you do? Lots of questions and, if we are honest with ourselves, sometimes the answers are difficult to accept.

When I think about these things I am reminded that it is the trials that come into my life that make me a better person, lead me to a closer relationship with my God, and ultimately result in a more peaceful existence as I more fully appreciate

His blessings. And this attitude of mine was truly tested. You see, I did not realize it on New Year's Eve 2008 but a great trial was about to enter my life.

The year started out great. We were getting a tax refund—for the first time in many years. I had been accepted into a very competitive chaplaincy residency at Presbyterian Hospital. My oldest daughter had found a wonderful young USAF PJ who adored her, and they had set a wedding date for October. My youngest daughter was accepted into nursing school and had been awarded an \$18,000 scholarship. And my son, a USAF Explosive Ordnance Disposal tech, had returned safe and sound from his fourth tour in the Middle East during which he was nominated for a Bronze Star. God was blessing us beyond measure. Then I received a phone call that momentarily rocked my world: I had prostate cancer.

CANCER?! But I am a pastor; a faithful servant doing the work of the Kingdom with so much left to do and I have cancer? I was devastated, and it was then that the destructive "why me" questions began flooding my consciousness. That quickly, I had gone from reveling in God's blessings to questioning His plan for my life. Where there had just been peace, appreciation and trust, there was now fear and doubt. But just as quickly as I had come into this state of spiritual despair, the Holy Spirit brought to my mind the story of Jesus and the lepers.

Jesus had passed through Galilee into Samaria, making His

way toward Jerusalem and the Cross (cf. Luke 17). Coming to a small village, He encountered a group of lepers—nine Jews and a Samaritan—who, keeping their distance as the Law required, called to Him pitifully begging for cleansing. "Go, show yourselves to the priests," Jesus said. He didn't heal them immediately, but told them to go to the priests in the Temple in Jerusalem who were the only ones who could officially pronounce them cured. So the ten started off, believing that somehow they would be healed. And sure enough, as they walked along they noticed their skin was clearing up. Their desperate prayers for healing were being answered and they rejoiced. That is when the Samaritan stopped and said, "I'm going back to thank Him."

It is unknown know why this thankful leper had a different attitude than the others. Perhaps somehow he had learned that every good and perfect gift comes from God. It's a life-attitude we all would do well to adopt: "In *everything* give thanks; for this is the will of God...for you." (1 Thessalonians 5:18-Emphasis added.) Thankful people see blessings amidst the storms of life. They realize the sun remains indifferent to clouds and just keeps on shining. Sooner or later its rays break through and provide the warmth and light so vital to life. They tend to view their lives against the backdrop of God's promises, which magnify His blessings and help them to keep their own trials in perspective. They are conscientious about sending thank you

notes, caring for the needy, saying grace before meals, and living their lives in a way that honors God. But that is not the whole story.

There were actually two thankful people in this event: The Samaritan leper *and* his Lord. Jesus was *thankful* for *thankfulness* and, being the God-Man, He both receives and renders thanksgiving. In fact, one of His prayers, recorded in Matthew 11:25-26, begins: "I thank You, Father, Lord of heaven and earth...." When feeding the multitudes, He gave thanks for the bread and fish. Before instituting the Last Supper in the Upper Room, He paused to give thanks. At the tomb of Lazarus, He prayed, "Father, I thank You that You have heard Me" (John 11:41). Thankfulness is simply an element of godliness. When we exhibit thankfulness, we are modeling the life God wants us to lead. But Jesus, Who appreciated the Samaritan's attitude, also commented on the ingratitude of the other nine. "Were there not ten cleansed?" He asked. "But where are the nine? Were there not any found who returned to give glory to God except this foreigner?" (Luke 17:17-18) Did the nine allow the cloud of their disease, which encouraged them to pray for healing, and then the joy of their apparent healing make them forget Who actually had worked this miracle in their lives? I suggest that this is not an uncommon scenario; one which could easily have affected my life for a period of time.

The happy resolution to my cancer came in the person of Dr. Taylor Floyd, a Urologist who is also a devout Christian. He and his surgical team are not only

technically superior but also brought an element of spirituality in their healing. His conversation and his prayer with me on that bleak January day recentered me and enabled me to keep my eyes fixed upon God and to thank Him daily throughout the surgical and recovery processes. I could have wallowed in my doubt and fear and it may have negatively impacted my outcome. But in choosing to thank God daily and to fully submitting to His will for my life, my spirit was freed to soar like an eagle. My thankfulness was therapeutic. I could be jubilant in the midst of pain, and I was triumphant in the knowledge of His omnipresence and His love. In Jeremiah 29:11 God said it best, "For I know the plans I have for you, declares the LORD, plans to prosper you and not harm you, to give you a future and a hope." To this day I am cancer-free, praise God, and my future is full of hope.

And so our challenge is not to slip into, and stay in, that now metaphorical "group of nine," who never pause regularly to say, "Thank you, God." And while thanksgiving, after all, is a command it is also a simple and profitable habit to begin. Just take a few minutes each day to look around and thank God for the

blessings that surround you, even if you have to sort through a storm or two. Thank Him for example: for the medical miracles of modern medicine, its incredible facilities and its skilled practitioners; for the comfortable indoor climates He has given us in which to live and heal; for those who care about us; for the communication systems that enable us to receive comforting words from loved ones who live far away; and for specific biblical blessings such as those contained in Romans 8:28 and Proverbs 3:5-6. There are many others.

Though it may not be easy for you at first, I encourage you to make the commitment to seek to "count it all joy" (James 1:2) and to make the effort daily to see God's many blessings that surround the trials in your life and thank Him for His faithfulness. I promise you it will be worth the effort and you will have a much richer 2012. And, as always, if you need help I am here for you 24/7/365 (505-450-5528).

*Blessings,
Mark*



Micki's Social Security Services

**540 Chama St NE # 9
Albuquerque, NM 87108**

(505) 255-1718

Volunteering With or For Zia PVA

Michael C. D'Arco

Recently our chapter president and I, along with our executive director made a decision that allows me to assume the responsibilities of the chapter volunteer program manager. As you know I currently hold several positions among them the hospital volunteer representative. (VAVS)

We all felt that the chapter would be better served if we combine these two positions into one. In an effort to improve upon the ground work all ready laid out in the volunteer program. As a result I have come up with several new reporting initiatives. I have done this in an effort to make certain that the chapter has an accurate reporting on the time many of you spend as volunteers, on the behalf of Zia PVA.

Reporting volunteer hours:
V.A. Hospital Hours:

If you volunteer your time at the VA hospital I ask the following.

1: Report your hours as you normally do. By the use of the VA volunteer computer

In some cases, as in the monthly SCI cook out, the chapter rep reports all the hours at one time, for all who volunteer at that event.

Please take note that. If you volunteer at the hospital and you are not reporting your hours to the hospital. You may contact me and I will assist with

the reporting. Very sorry we can not recoup any hours not reported in the past.

Also if you are volunteering at the hospital, we at the chapter would like to know that. There are dozens of volunteers listed at VAVS who give their hours to PVA. Unfortunately in many cases we do not know how to contact you. We are only provide with the names of volunteers not an address, phone number or e mail. We at the chapter would like to take time to thank you.

So if you never hear from the chapter and you are a volunteer, let us hear from you.
Volunteering away from the V.A. Hospital

2: If you perform volunteer work on behalf of the Zia PVA chapter or under the umbrella of PVA in some other capacity other then at the VA hospital.

Examples:

Volunteer at the chapter office, any capacity.

Volunteer at chapter sponsored events, such as the annual fishing, ALS walk, picnic, parades any events in public as a PVA member, whatever.

If you do any thing as a member, board member, volunteer sponsored or on the behalf of this chapter, report the hours and the event.

Reporting: you can call the chapter office 247-4381 and someone will record the hours.

You can email me at ziapvaadvocate@aol.com and I will record your hours and reply to you. Please put "Zia volunteer hours" in the message bar. As I never open e mail when I have no idea who the sender is.

You may also record all your activities for the month and then mail them if you like to the chapter to my attention.

I am not certain I have covered all the aspects of reporting volunteer hours. But this is a start to a new initiative. our goal is to have a 100% reporting and to capture all hours volunteers put in. Over the past few years we have not been very successful in this area and so we strive toward improvement. Even some of us who are very involved on a daily basis at the chapter have failed to adequately report what we have been doing.

For those of us who put in volunteer hours at the chapter office, I am asking that we sign in and out on a volunteer sheet. It will be posted by the door and the responsibility of the volunteer to log time. If you only stop in as I do from time to time to say hello and have a cup of coffee. Keep doing it, but don't sign in.

Thank you all who volunteer and those that do not. We welcome new volunteers. Contact me.... Mike D'Arco

PLEASE help me in this new assignment.

New Year Sudoku

Sudoku #1 - Easy

8	2	4		9		5		
6				2		4		
	3		5	1	4	6		8
	4		8					
5	6	8				1	4	3
					5		8	
2		6	7	5	9		1	
		3		8				9
		9		4		8	6	5

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Sudoku #2 - Easy

		7	6	9		2		
		2			7		5	9
6	9	5		8				4
		6		2	4			3
8		1				4		6
3			8	1		5		
2				7		8	4	5
5	1		2			9		
		9		6	8	3		

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Mankind has become so much one family that we cannot insure our own prosperity except by insuring that of everyone else. If you wish to be happy yourself, you must also resign yourself to seeing others also happy.
-- Bertrand Russell

Sudoku #3 - Intermediate

		2	8	5		6	9	3
6	5			1				2
			6					
		7			2		5	
				3				
	6		5			7		
					8			
9				7			6	4
4	3	8		6	9	1		

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Sudoku #4 - Intermediate

	6						7	
1		9		7		6		
5			6			8		9
	3			1				
7			9	2	6			8
				5			6	
3		8			7			5
		5		9		4		7
	4						9	

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Answers on Page 18



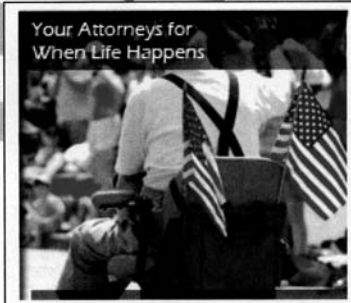
Attorneys for Veteran's Disability Benefits

Veterans of the United States military who have been injured during active service and now suffer from the physical, emotional, and/or psychological aftereffects deserve disability benefits. Unfortunately, not every veteran is granted these benefits after applying for compensation and pension. If you are a U.S. veteran who has been denied disability benefits, contact our Albuquerque, New Mexico disability lawyers for the representation you need.

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Hiring an attorney may help relieve some the stress associated with the veteran disability process; your attorney can assist you with many complex tasks including, but not limited to:

- Procuring the evidence you need to aggressively fight for benefits
- Discovering evidence the VA was unable or unwilling to find
- Requesting very specific reports from your doctor that meet VA acceptability requirements
- Representing you at every hearing including federal courts of appeals



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Sudoku #1 - Easy

8	2	4	6	9	7	5	3	1
6	1	5	3	2	8	4	9	7
9	3	7	5	1	4	6	2	8
7	4	2	8	3	1	9	5	6
5	6	8	9	7	2	1	4	3
3	9	1	4	6	5	7	8	2
2	8	6	7	5	9	3	1	4
4	5	3	1	8	6	2	7	9
1	7	9	2	4	3	8	6	5

Sudoku #2 - Easy

4	3	7	6	9	5	2	1	8
1	8	2	4	3	7	6	5	9
6	9	5	1	8	2	7	3	4
9	5	6	7	2	4	1	8	3
8	2	1	3	5	9	4	7	6
3	7	4	8	1	6	5	9	2
2	6	3	9	7	1	8	4	5
5	1	8	2	4	3	9	6	7
7	4	9	5	6	8	3	2	1

Sudoku #3 - Intermediate

7	1	2	8	5	4	6	9	3
6	5	3	9	1	7	4	8	2
8	4	9	6	2	3	5	1	7
1	9	7	4	8	2	3	5	6
2	8	5	7	3	6	9	4	1
3	6	4	5	9	1	7	2	8
5	7	6	1	4	8	2	3	9
9	2	1	3	7	5	8	6	4
4	3	8	2	6	9	1	7	5

Sudoku #4 - Intermediate

4	6	2	8	3	9	5	7	1
1	8	9	5	7	2	6	4	3
5	7	3	6	4	1	8	2	9
8	3	6	7	1	4	9	5	2
7	5	4	9	2	6	1	3	8
9	2	1	3	5	8	7	6	4
3	9	8	4	6	7	2	1	5
6	1	5	2	9	3	4	8	7
2	4	7	1	8	5	3	9	6

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Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.

Three Months Into Fiscal Year...Still No VA Appropriation

As Congress prepares to recess for the Christmas holiday, work has still not been completed on the FY 2012 Military Construction and Veterans Affairs (VA) appropriations bill. With the current Continuing Resolution set to expire on December 16, 2011, the House and Senate have once again opened debate on how to complete work on all appropriations bills for FY 2012. At this time, nine appropriations bills remain unfinished.

The House and Senate Committees on Appropriations appointed conferees for a conference on the VA appropriations bill during the week of December 5. Reports suggest that the House and Senate are considering rolling up the remaining appropriations bills for all federal agencies into an omnibus appropriations bill as a part of the conference agreement on the Military Construction and VA appropriations bill. However, given the significant disagreements between the House Republican leadership and the Senate Democratic leadership over

provisions in several of the remaining appropriations bills (not including the VA bill), it is highly uncertain whether or not an agreement can be reached by the Christmas recess.

The actions of Congress this year have been particularly frustrating in light of the fact that the Military Construction and VA appropriations bill was the only bill that was passed by both the House and Senate very early in the summer. The House passed the bill in June and the Senate approved its version in July. And yet, nearly six months passed before a conference committee was formed.

House VA Subcommittee On Health Reviews Ongoing Concerns With Veteran Suicide

On December 2, the House Veterans' Affairs Committee, Subcommittee on Health held a hearing entitled "Understanding and Preventing Veteran Suicide" to explore the progress the VA has made with this issue. In her opening statement Chairwoman Ann Marie Buerkle (R-NY) acknowledged that "suicide is undoubtedly a complex issue, but it is also a preventable one and I am deeply troubled by its persist-

ence prevalence in our military and veteran communities."

Recent statistics show that 18 veterans commit suicide each day. Of those veterans accounted for, one third were receiving care from the VA at the time of their death. The total number of veterans committing suicide is not known since many deaths, such as auto accidents involving alcohol and illegal drug overdoses, are not counted in veteran suicide numbers.

Testimony was provided by mental health professionals that have closely studied the issue of suicide. One witness used information from the study conducted by the RAND Corporation entitled "Veterans Health Administration Mental Health Evaluation" that was recently released. One survey of veterans that was used to determine their satisfaction of mental health care received from the VA revealed that 42 percent surveyed rated VA mental health care as a nine or ten, on a scale with ten being most satisfied. The RAND study also reported that 74 percent of veterans who used VA mental health care reported being helped by counseling or treatment received in the prior 12 months. Although this presented a level of satisfaction from

the VA's effort, only 32 percent of veterans perceived improvement in their problems.

The testimony highlighted the fact that a stigma exists in both military and civilian culture that is associated with mental health care. This stigma must be removed to properly address the suicide issue in both the military and veteran population.

The Department of Defense (DOD) and the VA have worked together to create the National Veteran Crisis Line and a suicide prevention campaign. These efforts have shown some success. Chairwoman Buerkle indicated that the Veterans' Affairs Committee will continue holding hearings on this unfortunate topic. "We must do more to reach out to veterans inside and outside of the VA and DOD health care systems to ensure that all those who need it, get the help they earned and deserve before time runs out" said Buerkle.

Access to VA Mental Health Services Remains a Problem

On November 30, the Senate Committee of Veterans' Affairs held a hearing entitled, "VA Mental Health—Addressing Wait Times and Access to Care." The purpose of the hearing was to examine barriers that are preventing veterans from receiving timely, quality mental health services. The hearing served as a follow-up to a July hearing when the Committee first brought attention to excessive wait times for

veterans seeking mental health services from the Department of Veterans Affairs (VA).

The panels that testified before the Committee consisted of a retired U.S. Army Colonel who served on active duty for 20 years as an internist and psychiatrist, the president of a non-profit mental health service provider, the executive vice-president of Mental Health and Family Services for Wounded Warrior Project, a mental health professional from a VA medical center, and the Director of Mental Health Operations for the VA. Each panelist discussed the ongoing problem of wait times for mental health services, despite VA efforts to address this issue by increasing the number of mental health professionals and incorporating mental health as a component of primary care within VA's Veterans Health Administration (VHA). Most recently, the VA has provided medical centers with \$13 million in funding to hire additional mental health staff, implemented a spouse telephone support hotline, and launched an online mental health campaign titled, "Make the Connection," which is a mental health information resource for veterans and their families.

The lack of availability for follow-up appointments, and variability of mental health care across VHA were issues identified as barriers to VA providing quality mental health services. Also during the hearing many panelists advocated for VA providing appointments for mental health services during times that

are outside of the traditional scheduling model. Panelists testified that often veterans are not able to receive the mental health care that they need because they cannot leave work, or find child care during the day. Therefore, flexible hours were recommended to the VA as a way to better accommodate veterans' schedules, and encourage them to seek the mental health services they need. The Committee encouraged VA to "think outside of the box," and develop new ways to improve mental health services that make VA care more accessible for veterans.

The hearing ended with Chairwoman Patty Murray (D-WA) and Ranking Member Richard Burr (R-NC) informing the VA that there will be many more hearings in the near future to address VA mental health care services. The Committee promised to aggressively work to ensure that VA mental health services are addressing the needs of veterans. PVA will continue to work with VA and Congress to help improve mental health care for veterans and their families to ensure that they receive care when it is needed.



Zia PVA Programs

Programs and Their Managers

Aid and Attendant.....	Gary Kather
Assisted Living	Committee
Chaplain.....	Mark Mayerstein
Chapter Hospital Liaison	Gregg Rodgers
Chapter Hospital Liaison-Spokes-..	Pat Dougherty
Chapter Transportation.....	Pat Dougherty
Computer Assisted Technology	Ed Hartel
Fund Raising	Amie Kelm
Government Relations	Mike D’Arco
Membership	Alyan “Ray” Hill
Newsletter.....	Amie Kelm
One-to-One	Ben Apodaca
Research and Education	Vacant
Sports and Rec.....	Vacant
VA Voluntary Services.....	Mike D’Arco/Amie Kelm
Volunteers.....	Mike D’Arco

If you are interested 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 two full time employees) 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!



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

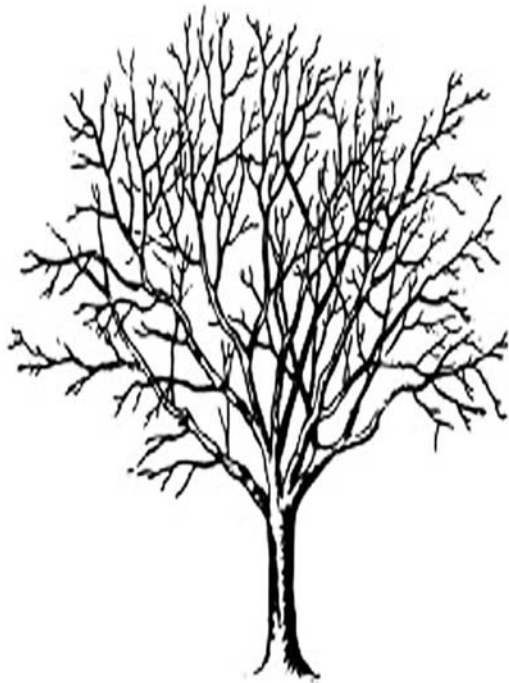
Frequently called Direct Dial Service Numbers

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

ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 525 as of November 8, 2011. Zia Chapter records indicate our chapter voting membership as follows:

278 – Service connected
247 – Non-Service connected



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.

Happy Birthday!

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

- 1 - Tony C. Gutierrez,
David L. Finley
- 2 - Josue Soto,
Raymond L. Guthrie
- 3 - Thomas P. Northrup
- 6 - Robert F. Tereskiewicz,
Nelson Martinez,
James C. Harrold,
Raul G. Martinez
- 7 - Jack L. Walden,
William B. Candler
- 8 - Luciano R. Esparza,
Gerald R. Fehr
- 9 - Robert G. Kern,
Rogelio C. Campos
- 12 - David L. Ransone
- 13 - Mary E. Ishler
- 14 - Richard J. Kaminski
- 15 - William N. Warshauer,
Jon F. Esposito,
Benjamin Apodaca,
Troy L. Gaynor
- 18 - Antonio S. Romero,
Donald J. Sheehan,
Curtis L. Case
- 20 - Terry T. Wyaco
- 21 - Dennis P. Brooks
- 22 - Willie F. Menchaca,
Nelford J. Wilson
- 23 - Mark W. Johnson
- 25 - Henry I. Roybal
- 28 - Joe E. Gutierrez
- 29 - Jack W. McCloud
- 30 - Gerhard Kather,
Richard C. Brooks
- 31 - Jessie Reed

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*Enjoy a
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2012!*

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 to be in by the 15th of the preceding month.

Classified ads will be run in two issues of the *Zia RoadRunner* without further confirmation from the poster. After the second posting, it is the responsibility of the individual placing the ad to contact the Zia Chapter office if the ad needs to continue running.

If you would like to place an ad in the upcoming February newsletter, please contact the chapter prior to January 15th with your ad content.

Thank you.



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HAPPY NEW YEAR!