



ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

May 2009 • Vol. 43 - No. 5



**It's
finished!**



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Zia Chapter office!**

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Patriotism and support for your chapter in one! 5 panel caps are embroidered with the chapter logo \$10.00



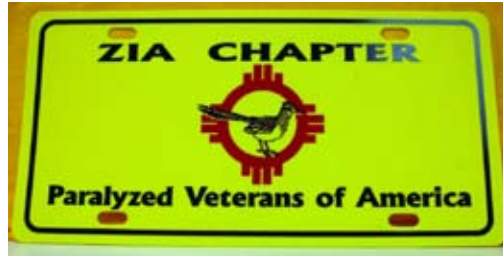
Just Received!!! Zia Challenge Coins and Keychains! Are you a collector? These 1 1/2" coins are great! \$10.00 for one or 3 for \$20.



Zia PVA Jackets embroidered with the Zia logo and your name on the front. *Special order only* \$85.00 and up



Zia PVA Coffee Mugs. Extra big with an extra large handle \$7.00



Let everyone know what chapter you support! Front license plates make a bold statement \$5.00

Great on your wheelchair or on a lawnmower! Buy two — one for you and one for a friend. \$10.00



Also for sale, though not pictured, Zia PVA lapel pins. Cloisonne pins, individually color filled and hand polished. \$5.00



You can wear your heart on your sleeve, but wearing this PVA wristband shows where your heart lies! \$4.00



Stand out in the crowd in a gold Zia PVA t-shirt \$8.00

Order Form

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Cap	_____ x \$10.00	=	_____
Coffee Mug	_____ x \$ 7.00	=	_____
Cup Holder	_____ x \$10.00	=	_____
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T-Shirt	_____ x \$ 8.00	=	_____
Wristband	_____ x \$ 4.00	=	_____
Challenge Coin	_____ x \$10.00	=	_____
Keychain	_____ x \$10.00	=	_____
Keychain and/or coins - 3 for \$20.00	_____	=	_____
Jacket*	---- Contact chapter office -----		
TOTAL		\$	_____

Mail with check or money order:

Zia Chapter, PVA
833 Gibson Blvd., SE
Albuquerque, NM 87102

For additional information:
(505) 247-4381 or
(800) 597-5580

Zia ROADRUNNER

Cover: We're finished and moving in!

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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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May 2009...

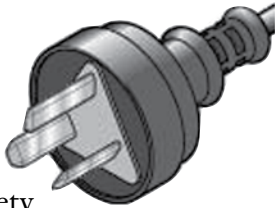
Monthly...

Brain Tumor Awareness Month

The House of Representatives in 2008 declared May “National Brain Tumor Awareness Month,” in response to the brain tumor diagnosis of Sen. Edward Kennedy. For more information on brain tumor issues, go to the North American Brain Tumor Coalition Web site, www.nabrain-tumor.org.

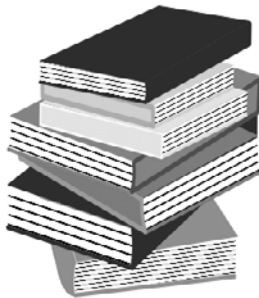
Electrical Safety Month

A good time to review your electrical safety practices at work and in the workplace. The Electrical Safety Foundation International reports: “Home electrical problems account for nearly 55,000 home fires every year. These fires cause over 500 deaths, injure more than 1,400 people, and account for \$1.4 billion in property damage.” Go to www.esfi.org for more details.



Get Caught Reading Month

The Association of American Publishers’ campaign to promote reading. Get Caught Reading Month features celebrities and public figures “caught reading” their favorite books. For more, see <http://www.getcaughtreading.org>.



National Bike Safety Month

Established by Congress in 1956. Bicycles are a \$5.8 billion industry, as estimated by the National Sporting Goods Association in 2006. For ideas, go to the League of American Bicyclists Web site, www.bikeleague.org.

National High Blood Pressure Education Month

Almost one-third of people with high blood pressure don’t even realize they have this potentially dangerous condition. For health information, see the Web site of the National Heart, Blood, and Lung Health Information Center, www.hnlbi.nih.gov.

Weekly...



Be Kind to Animals Week, May 3-9

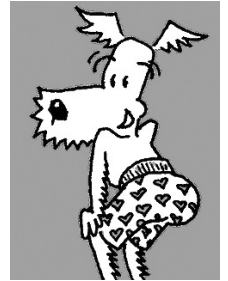
Promoting ways to treat animals humanely and commemorating the role they play in our lives. Sponsored by the American Humane Association, www.americanhumane.org

Daily...

No Pants Day, May 2

Nopantsday.com invites everyone — students, respectable businesspeople,

or cherished community leaders — to leave their pants at home. Don’t get arrested, though:



“Usually this means wearing thick, appropriately modest boxer shorts, but bloomers, slippers, briefs, and boxer-briefs all work as well.”

Mother’s Day, May 10

Observed the second Sunday of May, by proclamation of President Woodrow Wilson in 1914. “A mother always has to think twice, once for herself and once for her child.” (Sophia Loren)

International Nurses Day, May 12

Celebrated on the birthday of Florence Nightingale. The theme for the 2009 is “Delivering quality, serving communities: Nurses leading care innovations.” See the International Council of Nurses Web site, www.icn.ch.



Memorial Day, May 25

Remembering those who gave all for their country.

From the President

Chris Ewer

Wow, winter just doesn't want to give way to spring or summer.

Good old New Mexico weather – give it five minutes and it will change. Hope you all had a good Easter week and are prepared for the warmer weather to return.

April was a very busy month for the Zia Chapter PVA. PAW week started on Easter Sunday and concluded the following Saturday. During that week Zia PVA and Rio Rancho CIVITAN volunteers put on the monthly Tuesday night Bingo at the SCI/D Center for the inpatients. A real enthusiastic turnout of 14 or 15 bingo players, all of whom seemed to have a great time.

Having spent a lot of inpatient time at the SCI/D Unit lately, I know how important the Bingo nights are to our members.

Thanks to all the volunteers, our resident RT, Janet, and the players for the fun had by all.

Thursday was the first outside monthly barbecue luncheon by the Zia PVA food group of volunteers. Thanks to Manny for the Nathan's Hot Dogs and the New York touch. Hector Gongora got Roberto Chavez to come in and entertain everyone with his music. Roberto will be playing in May at the Angel Fire Veteran's Memorial Park during the Memorial Day ceremonies on the 23rd through the 25th.

Anyway, the inpatients, their visitors, the SCI/D staff, and a few crashers enjoyed the great luncheon that Mike D'Arco and his gang put on.

The following day on the 17th, the Zia Chapter PVA celebrated, in a way, a historical day with the

Open house and Dedication of its new building addition. About 45 to 50 people gathered throughout the day enjoying the occasion and the food. The Mayor of Rio Rancho was on hand to read a PAW Proclamation and thank Zia, its members and all veterans for their sacrifices. It would have been nice to have had the City of Albuquerque and the State of New Mexico send someone to help us celebrate, but we got along without them. The new entry way is dedicated to Ralph Markward and the new annex/addition is dedicated to James Seybold and Ernie Chavez. These three men were the ones to have the foresight and dedication to the SCI Veteran population in the New Mexico area and in 1967 formed the now Zia Chapter PVA. In 1978, under their direction, an old Shell service station was purchased for \$80,000.00 less than the asking price of \$125,000.00. So for \$45,000.00 and about \$100,000.00 (borrowed) more for reconstruction, accessibility, the Zia Chapter PVA became the first PVA chapter to own its own building. In the 1990's, when the mortgage was paid off, the Chapter had a mortgage loan paper burning party to celebrate. Now, after 21 years, the Zia Chapter has expanded again. The new addition houses a new IT room, a file and storage room, four offices for officers and program managers, and a large multipurpose room for recreational use and computer stations. I would like to thank Ray Hill for his generous contribution

towards the cost of the exterior landscaping. Much Kudos go to Zia's staff, Amie and Carol, various volunteers like Kevin, Lindol, and Dennis, who rolled up their sleeves, hauled & filed stuff, and enabled the Open House and Dedication to come about. This new addition gives the Zia Chapter a new starting point in expanding services to you, the membership we are devoted to. Please come down and enjoy it and the various opportunities it extends.

On the 24th of April, a delegation of Zia representatives and the National PVA SBA, Jean Dougherty, met with VISN 18 Network Director Susan Bowers and VAMC Director George Marnell to discuss ten items which Zia PVA felt needed to be brought to the VISN Director's attention. These items were the Enhanced Use Facility (EUF) first proposed at the National PVA convention in 1997, Community Based Outpatient Clinics (CBOCs), SCI patient to SCI staff balance, High speed wireless internet availability for the SCI inpatients, Medical arm/wrist band information breaches, Quality and type of food served on the SCI/D Unit, New medical equipment ordered but not delivered to the SCI Unit, Necessity of the SCI Chief to visit the SPOKE facilities, Non-SCI functions still at the SCI Center which take SCI staff away from their primary jobs, and several SCI Courtyard issues (most of which are now being corrected). Zia PVA was only given 30 minutes to present these issues and

President's Rpt. Cont on Pg. 4

From the Vice President

Lindol Hill

April 2009 has been somewhat busy trying to get the new addition completed to Zia Chapter building. The completion resulted in needing to move a lot of items around and placing new furniture into new addition. Also resulted in a good cleaning required to get things in order. Then an Open House on Friday, April 17, 2009 to show off the new addition.

I assisted as much as possible on April 14 and 15 at Zia Chapter on moving items around and putting together items. On April 16, I assisted Mike and Vi D'Arco with the SCI Cookout where hamburgers and hotdogs were cooked and served. This event is always a success at the SCI Unit and patients enjoy something different to eat from regular meals.

On April 17, Zia Chapter held an open house for the new addition from 10AM till 3PM. There was hotdogs, potato salad, chips and cake along with soft drinks. Mike D'Arco cooked the hot dogs for all of us in attendance. The Mayor from Rio Rancho read a proclamation in support of PVAs PAWS Week. The Chapter President made everyone aware that the new addition was named after Ernie Chavez and Jim Seybold and the entrance into Zia Chapter was named after Ralph Markward. These three members were very instrumental in getting Zia Chapter started and getting the SCI Unit approved for Albuquerque. They were recognized for all they did for Zia Chapter and our members over a long period of time. Also in attendance was our pres-

ent Board of Directors and Officers as well as Program Managers. We were blessed with the attendance of Ernie Chavez's widow and daughters. Also in attendance were local PVA National Service representatives and staff. They donated two very good and pretty cakes for the occasion. There were some members as well as family members of those in attendance. There was also some very good music for those present. Also in attendance was our own SCI RT Janet Escobedo. It was a nice turnout and I deeply appreciate the efforts of many to help this be a very nice open house. This was a special day, a dream come true, and I was so proud to see how nice the Chapter really looks with the new addition.

I really must hand out kuddos to Amie, Carol, Kevin and Dennis for all the time and energy they put into getting the building completed and then getting it ready for the open house. Thanks to all for a job well done in behalf of our members.

I will attend the BOD meeting on April 21 and a VISN 18 Directors meeting on April 24. It has been a long time since we had a MAC meeting with the VISN 18 Director and we are pleased that she will meet with Zia Chapter prior to the regular MAC meeting.

Jean Dougherty, SBA, and I will be visiting the Raton CBOC on May 12 and hope some members have lunch with us on May 11. We then drive on to Amarillo VA Medical Center for a visit on May 13 and hope some members have lunch with us on that same

day. Everybody enjoy a wonderful summer and keep well.



Lunch Anyone?

Just a reminder, Zia PVA will be visiting a number of the Community Based Outpatient Clinics (CBOCs) and other VA Medical Centers in the upcoming months. While there we would like to have lunch with local Zia PVA members and hear your comments and concerns. We will not be sending out letters as we have done in the past, so if you would like to meet us for lunch, please call the Chapter at (800) 597-5580. We'll let you know where we plan to have lunch. Lunch is on us and will be at 2:00pm for all locations.

Here's the schedule:

May 11, 2009 - Raton, NM
May 13, 2009 - Amarillo, TX
June 23, 2009 - Hobbs, NM
June 24, 2009 - Artesia, NM
July 16, 2009 - Silver City, NM

Please don't make us eat alone!

the Directors were late getting to the meeting, so we probably only got to discuss the issues for about 22 minutes after introductions were completed.

Neither the most stellar meeting nor the most productive either.

After our meeting, the bi- or tri-annual MAC meeting was held. Zia had the largest delegation there, five, and overall attendance was about one half of what the previous meetings were. No representatives from the SCI Center! On an upward note, the VA has instituted a new program call Rural Out Reach. The initial fleet of thirty (30) forty foot motor home type clinical vehicles will go in operation by the end of May, 2009. Three (3) are to be assigned to the New Mexico state vicinity. One in El Paso,

TX, one in Santa Fe, NM, and one near Window Rock, AZ. These vehicles will function as rolling triage units, equipped with GPS satellite reception for transmitting and receiving info. They are wheelchair accessible and will be staffed by 3 to 4 VA staff. Their purpose is to provide Out Reach to the real rural areas in which veterans do not usually get any medical or benefit treatment. With the wide expanses of Texas, New Mexico, and Arizona, maybe some of the Veterans who are currently falling through the cracks will finally get the treatment and attention they deserve!

April 24- 26 was the 2nd Annual Zia PVA Charity Bass Tourney at the Elephant Butte Lake State Park in Elephant Butte/T or C area. The folks who were down there to put it on will have a report on, so I won't spoil

their glory. I did go down on Sunday to participate in the fish weigh- in (got there too late) and the Awards presentations. More will be said in other reports.

As we roll into May and the weather warms up, keep in mind the various Memorial Day Ceremonies, local and throughout the state. Zia Chapter hopes that you will take the time to participate in one of the parades or other ceremonies commemorating this day of remembrance for our comrades-at-arms who paid the ultimate price for our and others' freedoms and ideals.

Come down to the Zia office and see us, have some coffee or a soft drink, and visit with us. Remember, we are here for you and it is nice to see you other than when you are an inpatient at the SCI/D Center. May the Good Lord bless you with health and patience?

PVA Service Office

Richard Martinez, NSO III

Hello my fellow veterans and family members. At this time, I would like to remind all of our PVA members, eligible members, and surviving widows that if you intend to file a claim for any benefits with the VA Regional Office, please send all claims and/or any additional information/evidence to the PVA Service Office first. The reason for this request is that we can review this information/evidence before it is forwarded to the VA. Medical records or treatment records are especially important for review.

After reviewing the information/evidence, if there is anything

that might hurt your claim, we will call you and discuss the matter. Otherwise, a cover letter will be attached to the claim or information/evidence and forwarded on to the VA. We will provide you with a copy of the cover letter to let you know what was submitted to the VA on your behalf. This way we can protect your interest as your representatives.

If you submit a claim directly to the VA, we are not made aware that you have filed a claim until we received the VA's duty to assist (DTA) letter informing the claimant that the VA has received the claim, it is being worked on,

and what additional evidence is needed.

So again, please send all claims and information/evidence to the PVA Service Office and not directly to the VA.

If you have any questions regarding any issues or on claims submitted to the VA, please contact the PVA Service Office at (505) 346-4896. You can also contact Jean Dougherty at our PVA SCI office at (505) 265-1711, ext. 1-5046.



Zia Sports and Recreation

Chris Ewer

As the weather warms up, your thoughts should be moving to getting outdoors and enjoying the activities you haven't been able to do all winter.

Go for a nice roll along the Bosque on the bike trail. Go down to the Zoo. Go catch a few fish at Tingley Beach. Go visit one of New Mexico's 34 State Parks. Go to an Isotope's baseball game. Go to your neighborhood park and have a picnic. **JUST GET OUTSIDE AND GO SOMEWHERE!** If you need to find a place to go and have a computer, check out the Zia Chapter PVA website, www.ziapva.org, there have been a lot of changes in the website – the calendar is loaded. Try clicking on "Useful Forms" or "Links" and you will find places to go and other info to help you.

Want to practice with your bow? I know where there is an accessible outdoor archery range where you can practice at 30 and 50 meters, for free. Give me a call (681-0936) or email me at cewer2@comcast.net, and I'll tell you.

I'm still trying to get the cocking device for the chapter crossbows operational. Guess I'll have to make a trip to the Archery Shoppe and get some advice.

Hope some of you have drawn for some of the many mobility-impaired hunts in New Mexico. I missed the Oryx draw, but will maybe score on the elk draw. If you did draw and are

having a problem finding some help for your hunt, gimme a call and I might be able to help you out. There is the Hell-of-a-Hunt for antelope in Wyoming, out of Douglas, that you might be able to get in on – if you apply in time.

I will be starting up the Introduction to Trapshooting/Step Outside in a couple of months, so if you are interested, gimme a call.

In September, Zia will be hosting a one day fishing outing at one of the local lakes. There will be food, fun, fishing and prizes for members and their families, if they attend.

We're trying to get a day time bowling league going out at the Santa Ana Star Casino bowling alley (very accessible) started. Gimme a call!

Like to play Texas Hold'em or Black Jack? We're trying to get enough interest to start a Thursday night card game at the Zia PVA office in the new addition. We should have a table tennis table there soon, and maybe a dart board. Gimme a call.

I hope you got the message that I was trying to get to you. **GIMME A CALL!** I can't help you out if you don't talk to me or someone else at the Chapter office ((505) 247-4381).

Maybe I'll hear from you soon. Get Active!

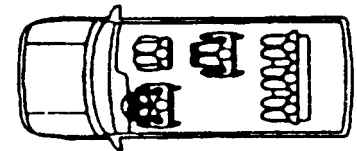


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GRD and VAVS and SCIC Lunch

Michael D'Arco

Airport Parking

If you are accustomed to parking at the Albuquerque Airport and use handicap free parking privilege, listen up.

Legislation signed by the governor now forbids that. Senate Bill 610 introduced by Sen Cisco McSorley prohibits handicap parking at airports for longer than twenty four hours. It states "airport parking facilities may charge long-term parking fees for periods of time exceeding twenty-four hours."

The new law removed the following : "Unlimited periods of time" So it looks to me like, you park longer than a day , you pay.

You can park as long as you like, but you will pay the going rate.

This legislation is the result of abuse of the parking privilege. I am currently looking into the new law as it appears to apply state wide.

A copy of the legislation can be found on the web or at the chapter office.

VAVS

The quarterly VAVS meeting was held in April. Here are a few of the items that were discussed.

The VAVS program helps to distribute items to patients. If you can help, they are in need of the following items:

Comfort items — shampoo, toothpaste, toothbrushes, razors, combs, lotion, deodorant, and body wash. Any size - large or small is appreciated.

Canteen Books. These are distributed to patients by the Social Workers.

Bus passes. These are also distributed to patients by the Social Workers.

Clothing items: underwear, white socks, and t-shirts of all sizes. Both men and women's clothing is accepted. Please limit suits, polos and slacks — not much need for them. With warmer weather approaching, they are no longer accepting winter clothing.

If you make a donation, please take the time to fill out a donation slip. The VAVS will mail you a thank you - a receipt for your taxes. Every little bit helps.

SCIC Luncheon

This month was our first BBQ outside on the SCI courtyard. Although the weather was a bit cool the grills were smoking hot.

Pat Dougherty was cooking up our 1/3 pound burgers and Manny Martinez was cooking his New York style Sabrette hot dogs. Manny was gracious enough to donate his time, talent and cash to not only help cook but he also donated the hot dogs



86 patients, staff and visitors came out to enjoy the first cook-out of the season. And then the ever present volunteer staff of our chapter . My wife Viola, Lin Hill Helen and Bob Werden,

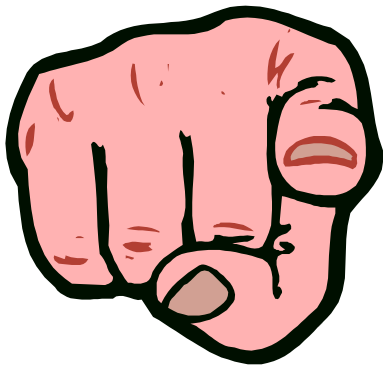


Kevin Dailey, Vi Livingston, President Chris Ewer, Robert Schnitzler, Esther Cordova, Melissa Fields, Hector Gongora, Vivian Buxton and Janet Escobido SCI Rec. Therapy.



And, of course, we had the wonderful music provided by Roberto Chavez. Great vocals and great key board sounds. Roberto has been playing since 1966 and has played with many entertainers among them Fats Domino, Louie Prima Al Hirt and Pete Fountain.

A really good day enjoyed by all.

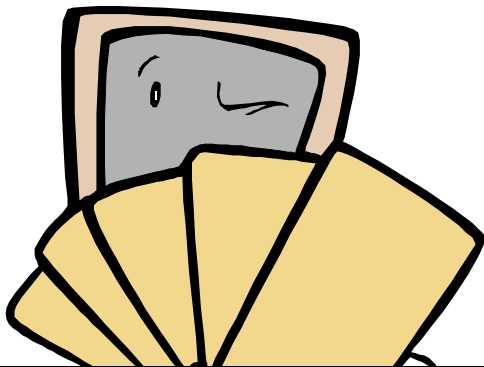


We NEED You!

Seeking Zia PVA Members for the following:



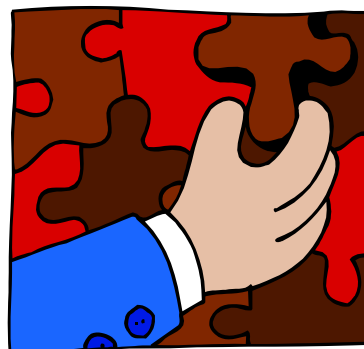
Weekday bowling at Santa Ana Star Bowling Center. We would like to get a league started, but we need your help!



Like playing Texas Hold 'em, blackjack, or other card games?

We need you!
We're looking at the calendar to schedule events to be held in the Chapter's new Recreation Room. We need your help!

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??



Like jigsaw puzzles? We're going to be starting a new one soon at the office in the Rec Room. Come help us!

Paralyzed Veterans and U.S. Handcycling would like you to be a part of an awesome off-road clinic and race July 9-11 in Fort Collins, Colo.

MUDDY MAYHEM RETURNS TO COLORADO THIS SUMMER!



FENLONPHOTO.COM

If interested, please contact Geoff Hopkins, Associate Director of Sports and Recreation, at geoffh@pva.org or 202-416-7736.



For More Information and Registration Materials Contact:
 Paralyzed Veterans of America
 Sports and Recreation Program
 (800) 424-8200, ext. 752 or 657,
 (800) 795-4327 (tty)

or
 Spokane VAMC
 Carla Lippert
 (509) 434-7508,
carla.lippert@va.gov

or visit
www.wheelchairgames.va.gov

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For Your Health and Safety

Informed Consent: What To Ask Your Surgeon Before The Incision

Surgery is almost always a scary prospect to confront. The American Association of Neurological Surgeons offers patients this list of questions they should ask before the day of any surgical procedure:

- What surgery are you recommending?
- Why do I need it?
- Are there any alternatives to this surgery?
- What are the benefits of having this surgery?
- What are the risks?
- How much postoperative pain will there be?
- What might happen if I choose not to have this surgery?
- Where can I go for a second opinion?
- What is your experience with this procedure?
- How much will the surgery cost?
- Where will the surgery be performed?
- What kind of anesthesia will be used?
- Can I eat or drink anything the day before and/or the day of my surgery?
- How long can I expect to be in the hospital?
- Where should I go when I arrive at the hospital, and what should I bring with me?
- How long will it take to recover?
- What if I still have pain or still experience symptoms after surgery?

- When do I schedule my post-surgery follow-up appointment?

Mom Was Right: One More Reason To Brush Your Teeth

Brushing your teeth regularly is good in all sorts of ways. Doctors now theorize that it may help prevent heart attacks. Poor oral hygiene can lead to gum disease, which increases the amount of high-sensitivity C-reactive-protein (hs-CRP). Whether increased levels of hs-CRP is a danger signal or risk factor is unclear, but scientists have found that people with gum disease are twice as likely to suffer from coronary artery disease as those who don't. So start brushing.

Home: Follow These Important Precautions

If most accidents happen in the home (as common wisdom would have it), that's where you can take the most effective precautions. Here are some basics you can't afford to ignore:

- Cooking safety. Don't turn making dinner into a fire risk. Keep paper towels, dishrags, and anything else that's potentially inflammable at least three feet away from a heating surface. Roll up your sleeves—loose-fitting clothing can catch fire without warning.
- Carbon monoxide. Every time you activate a furnace, stove, hot-water heater, or any other appliance, you produce carbon monoxide, a colorless, odorless gas that can suffocate and kill.

Keep fresh air circulating throughout your house as much as you can, and install at least one CO detector with an audible alarm to alert you of any dangerous buildup. Place more alarms on every level of your house (with one near the bedroom so you can hear it if you're sleeping). Keep them away from your furnace or any other gas appliance, and far from any fans or fresh air sources that might interfere with an accurate reading.

- Deadbolts. Secure your house with the right kind of deadbolt — one that's steel, not a soft metal like brass that can be easily sawed through. Use a bolt that extends at least an inch past the edge of the door: It's harder to jimmy. Don't worry too much about the lock being picked; even expert locksmiths need 10 minutes or so to open a lock, and most burglars won't want to risk being seen picking a lock for that amount of time.



“As I see it, everyday you do one of two things: build health or produce disease in yourself.”

— Adelle Davis

“It's no longer a question of staying healthy. It's a question of finding a sickness you like.”

— Jackie Mason

A Touch of Humor

Commence Laughing

May is a month of graduations: high school students going onto college, college grads moving into the work force. Here are some light-hearted thoughts to share with the graduates in your life:

“Graduation day is tough for adults. They go to the ceremony as parents. They come home as contemporaries. After 22 years of child-raising, they are unemployed.”

— *Erma Bombeck*

“Without education we are in a horrible and deadly danger of taking educated people seriously.”

— *G.K. Chesterton*

“Remember, today is the tomorrow you worried about yesterday.”

— *Dale Carnegie*

“Commencement speeches were invented largely in the belief that outgoing college students should never be released into the world until they have been properly sedated.”

— *Garry Trudeau*

“A graduation ceremony is an event where the commencement speaker tells thousands of students dressed in identical caps and gowns that ‘individuality’ is the key to success.”

— *Robert Orben*

How not to get into heaven

A woman died and found herself at the Pearly Gates. St.

Peter approached her with a smile. “To enter, you need only pass a simple spelling test. Can you spell the word ‘love’?”

“L-O-V-E,” the woman replied, and St. Peter stepped aside and allowed her to enter Heaven. Several years later, St. Peter found her on a cloud and said, “I have a big meeting today with the Boss, and I can’t watch the gates. Would you mind taking my spot?”

The woman agreed. The morning passed uneventfully, and then she looked up and saw her husband approaching. “It’s so nice to see you!” she exclaimed. “How have you been?”

“Just great,” her husband replied. “I married the beautiful young nurse who took care of you while you were sick, and we had three more children. I won the lottery. We lived in a huge mansion. We had matching BMWs. My wife and I were taking our yacht on a second honeymoon cruise when I fell overboard and drowned.” He looked around. “So, how do I get into Heaven?”

“You just have to spell one word.”

He smiled. “Great! What word?”

She stared at him. “Kyrgyzstan.”

These Verbal Twins Can Be A Bit Tricky

The English language is full of confusion: We drive on the parkway and park in the driveway, and all that. Here are some examples of word usage that

might trip up even the most conscientious among us:

- In order to lead, you must get the lead out.
- A farm will produce produce.
- The garbage dump was so full it had to refuse refuse.
- The artist painted a bass on the head of a bass drum.
- The frightened dove dove into the bushes.
- Joe did not object to delivering the object.
- The scientist had to subject his subject to many tests.
- The insurance claim for the invalid was deemed invalid.
- The doctor wound a bandage around the soldier’s wound.
- The rowers had a row about how to row.
- The tear in his expensive shirt made him shed a tear.

Thoughts For Traveling

“A hundred years ago, it could take you the better part of a year to get from, New York to California, whereas today, because of equipment problems at O’Hare, you can’t get there at all.”

— *Dave Barry*

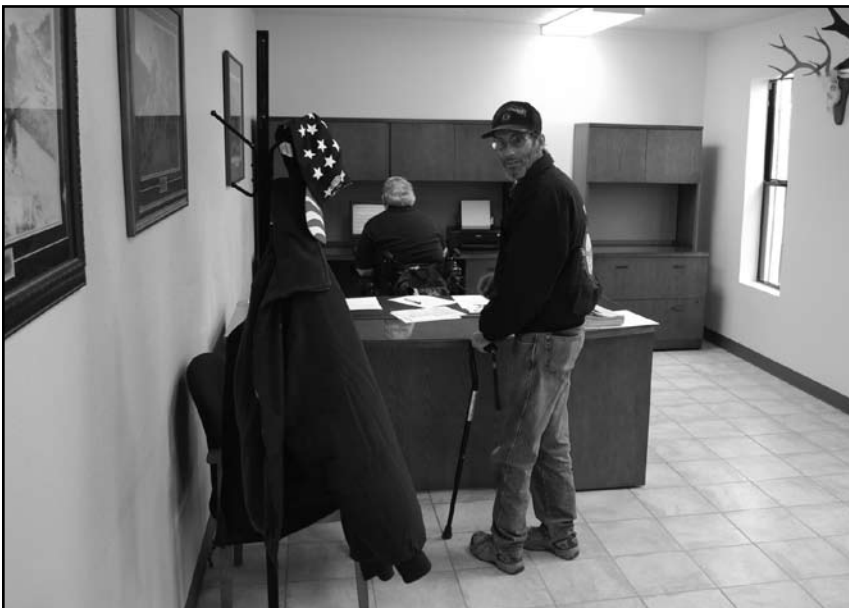
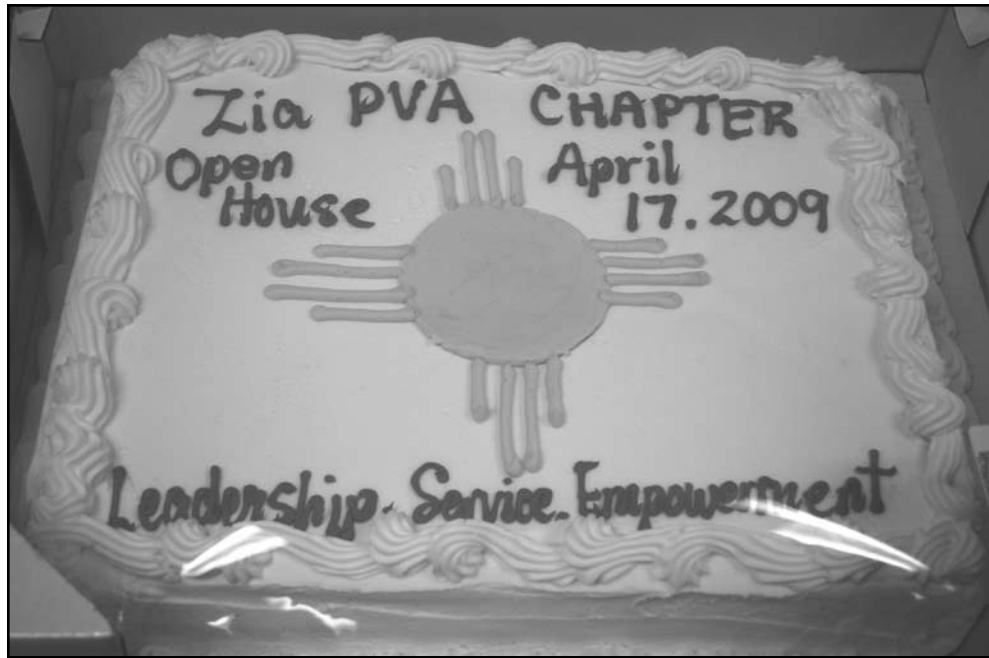
“Modern air travel means less time spent in transit. That time is now spent in transit lounges.”

— *P.J. O’Rourke*

“If God wanted us to fly, He would have given us tickets.”

— *Mel Brooks*

Zia PVA's Open House





A special thanks to everyone who made this possible.

To Zia PVA members — this is for you. Take the time to come visit. We're hoping to get some activities going in the new Rec room. So if you have any ideas — let us know!

Memorial Day History

by Ray Hill

For many Americans, Memorial Day represents a day off for backyard barbecues, lawn work, or other family related activities. In contrast, many other Americans will honor our fallen men and women of the armed forces by visiting cemeteries and placing flowers on the graves of fallen service members; flying the Flag of the United States at half-staff until 12 noon; participating in a “National Moment of Remembrance” at 3 p.m. to pause and reflect upon the true meaning of the day; and visiting war memorials. Memorial Day is very special for this simple reason: It honors - unconditionally — those who served on our behalf and made the ultimate sacrifice. Memorial Day has provided us with a dignified, yet active, opportunity to share our gratitude for those we have never met and who died preserving our freedoms. Some are quiet and deeply personal while others are overtly public.

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation’s service. There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women’s groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, “Kneel Where Our Loves are Sleeping” by Nella L. Sweet carried the dedication “To The

Ladies of the South who are Decorating the Graves of the Confederate Dead” (Source: Duke University’s Historic American Sheet Music, 1850-1920). While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it’s difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860’s tapped into the general human need to honor our dead, each contributed honorably to the growing movement that culminated in General Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established.



Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all.

Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national

commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal employees),

though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis’ birthday) in Louisiana and Tennessee.

Traditional observance of Memorial day has diminished over the years.

Many Americans nowadays have forgotten the meaning and traditions of Memorial Day. At many cemeteries, the graves of the fallen are increasingly ignored, neglected. Most people no longer remember the proper flag eti-



quette for the day. While there are towns and cities that still hold Memorial Day parades, many have not held a parade in decades. Some people think the day is for honoring any and all dead, and not just those fallen in service to our country.

There are a few notable exceptions. Since the late 50's on the Thursday before Memorial Day, the 1,200 soldiers of the 3d U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing. In 1951, the Boy Scouts and Cub Scouts of St. Louis began placing flags on the 150,000 graves at Jefferson Barracks National Cemetery as an annual Good Turn, a practice that continues to this day. More recently, beginning in 1998, on the Saturday before the observed day for Memorial Day, the Boy Scouts and Girl Scouts place a candle at each of approximately

15,300 grave sites of soldiers buried at Fredericksburg and Spotsylvania National Military Park on Marye's Heights (the Luminaria Program). And in 2004, Washington D.C. held its first Memorial Day parade in over 60 years.

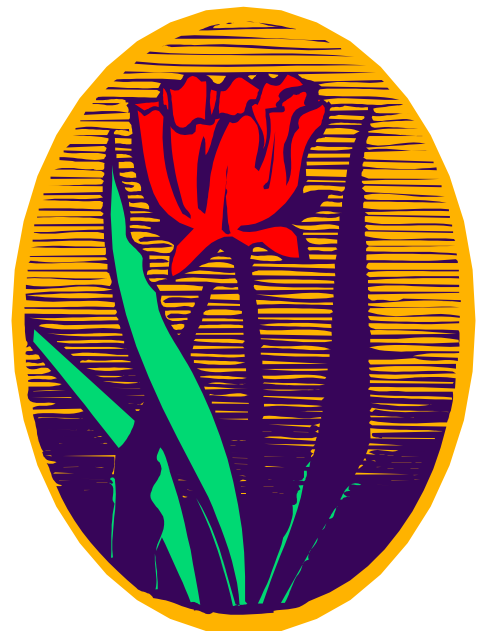
To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, on Memorial Day for all Americans "To voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps."

The Moment of Remembrance is a step in the right direction to returning the meaning back to the day. What is needed is a full return to the original day of observance. Set aside one day out of the year for the nation to get together to remember, reflect and

honor those who have given their all in service to their country.

But what may be needed to return the solemn, and even sacred, spirit back to Memorial Day is for a return to its traditional day of observance. Many feel that when Congress made the day into a three-day weekend in with the National Holiday Act of 1971, it made it all the easier for people to be distracted from the spirit and meaning of the day. As the VFW stated in its 2002 Memorial Day address: "Changing the date merely to create three-day weekends has undermined the very meaning of the day. No doubt, this has contributed greatly to the general public's nonchalant observance of Memorial Day."

Each and every American Citizen should, if at all possible, attend a Memorial Day Service somewhere to show their gratitude to the men and women who have made the supreme sacrifice for their country. We as veterans, should remember our fallen comrades on this day of solemn observance.



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

ADA Amendments Act Court Decisions

The first two appeals courts to interpret the ADA Amendments Act of 2008 (ADAAA) have returned decisions in favor of the plaintiffs. In the ADAAA, Congress emphasizes that when it enacted the ADA in 1990, it “intended to ‘provide a clear and comprehensive national mandate for the elimination of discrimination against individuals with disabilities and provide broad coverage.’” The ADAAA rejects previous Supreme Court interpretation of the term “disability” and noted that due to this narrow interpretation, “lower courts have incorrectly found in individual cases that people with a range of substantially limiting impairments are not people with disabilities.”

In *Jenkins v. Nat’l Bd. of Med. Examiners*, the United States Court of Appeals for the Sixth Circuit found in favor of a third-year medical student with a diagnosed reading disorder, who sought additional time to take the medical licensing examination. The lower District Court had found that the student was not disabled under the ADA as then interpreted by the Supreme Court. The Court of Appeals took notice of Congress’ intent in the ADAAA to restore the broad protections in the original ADA and held that the ADAAA

applies retroactively in cases where plaintiffs are not seeking damages but only prospective relief. The case was returned to the lower court for a trial on the merits.

In *Rohr v. Salt River District*, the United States Court of Appeals for the Ninth Circuit ruled that an insulin-dependent diabetic who sought reasonable accommodations on the job may be entitled to the protections of the ADA. The court found it unnecessary to decide whether the ADAAA applies retroactively because it determined that the plaintiff had a disability under the original ADA. The court noted, however, that the original intent of Congress as expressed in the ADAAA bolsters its conclusions. This case will have major implications for the nation’s 24 million people with diabetes.

Hearing on Rural Veterans’ Health Care

On March 19, the Subcommittee on Health of the House Committee on Veterans’ Affairs held a hearing on veterans’ rural health care. The primary purpose of the hearing was to provide oversight for the VA’s rural health spending and resource coordination and to examine if the resources were being used efficiently to narrow the health disparities of veterans living in rural areas.

The tremendous increase in veterans due to the wars in Afghanistan and Iraq is leading to greater numbers of veterans located in rural areas, where only ten percent of physicians practice. Additionally, those living in rural areas generally are more likely to live below the poverty line.

Because 40 percent of nearly two million VA health-care users reside in rural areas, including 80,000 who live in highly rural areas, they often have worse physical and mental health quality of life. To combat these problems, VA has built new Community-Based Outpatient Clinics, Rural Outreach Clinics and Vet Centers in rural areas as well as pilot programs such as the traveling nurse corps, and the mobile health-care pilot which places four mobile clinics in 24 predominantly rural counties in Colorado, Nebraska, Wyoming, Maine, Washington, and West Virginia.

Subcommittee Chairman Michaud expressed interest in seeking a better understanding of how the VA planned to allocate an additional \$250 million that was provided by the Appropriations Committee in September 2008 to establish and implement new rural outreach and delivery initiatives. The Chairman also expressed concerns about the lack of coordination and the duplicative efforts

by the various offices in the VA that deal with rural health.

During the hearing, Ms. Joy Ilem of the Disabled American Veterans (DAV) testified that the VA's Office of Rural Health (ORH), whose function is to coordinate policy efforts across the Veterans Health Administration (VHA) to promote improved health care for rural veterans, has an ambitious agenda but only a minimal staff and limited resources. The ORH is still a relatively new function within VA Central Office and it is only at the threshold of tangible effectiveness, with many challenges remaining.

VA has reported that its approach to improving services in rural areas includes leveraging existing resources in communities nationwide to raise VA's presence through outreach clinics, fee-basis, contracting, and use of mobile clinics. Additionally, VA has testified it is actively addressing the shortage of health-care providers through recruitment and retention efforts; and harnessing telehealth and other technologies to reduce barriers to care.

While VA may be working in good faith to address its shortcomings in rural areas, it clearly still faces major challenges and hurdles. In the long term its methods and plans may offer rural and highly rural veterans better opportunities to obtain quality care to meet their specialized health-care needs. But there are concerns that the current staffing level assigned to ORH will be insufficient to effectively carry out its mission, while ORH's position in VHA's organizational structure may hamper its ability to properly implement,

guide and oversee VA's rural health initiative.

Inclusive Home Design Act Introduced

On March 9, Representative Jan Schakowsky (D-IL) introduced HR 1408, the Inclusive Home Design Act (IHDA). IHDA aims to integrate basic accessibility features into newly-built homes and townhouses built with federal funds and amplify the movement toward incorporating "visitability" standards in housing.

As Rep. Schakowsky stated in introducing the legislation, "Currently, only five percent of new single-family homes and townhouses built with federal assistance require any design features that make it possible for people with mobility impairments to live in or even visit the homes. The remaining 95 percent are built with unnecessary architectural barriers."

The specific features required by the legislation include:

- at least one accessible, or "zero step," entrance into the home;
- doorways on the main level of the home wide enough to accommodate a wheelchair;
- at least one bathroom on the main floor that is wheelchair accessible;
- and light switches and thermostats that are reachable from a wheelchair.

According to Schakowsky's office, adopting these standards for a single family home is not prohibitively expensive. The average added cost for homes built with accessibility features is between \$100 and \$600. Retrofitting a home, on the other hand, can cost several thousand dollars.

Architects and builders would also have flexibility in complying with the IHDA. For example, the zero step entrance could be located at the front, side, or back of the home or even through an attached garage. In addition, the zero step entrance requirements can be waived if the terrain makes compliance impractical.

Many localities and states have already adopted visitability ordinances or laws. This list includes Chicago, Naperville, Bolingbrook, and Urbana, Illinois; Atlanta, Georgia; Iowa City, Iowa; St. Petersburg, Florida; Pima County, Arizona; Vermont; Texas; Kansas; Minnesota; and others. The United Kingdom also passed a law in March 1998 mandating that every new home become accessible.

PVA has endorsed this legislation and written to Rep. Schakowsky in support of its passage.

'Wisdom doesn't automatically come with old age. Nothing does — except wrinkles. It's true, some wines improve with age. But only if the grapes were good in the first place.'

— *Abigail Van Buren*

"To acquire knowledge, one must study; but to acquire wisdom, one must observe."

— *Marilyn vos Savant*

"Creativity requires the courage to let go of certainties."

— *Erich Fromm*

KUDOS to VAMC Employees

By Lindol Hill, VP

Folks that really know me know that I am a very strong, hard-nosed advocate for veterans. I believe veterans to be the backbone of this country. I want them to get all benefits they have earned and I want VA medical treatment second to none for all veterans. I strongly believe they have earned such, deserve such and are entitled to nothing short of the best possible treatment. These are the folks that have kept this nation a free democracy.

I want to express my appreciation to many VAMC employees for making it possible for me to receive outstanding care, equipment and medications over an extended period of time. So many folks have made it possible for me to still be alive and to be in fairly good condition by providing me with outstanding service in many areas of the VAMC.

I have been in and out of the VAMC as a patient and as a service representative acting in behalf of veterans for many years. I started before the building of our present VA facility and have seen many changes in facility and staff. I have seen the building of the present VAMC, SCI Unit and USAF Outpatient Clinic. So I have had the pleasure to observe a lot of things happening at the VAMC.

I had a diagnoses of colon cancer back in I believe early 1991 and had to be admitted for emergent cancer surgery. I had the best of care by doctors,

surgeons, nurses (all types) and many others that helped keep the hospital functioning such as pharmacy, janitors, food service, laundry service, Chaplain service and others. I am still alive and fighting for veterans because I received the best possible care as a patient. I over came grade four cancer because of great treatment and care and because God over saw those caring for me. The followup I have received since has been outstanding.

Over the years I have had x-rays and scans to include bone density tests and have always been treated with courtesy at each place I had to visit in the VAMC. I have used the Pharmacy for many years and they have always gotten me my medication on time through the mail and have always answered any question I had with professionalism. The Primary Care Physician (a PA) that I have is great and always works with me in providing me care. I pray he never leaves this VAMC until I am out of this world. I could not ask for a better person to be my PCP. I have had the opportunity to utilize Outpatient Therapy and have received outstanding care and instructions on how to cope with my disabilities. They have been great every time I have been in that area. I have worked with many folks in Prosthetics and they always assisted me when I came into the office. I have worked with several recreational therapists and have been amazed at what they do for patients. The folks in Lab that draw blood have

been a very nice group of folks for many years and they are always busy. When I received Chemo I had the greatest bunch of folks that treated me and they were always giving me a feeling of survival and that they really cared for me. I have been blessed with receiving outstanding treatment and service from the VAMC and I commend all the folks that have ever treated me or that will. If I have forgotten a service or area please forgive me and just let it be old age and a bad memory. When I see someone that has treated me I always try to say hello and ask how they are doing. I do this out of gratitude for what they have done for me.

There are many that assist in making sure we get the best of care such as those in house keeping that work day and night to keep the facility clean. There are those that wash all the linen and towels so folks have a clean bed and clean wash cloths. The Chaplains seem to always be going around talking to patients and even folks in the hallway and always help folks have a better attitude about things. There are those in records that help keep our history up to date. Today with computers it may be easier but I still recall the paper trails and the need to get copies from time to time. I see folks in travel and eligibility busy most of the time as they assist patients and veterans. There are many folks in the background that help in many aspects that assist in providing a great service to veterans and they are all commended for

what they do. And one should never forget their doctor and the nurses that assist veterans in getting care.

I write this article because I care about the every day VAMC worker that really does the hands on treatment and those that provide support. I know that many times one hears more about complaints and problems than they do about a sincere THANK YOU so I want to pass on my thoughts as a patient and veteran.

But at the same time I do not apologize for being a very strong advocate for veterans.



Memorial Day Activities

Each year Memorial Day is celebrated around the country in various ways. Here are details about two such events. Zia PVA will be represented at both events.

In Albuquerque, NM, Monday, May 25, 2009, at the New Mexico Veterans Memorial (1100 Louisiana Blvd, SE), a Musical Prelude will be played from 0900 - 1000. The Memorial Day Ceremony will begin at 1000. There will special emphasis to honor the contributions of WWII Veterans and our Fallen Warriors in the Global War on Terror. Please arrive early for parking. Park & Ride Shuttle Services along Gibson and Louisiana at the Kirtland Federal Credit Union and Bank of America will be available.

A weekend long event will be held in Angle Fire, New Mexico at the Vietnam Veterans Memorial State Park. A guided tour of the grounds begins at 3:30pm on Friday, May 22, with additional tours and music provided on Saturday and Sunday. There will be a candlelight vigil (weather permitting) Sunday night, May 24, beginning at 7:00pm. A Flag Walk begins the day on Monday, May 25, at 9:00am. The ceremony will begin at 11:00am.

We encourage you to attend a Memorial Day event, whether it be one of these or another in your local community. This is a day to remember those who have fallen in defense of our country. Freedom is not free.

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For Your Information...

Decoration Day: Evolution of a Solemn Occasion

To many Americans, Memorial Day is nothing more than a three-day weekend heralding summer and featuring the Indianapolis 500. Its origins, of course, are more sober and poignant.

It was called “Decoration Day” at first, because its purpose was to inspire citizens to decorate the grave of soldiers who’d died in the Civil War. The first Decoration Day was observed on May 5, 1866, in Waterloo, N.Y. (That town was named the official birthplace of Memorial Day by President Lyndon Johnson in 1966.) On May 30, 1868, by proclamation of Gen. John A. Logan, the commander of a veterans association called the Grand Army of the Republic, another Decoration Day took place. Five thousand volunteers decorated some 20,000 graves in Arlington National Cemetery in Virginia. This inspired local observances in many cities and towns across America over the following years.

After World War I, Decoration Day began to include ceremonies honoring the dead in all U. S. wars. Though the term “Memorial Day” was first used in the early 1880s, it wasn’t until after World War II that the name became more common. In 1967 a federal law officially identified it as Memorial Day, and in 1968 the Uniform Holidays Bill established it as one of three holidays (including Veteran’s Day and George Washington’s birthday, now called

President’s Day) placed on the calendar to create a convenient three-day weekend. Memorial Day is observed on the last Monday in May.

What About the Poppies?

The idea of wearing red poppies on Memorial Day is said to have originated with a woman named Moina Michael. A former teacher at the University of Georgia, Michael was working for the YMCA Overseas War Secretaries at the end of World War I. In 1918, Michael read the poem “In Flanders Fields,” by Canadian poet and doctor John McCrae. The poem’s opening lines, “In Flanders Field, the poppies blow/ Between the crosses, row on row...,” caught her imagination.

This was a few days before the Armistice was signed to end the war, and at the time the Overseas War Secretaries’ annual conference was being held in New York City. According to some sources, grateful delegates gave Michael \$10 in recognition of her help with the conference, and she spent the money on 25 red silk poppies to hand out to participants. (Other sources say she made the poppies herself.) Michael then decided that the poppy should become a national symbol of remembrance, and she began a campaign for its acceptance. Two years later the American Legion adopted it at its own conference, and poppies have symbolized the day ever since.

A Short History of a Big Idea

The second Sunday in May was officially proclaimed “Mother’s Day” by President Woodrow Wilson in 1914. But it had a long history before then. In the 19th century, Anna Reeves Jarvis organized Mother’s Work Day to heighten awareness of local sanitation issues in her home state of West Virginia, and then expanded her efforts to improve health and sanitation during the Civil War. Julia Ward Howe (who wrote the words to “The Battle Hymn of the Republic”) promoted a “Mother’s Day for Peace” in 1872.

On May 9, 1905, Anna Reeve Jarvis’s daughter, Anna Marie Jarvis, privately commemorated her mother’s death two years before. Then, in 1908, Jarvis organized a larger celebration of motherhood at her church in Grafton, W. Va., with more than 400 children and their mothers participating. After that, Jarvis began working for a national day of recognition for mothers. West Virginia recognized Mother’s Day first, in 1912, followed by Wilson’s proclamation in 1914.

Ironically, the younger Jarvis never had any children of her own.

Impress Mom on Her Big Day (Hint: Not just a card)

Doesn’t your mother deserve more than a generic greeting card on Mother’s Day? Here are three ideas for a personal,

thoughtful gift she'll treasure:

- A photo album. Fill it with photos that mean something to her: pictures of your family, pets, and places you've lived, as well as quotations, ticket stubs, postcards, etc.
- A tribute video. It doesn't have to be long or involved. Use your digital camera to record a sincere message. If you have the resources, mix in a montage of photos or her favorite songs.
- A special class. Enroll her in a seminar on something she loves or has always wanted to do but has never taken the time. Do some research so it's a really good fit. Give a gift that goes along with it: a sketch pad if you're signing her up for an art class, for example.

In JFK's Words

Quotations from John F. Kennedy, born May 29, 1917:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

"Efforts and courage are not enough without purpose and direction."

"Our most basic common link is that we all inhabit this planet. We all breathe the same air. We all cherish our children's future. And we are all mortal."

"The great enemy of the truth is very often not the lie, deliberate, contrived and dishonest, but the myth, persistent, persuasive and unrealistic."

"Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for every-

one and greater strength for our nation."

Monkey See, monkey do? 'Fairness' may be an instinct

Are we hardwired to expect fair treatment? An experiment with capuchin monkeys conducted by two primatologists from Emory University explored that question.

In the experiment, monkeys were trained to exchange a "token" — a small rock — for a piece of food. Once the monkeys were conditioned, the researchers paired them up so one monkey could watch another. Then a researcher would hand over a grape to one of the monkeys without signaling for the token. The other monkey, accustomed to giving up a token first, then refused to hand over its rock when the researcher signaled. If he didn't have to give you a rock, why should I have to? seemed to be the monkey's reaction, as the scientists saw it. Maybe the expectation of fair play runs deeper than we think.

More Of Us Are Reading Novels, Plays, and Stories

Reading novels and other literary works isn't on the way out, no matter what the doomsayers predict. The National Endowment for the Arts reports that 50.2 percent of U.S. adults said they had read at least one novel, short story, poem, or play in 2008, the first rise since 1982. That's when the NEA began collecting data on Americans' read-

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ing habits; 56.9 percent of Americans reported such "literary reading" that year. The figure had fallen to 46.7 percent in 2002. The 2008 increase was strongest among 18- to 24-year-olds, who had shown the biggest reading decline previously.





Saluting our Members

ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 581 as of April 6, 2009.

Zia Chapter records indicate our chapter voting membership as follows:

309 – Service connected

272 – Non-Service connected

Zia Chapter would like to welcome the following new members:

Bruce Richter
Wayne Edwards, Jr.

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

Frank Gurule
Kenneth Pratt

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 May

- 2 - Ronald Botsko, Danny Hutson,
John McLaughlin
- 4 - Michael McQuade
- 8 - Harold Landes
- 10 - Elmo Gurule, Marlin Ekstrom
- 12 - Enrique Padilla
- 16 - John Mattson
- 18 - Felix Cordova, Vega Nilsson,
Steve St Clair, Dennison Hauf,
Raymond Scheller
- 20 - Bruce Richter, Raymond Montoya,
Sean McFarland
- 22 - Kenneth Harbison
- 24 - Jose Navarrete
- 26 - Jose Silva, William Nelson,
John Collins
- 28 - Michael Dyer
- 30 - Pauline Franklin,
C. Joseph Harrington,
George Palma
- 31 - David Lambert

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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.

W/C accessible mobile home near Air Force Base and Sandia Labs. 2 Bed/Bath; 14'x70' parked in doublewide corner lot; open livingrm/diningrm/kitchen concept; swamp & refrig. AC; reinforced floors; widened doors; ceiling rack for barrier free lift; 2 strong outside ramps; adult park; helpful neighbors; reasonable lot rent; established landscaping. **Price negotiable!** Call 505 296-9055

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	Alyan R. Hill
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
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
Paul Stapleton
Jim Payne

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 - June 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16 Zia BOD Mtg. 10:00	17	18 SCIC Luncheon	19	20
21 Father's Day	22	23	24	25	26	27
28	29	30				



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 SCIC265-1711 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 Scheduling256-2743
Eligibility256-2741
EMERGENCY ROOM256-2793
Medical Information256-2731
VA POLICE2730
Prosthetics256-2756
Pharmacy265-1711 x5067
PVA Svc. Office @ SCIC265-1711 x5046
SCIC Administration256-2849
Voluntary Services256-2771
Switchboard1-800-465-8262/265-1711
Regional Office1-800-827-1000

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



CHANGE SERVICE REQUESTED



Zia Events - May 2009

Sun		Tue	Wed	Thur	Fri	Sat		
		5	6	7	8	9		
		10	11	12 SCIC Bingo	13	14	15	16 Armed Forces Day SCIC Luncheon
		17	18	19 Zia BOD Mtg. 10:00	20	21	22	23
						Memorial Day Weekend Angel Fire NM		
		24	25 NM Veterans Memorial Park Ceremonies	26	27	28	29	30
		Memorial Day Weekend Angel Fire NM						
31								

Tear Me out and post
me on your fridge!