



The Guardian

The Newsletter of the New Mexico Department of Veterans Services

www.nmdvs.org

1-(866) 433-8387 toll-free

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Three VBOC Clients Honored as Top Veteran-Owned Business in the State



One Community Auto, LLC President Gary Peterson (**third from right**) is honored in May 2 at the New Mexico Small Business Week Honors and Awards Breakfast in Albuquerque and the April 24 SW Veterans Business Conference for being named 2018 New Mexico SBA Veteran-Owned Small Business of the Year.

(From L to R): SCORE Albuquerque Executive Director Walter Paul, WESST President Agnes Noonan VBOC Director Rich Coffel, Mr. Peterson, New Mexico SBA District Office Director John Garcia, and SBDC State Director Russell Wyrick.

parameters of the award, "...fulfilling a commitment to advancing small business opportunities for veterans of the U.S. armed forces." The Sweetins make it a point to hire veterans for their company, which provides elite security training to deliver strengthened full-spectrum protective capabilities for businesses.

And retired U.S. Army LT Shandra Vestal, Founder and CEO of *LunaTek LLC*, was honored as the state's Young Entrepreneur of the Year. Her company provides problem/solutions management services for equipment, supplies, staffing, and other professional services needs for governments and select private corporations.

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Three clients of the New Mexico Veterans Business Outreach Center (VBOC)—the business development division of the New Mexico Department of Veterans Services (DVS)—have been honored for outstanding achievement by the New Mexico District Office of the U.S. Small Business Administration.

Retired U.S. Air Force MAJ Gary Petersen, who founded One Community Auto LLC in Albuquerque, was named the state's 2018 *New Mexico SBA Veteran-Owned Small Business of the Year*. Founded in 2013 upon his retirement from service, the company refurbishes used vehicles donated to non-profit organizations. The vehicles are then resold—with the organizations keeping a large portion of the profit.

Retired Air Force MSgt Chris Sweetin and his wife Jennifer, CEO and President of their Albuquerque-based company *3-D Security Training Solutions*, were honored as New Mexico's Veteran Small Business Champion of the Year for, according to



3-D Security Training Solutions President Jennifer Sweetin (**center**) and husband/company CEO Chris (**to her left**) were also honored as New Mexico's Veteran Small Business Champion of the Year at the April 24 SW Veterans Business Conference and the May 2 New Mexico Small Business Week Honors and Awards



Shandra Vestal (**third from right**), founder and CEO of LunaTek LLC, was honored as the state's Young Entrepreneur of the Year at the May 2 awards breakfast and the April 24 SW Veterans Business Conference.

All three companies sought the assistance of the VBOC to help them launch their companies and expand their operations—which is what the center provides for entrepreneurial-minded veterans, transitioning active-duty service members, and their spouses.

“The VBOC and DVS are extremely proud of Gary, Chris, Jennifer, and Shandra for being honored for their hard work in launching and growing their businesses,” said DVS Secretary Jack Fox. “They all had a dream of owning their own business once they retired from their service. It’s great to see that they have realized this dream—and we were honored to help them get started on that path.”

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The winners were honored at a New Mexico Small Business Week Honors and Awards Breakfast on May 2 in Albuquerque.

The 2018 Southwest Veterans Business Conference

The winners were also honored a week earlier at the 2018 Southwest Veterans Business Conference on April 24 in Albuquerque, which was presented by the VBOC, the New Mexico SBA District Office, New Mexico Veterans Business Advocates, the American Indian Chamber of Commerce, SCORE, the Veterans Procurement Technical Assistance Center (PTAC), the Small Business Development Center of New Mexico (SBDC), and WESST New Mexico.



More than a hundred veterans attended the two-day conference, which presented a “one-stop shop” opportunity for veteran entrepreneurs and would-be entrepreneurs to learn about the presenting agencies, and how the agencies help entrepreneurial-minded veterans. The conference also gave the business owners a chance to meet federal and state prime contractors.

The New Mexico Veterans Business Outreach Center

The New Mexico Veterans' Business Outreach Center (VBOC) was created by the New Mexico Department of Veterans Services to help entrepreneurial-minded veterans, transitioning active duty personnel, or their spouses with their business development needs. It is funded by a grant from the U.S. Small Business Administration and was the first state-managed center in the nation created specifically to help veterans.

New Mexico's VBOC is located in Albuquerque but provides this free service statewide. More information can be found at www.nmvboc.org or by contacting VBOC Director Rich Coffel at (505) 383-2401 or richardL.coffel@state.nm.us. VBOC Veterans Business Advisor James Cassidy can provide assistance in southern and southeastern New Mexico from the VBOC field office in Roswell. He can be contacted at jamesm.cassidy@state.nm.us or (575) 624-6002.

Bataan Memorial Day Commemorated in Santa Fe



The heroes of Bataan and their families served "through the tears and darkness," said Chaplain and New Mexico Army National Guard COL Elmon Krupnik.

Chaplain Krupnik offered these words during his invocation at the April 9 ceremony commemorating the fall of the Bataan Peninsula during the early stages of World War II in the Pacific theater.

Attending the annual ceremony outside the Bataan Memorial Building in Santa Fe were dignitaries such as Governor Susana Martinez, New Mexico Adjutant General MG Kenneth Nava, and New Mexico

Department of Veterans Services Deputy Secretary Alan Martinez—along with honored guest and Bataan survivor William "Bill" Overmier, his wife Ann, and family members of other Bataan defenders.

Approximately 1,800 members of the New Mexico National Guard's 200th Coast Artillery were sent to the Philippines in 1941 before the U.S. entered World War II. Once there, the regiment was divided to form the 515th Coast Artillery, which was referred to as "The Brigade."

Japanese forces attacked the Philippines on Dec. 8, 1941. Naval and aerial bombardments preceded the landing of the Japanese 14th Army. The Japanese were under orders to capture the islands in four weeks.

Without benefit of reinforcements or resupply, Allied defenders fought on for four months. Those on the Bataan peninsula were ordered to surrender to the Japanese on April 9, 1942. The victorious Japanese forced their new prisoners of war - already weakened by malnutrition, tropical diseases, and battle wounds - to walk 65 miles in what is now known as the Bataan Death March.

Allied forces on the island of Corregidor were ordered to surrender a month later.

As captives, the Allies were dispersed to POW camps throughout Asia, including Japan. More died aboard the "hell ships" transporting them to these camps, where many became a source of forced labor for the Japanese war effort.

Of the 1,800 New Mexicans, only half would live to see home again. Half of the survivors, their health wrecked beyond repair, would die within their first few years of freedom.

The defenders of the Philippines are credited with thwarting the Japanese plan to steamroll through the Pacific theater of operations, culminating with their intended conquest of Australia.

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Governor Susana Martinez warmly greets Bataan Peninsula defender William "Bill" Overmier before the April 9 Bataan Remembrance Day Ceremony in Santa Fe. Mr. Overmier spent three-and-a-half years as a Prisoner-of-War on Corregidor Island and Japan after American troops surrendered to Japanese invading forces in the Philippines on April 9, 1942.

Governor Martinez echoed this sentiment in her proclamation and paid tribute to the Filipino defenders in her speech.

"Freedom is not free," said Governor Martinez in her Keynote Address. "We will never forget their sacrifice. God bless our Bataan heroes."

Bataan survivor 1st Sgt. Manuel Armijo (now deceased) began the commemoration ceremony in 1946. The ceremony takes place annually in front of a monument that NMNG members built at Logan Heights on Fort Bliss, Texas, during their training there before moving on to the Philippines. Then-Gov. John Miles and Maj. Gen. R.C. Carlton (then Adjutant General of New Mexico) later had the monument moved to its current home in Santa Fe.

The ceremony featured the lowering of the American flag and raising of a symbolic white flag of surrender. The names of Bataan imprisonment survivors who have died since last year's ceremony was also read aloud: Trinidad G. Martinez; Pedro A. "Pete" Gonzales, Jr.; and Julio T. Barela.

It's estimated that only nine Bataan survivors are alive today—seven of whom live in New Mexico.



DVS Deputy Secretary Alan Martinez had the honor of reading the official Bataan Remembrance Day Proclamation issued by Governor Susana Martinez. "America will forever remember these heroes of Bataan and will always be in awe of how they relied on their extraordinary strength and spirit," read Deputy Secretary Martinez. "They endured tremendous suffering so that future generations would remain free."



Current members of the New Mexico National Guard lit candles in honor of their predecessors in the Guard's 200th and 515th regiments who fought back against Japanese troops when that country launched a surprise attack on the Philippines on December 8, 1941. The New Mexican contingent had been in the Philippines for a training mission when the attack was launched.



A White Flag of Surrender was raised during the ceremony.

The April 9, 1942 order to surrender was given by U.S. Army MG Edward King, the Commanding General of the Philippine-American forces on the Bataan Peninsula. MG King sought to avoid what he thought was a sure annihilation of his troops by the much larger and better-equipped Japanese force. However, among the rank and file, the desire was to continue...to fight until death...even though they were almost out of ammunition, food, water, and medical supplies.

DVS Secretary Fox Gives Presentation to Staff of NM Dept. of Aging & Long Term Services Division

DVS Secretary Jack Fox was invited to give a presentation to nearly 80 employees of the New Mexico Aging & Long Term Services Department (ALTSD) on April 18 at the division's Albuquerque office.

The focus of his presentation was to highlight the services DVS provides for veterans and their families in New Mexico—and in particular, services and programs available for elderly veterans. DVS and ALTSD have pledged to work more closely to serve the 119,000 veterans in New Mexico who are 50 years old or older—a segment representing nearly 75% of the state's 160,000 veterans.



DVS to Co-Host 2018 Veterans Resource Center Summit

Representatives from New Mexico's colleges and universities who are involved in or would like to assist military veterans with pursuing their higher education goals are invited to attend the *2018 Veterans Resource Center Summit* on May 31 from 7am-4pm at the Inn of the Mountain Gods in Mescalero, NM.

Presentations will focus on the importance of an on-campus Veterans Resource Centers (VRC)--and how it can really help college or university-minded veterans successfully transition from the battle zone to the academic world.

This free event is open to higher education institution presidents, provosts, deans, faculty, student-veterans--and representatives from community service agencies that work with higher education -minded veterans. It is also open to the representatives or student-veterans from institutions that do not have a VRC but would like to establish one on their campus. It is presented by Eastern New Mexico University—along with the New Mexico Department of Veterans Services (DVS), and universities, colleges, and community partners from throughout the state.

VRC's are a "one-stop-shop" center which can help a student-veteran with applying for GI Bill® benefits, veteran-to-veteran mentoring programs, securing additional financial aid or tuition assistance, housing help, transportation needs, and can also assist veterans with filing for their VA or state veterans benefits. It also provides student-veterans with an on-campus haven to study or relax during the busy day.

Representatives from campuses currently featuring VRC's will address how to create an on-campus facility. Attendees will learn how to obtain funding, and how to get a faculty and local veteran community involved: From planning, through construction, and staying connected after opening. For campuses already with a VRC, attendees can learn how to improve or expand services.

Though the *2018 Veterans Resource Center Summit* is free, pre-registration is required and can be done online by going to <https://www.eventbrite.com/e/new-mexico-veterans-resource-center-summit-2018-tickets-44371685907?aff=ebdssbcitybrowse>. The Inn of the Mountain Gods is offering a special summit discount rate of \$69 per night for conference attendees. Reservations can also be made on the above link. For more information, contact DVS Education Administrator Marilyn "Mandy" Dykman at Marilyn.dykman@state.nm.us or (505) 383-2418.

DVS to Host Military & First Responders Day



Military service branches, along with federal, state, and local first-responder agencies, will have equipment on display for *2018 Military & First Responders Day* on May 19 from 10 a.m. to 2 p.m. at the Cottonwood Mall in Albuquerque, located at 10000 Coors Bypass NW in the city's west side.

This free family-friendly event is presented by the New Mexico Department of Veterans Services (DVS) and the Cottonwood Mall to provide an opportunity for the public to meet military and first-responder personnel--and learn how they serve and protect the citizens of New Mexico.

Dozens of military and first-responder vehicles, helicopters, boats, and other equipment will be available to climb aboard for a "hands on" look. Uniformed service members, law enforcement and first-responder personnel will also be there to meet and greet attendees.

Additionally, representatives from the Rio Metro Regional Transit District will be there to take photos and help veterans apply for a *Freedom Pass*—a lifetime pass which gives veterans free rides on the Rail Runner Commuter Train and many connecting bus services. Veterans must show a VA Veterans Health Identification Card (VHIC) to prove veteran status and enrollment with in the VA Health Care System.



Representatives from DVS and the VA will be there to enroll veterans in the VA Health Care System and to assist with any other VA or state veterans benefits needs.

Additionally, "bounce houses," food trucks, vendors, and many more activities and displays will be on-site to add to the fun and enjoyment for the whole family.

For more information, contact DVS Outreach Coordinator Joseph Dorn at (505) 383-2414 or josephm.dorn@state.nm.us.

(Photographs are from previous Military & First Responder days)

Free Legal Advice Clinic in Albuquerque for Veterans



The New Mexico VA Health Care System and the State Bar of New Mexico/Young Lawyers Division are presenting a free Civil Legal Advice Clinic for military veterans and National Guard/Reserve Unit personnel on Tuesday, June 12 from 8:30am-10:30am in Albuquerque at the New Mexico Veterans Memorial, located at 1100 Louisiana Blvd. SE.

Volunteer attorneys will be there to offer legal advice concerning non-criminal issues involving family law, divorce/child support cases, consumer rights complaints, bankruptcies, landlord-tenant disputes, foreclosures, and employment disputes. No appointments are necessary. The volunteer attorneys will help on a first-come, first-served basis and will limit sessions to 20-minutes. They ask that you bring any paperwork relevant to your case—claims documents, court documents, and any correspondence—to make things easier for them to help. The New Mexico Department of Veterans Services will also have staff on site to assist veterans with any VA or state veterans' benefits claims issues. For more information, please contact Lisa Anderson at lisa.anderson1@va.gov or (505) 265-1711/ext. 3434.

Volunteers Needed for 2018 VA Golden Age Games

An online application is now available for people wishing to volunteer during the 32nd National Veterans Golden Age Games (NVGAG). The Games will take place Aug. 3-8, 2018 in Albuquerque, New Mexico. More than 2,500 volunteers are needed to support this event in several areas, including transportation, hospitality, ceremony coordination, site setup and numerous sporting events.



Applications for volunteers can be found online at www.volgistics.com/portal.dll/ap?ap=174952917. Applicants can select the event, time and date they choose to volunteer on the user-friendly website. Individuals, families and groups may volunteer, and all volunteers must be over 14 years old.

For more information about becoming a volunteer, please contact David Pizarro at (505) 265-1711, ext. 4013 or david.pizarro@va.gov; or contact William Wellman at (505) 265-1711, ext. 2706 or wiliam.wellman@va.gov.

The 2018 Golden Age Games

Nearly 800 athletes are expected to compete in the national multi-sport competition for senior veterans. The event encourages participants to make physical activity a central part of their lives, and supports VA's comprehensive recreation and rehabilitation therapy programs.

Competitive events include air rifle, badminton, basketball, bocce, bowling, cycling, blind disc golf, golf, horseshoes, nine ball, pickleball, powerwalk, shuffleboard, swimming, table tennis and track and field. Exhibition events include air pistol, archery and floorball. Spectators are welcome at these free sporting events that will take place across Albuquerque at locations such as the Albuquerque Convention Center, Milne Stadium, Albuquerque Academy, Bullhead Park, and Santa Ana Golf Club.

The New Mexico VA Health Care System, which provides care for more than 59,000 veterans throughout New Mexico and Southern Colorado, will host this year's National Veterans Golden Age Games. For more information, visit www.veteransgoldenagegames.va.gov.

DVS VSO and His Family Cheer on Wounded Sons in Annual Washington, D.C. Soldier Ride



DVS Albuquerque-based Veterans Service Officer Gordon Schei (*second from left in left photo*) and his family were among the thousands of family, friends, and well-wishers who met in Washington DC on April 26-29 for the 2018 Soldier Ride.

The annual event, sponsored by the Wounded Warrior Project, is a four-day adaptive cycling ride through the Washington, D.C. metro area that accommodates—and challenges—wounded veterans.

The ride is an especially emotional one for Gordon, his wife Christine, and their teenage daughter Anneka.

Gordon and Christine's two sons, Deven and Erik, are wounded Army veterans themselves. The brothers, as they've done for several years now, rode in a specially-built tandem bike (*photo at right*).

Eldest son Erik, who is seated in the rear seat of the bike, was shot by an enemy sniper in 2005 while on patrol manning a .50-caliber machine gun atop a Humvee in Mosul, Iraq. He suffered serious brain damage, and is now a quadriplegic. The bulk of his 24/7/365 care is provided by mom Christine.

Deven himself was injured in 2010 when the truck he was riding was hit by four enemy-fired 80mm rocket-propelled grenades while on patrol in Afghanistan. He suffered server shrapnel injuries to his left leg, as well as spinal injuries...all of which required 18 surgeries...as well as loss of vision in his left eye, and Traumatic Brain injury. While he is mostly recovered from his physical injuries, he still seeks treatment for Post-Traumatic Stress Disorder—but is fit enough to serve as the “pedal-man” for the tandem bike.



The ride--says dad Gordon, who like his sons is also an Army veteran--fills him, Christine, Anneka, and the boys themselves with immense pride.

“When you look at the Wounded Warrior Program logo, you see a soldier being carried off the battle field. Both my sons were carried off of the battle field,” said Gordon. “This event is life changing for them because they now can help carry other soldiers thru recovery and help them adjust to their new normal. It is a way for them to ‘Pay It Forward.’”

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Before the ride, the Schei's and the rest of the participants and their families were hosted by President Donald Trump at a special White House ceremony. Also present were several Cabinet members and senior military officials.

“On stage with me are wounded warriors from the Air Force, the Army, the Navy, and the Marine Corps. We salute you, we thank you, and we will forever be grateful for the sacrifices you made for all of us,” said the President. “A nation is sustained through the service and sacrifice of patriots. Each of you is part of the long,

unbroken chain of courageous Americans who have answered the call in every generation. You are the backbone of our liberty. You are the protectors of our community. And you are the proud and beating heart of our magnificent nation.”



Request for Memorial Day Events Information

DVS is in the process of compiling its annual Memorial Day Ceremonies list of events. If you haven't done so already, please Email us any information about Memorial Day/Weekend ceremonies and activities in your area. I will add this information to my list—which will be forwarded to the statewide media, New Mexico's congressional delegation, and the Governor's Office—and will also be placed on our website's calendar.

Please include the following information in your response:



- City
- Venue
- time of event
- address of venue
- nature of event (i.e. parade/ceremony/concert/BBQ, etc.)
- sponsor of event (i.e. VFW/American Legion Chapter, city of Santa Fe, etc.)
- point of contact (POC)
- POC's phone number and Email

What is Memorial Day?

(by the editors of *Encyclopedia Britannica*) www.britannica.com/topic/Memorial-Day

Memorial Day, formerly Decoration Day, in the United States, holiday (last Monday in May) honoring those who have died in the nation's wars.

Decoration Day originated following the American Civil War, when citizens placed flowers on the graves of those who had been killed in battle. More than a half dozen places have claimed to be the birthplace of the holiday. In October 1864, for instance, three women in Boalsburg, Pennsylvania, are said to have decorated the graves of loved ones who died during the Civil War; they then returned in July 1865 accompanied by many of their fellow citizens for a more general commemoration.

A large observance, primarily involving African Americans, took place in May 1865 in Charleston, South Carolina. Columbus, Mississippi, held a formal observance for both Union and Confederate dead in 1866.

By congressional proclamation in 1966, Waterloo, New York, was cited as the birthplace, also in 1866, of the observance. In 1868 John A. Logan, the commander in chief of the Grand Army of the Republic, an organization of Union veterans, promoted a national holiday on May 30 "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion."

After World War I, as the day came to be observed in honor of those who had died in all U.S. wars, its name changed from Decoration Day to Memorial Day. Since 1971 Memorial Day has been observed on the last Monday in May. A number of Southern states also observe a separate day to honor the Confederate dead. Memorial Day is observed with the laying of a wreath at the Tomb of the Unknowns in Arlington National Cemetery in Arlington, Virginia, and by religious services, parades, and speeches nationwide. Flags, insignia, and flowers are placed on the graves of veterans in local cemeteries.

KNME-TV to Air Special Military/Veterans Programming in May



KNME-TV, the Public Broadcasting System (PBS) station for most of New Mexico, is please to announce the showing of several military and veteran-themed programs for the month of May in honor of Memorial Day...and the men and women who made the ultimate sacrifice in service of our country.

Programs are listed in chronological order.

NEW MEXICO AND THE VIETNAM WAR: 10 PORTRAITS

Ch. 9.1 – Sunday, 5/27 at 7:00 pm

A New Mexico PBS Production – A new special focusing on New Mexico's diverse Vietnam War veterans, their families, and the South Vietnamese refugees that played a major role in the Vietnam War. A daring helicopter rescue, caring for the wounded and dying, surviving a concentration camp -- these first person accounts share dramatic stories of honor, courage, loss, and renewal.



OUR STORIES: VIETNAM Pt. 1

Ch. 5.1 – Sunday, 5/13 at 6:00 pm

Produced by KRWG (PBS – Las Cruces, NM) -- A 3-part documentary series featuring 15 Vietnam Veterans from **southern New Mexico**. **Episode 1:** Six stories covering an advisor, negotiating a rescue ceasefire, a painful frightening night waiting for medics, valor to earn a purple heart, the mechanic that kept pilots safe, and questions of faith.

Pt. 2

Ch. 5.1 – Sunday, 5/20 at 6:00 pm

Five stories of one of the first pilots to land at Da Nang after Tonkin Bay, Part B of an earned Purple Heart, a minesweepers worst fear, a recipient of a Silver Star and keeping control of supplies.

Pt. 3

Ch. 5.1 – Sunday, 5/27 at 6:00 pm

The final 5 stories begin in downtown Saigon the morning Tet started, a Purple Heart recipient that didn't leave anyone behind, with 2 Purple Hearts meet the "Luckies Man Alive," the volunteer point man recounts the longest night of his life and the "raiding" Para-Rescue airman.



BATTLE OF CHOSIN: AMERICAN EXPERIENCE

Ch. 9.1 – Sunday, 5/20 at 7:00 pm

Note: Best-Selling New Mexico Author Hampton Sides is featured in this program. -- Revisit this pivotal 1950 Korean War battle through the eyewitness accounts of participants. A harrowing story of bloody combat and heroic survival in the first major military clash of the Cold War.

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SURVIVORS OF MALMEDY: DECEMBER 1944

Ch. 5.1 – Tuesday, 5/22 at 10:00 pm

Ch. 9.1 – Saturday, 5/26 at 2:00 pm

Narrated by actor Jason Beghe (NBC's CHICAGO P.D.), chronicles what became known as the largest single mass murder of American troops in World War II - 84 soldiers in Belgium, during the opening days of the famous "Battle of the Bulge." On December 17, 1944, after a short battle, more than 130 American GIs were taken prisoner just outside the Belgian town of Malmedy and herded into a field by an infamous German SS division led by one of the Nazi's most brutal commanders. The unarmed American prisoners were gunned down. Some American soldiers played dead or escaped to nearby houses. In the end, more than 50 Americans survived. This film weaves interviews with the few remaining survivors of the massacre with archival footage.

NATIONAL MEMORIAL DAY CONCERT

Ch. 5.1 – Sunday, 5/27 at 7:00 pm & again at 8:30 pm

Ch. 9.1 – Monday, 5/27 at 9:00 pm

Join co-hosts Gary Sinise and Joe Mantegna for the 29th broadcast of this night of remembrance, honoring the service and sacrifice of our men and women in uniform, their families at home and all those who have given their lives for our country.

DEFENDING THE FIRE

Ch. 9.1 – Sunday, 5/27 at 8:00 pm

Taped in New Mexico -- There will always be warriors. This program follows the journey of the Native Warrior as he (and she) continue conflict resolution in order to survive and secure resources and culture. The answer to "Why Fight" requires a complex look at the truth through decades of stereotypes and misperceptions. Remarkably, the answer has stayed the same, whether during the 1500s Tiguex War, the Indian Wars of the 1800s, the World Wars, modern Warfare, or continued modern fights for sovereignty and environment. To Protect and Defend - the cohesive thread that connects generations and tribes. **Vietnam war veteran, actor and New Mexico-resident Wes Studi (*Geronimo, Last of the Mohicans*) narrates and appears in the film.**

REMEMBER PEARL HARBOR

Ch. 9.1 – Sunday, 5/27 at 9:00 pm

Narrated by veteran actor Tom Selleck, this film chronicles the personal stories of veterans and citizens who witnessed the surprise attack by the Japanese on the American Pacific Fleet on December 7, 1941, launching the U.S. into World War II. Using archival footage and photos and graphics, it shows in detail the bombings on Oahu, along with the fiery explosion of the USS Arizona, the sinking of the USS Oklahoma, and the attacks on Hickam Field, as well as on other parts of the island.

This film includes first-person accounts from sailors, airmen, soldiers and civilians, such as Lou Conter, USS Arizona; James Downing, USS Virginia; Vernon Carter, US Army Air Corps, Hickam Field; and Barbara Kotinek, who was just six years old at the time and lived within eyesight of Pearl Harbor.



THE LAST RING HOME

Ch. 5.1 – Sunday, 5/27 at 10:00 pm

Ch. 9.1 – Wednesday, 5/30 at 8:30 am and again at 2:30 pm*

The story of Lt. Minter Dial and his 1932 Annapolis Naval Academy ring that miraculously made its way home 17 years after he was killed as a POW of the Japanese, in WWII. This is a spellbinding account of one man's obsession with a family mystery and the product of decades of research and inquiries. It also explores author Minter Dial's pursuit of the true story of his namesake, his late grandfather Lt. Minter Dial, USN, a celebrated war hero whose suffering and trauma nearly buried his memory forever.

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GOING TO WAR

Ch. 5.1 – Monday, 5/28 at 8:00 pm

What is it really like to go to war? This documentary goes inside and reveals the training, battles, and coming home experiences for soldiers across conflicts, exploring the universalities of the warrior's journey. Leading the exploration are Sebastian Junger, bestselling author and director of the Academy Award-nominated film *RESTREPO*, and Karl Marlantes, decorated Marine officer and author of the bestselling novel *Matterhorn* and the fearless memoir *What It is Like to Go to War*. Both men bring firsthand experience, hard-won wisdom, and an abiding commitment to telling the warrior's story, with insight and unflinching candor.

INDEPENDENT LENS “Served Like A Girl”

Ch. 5.1 – Monday, 5/28 at 9:00 pm

Ch. 9.1 – Wednesday, 5/30 at 1:00 pm

Join five remarkable women rebuilding their lives with humor and heart in the Ms. Veteran America Competition. Wounded in action and transitioning to civilian life, these women seek to help others struggling with homelessness, PTSD, and other trauma.

“Served Like a Girl”

Indie Lens Pop-Up, presented by ITVS, *Independent Lens*, New Mexico PBS, and the Keshet Center for the Arts, are excited to present ***Served Like a Girl***, on Monday, May 28, at 9pm on KNME-TV.

Served Like a Girl is a powerful and poignant look at a diverse group of women veterans as they transition from active duty to civilian life after serving in Iraq and Afghanistan. Struggling with PTSD, homelessness, broken families, serious illness, physical injuries, and military sexual abuse, these inspiring women find ways to adapt to the challenges they face through participation in the *Ms. Veteran America* competition. Guided by event founder and veteran, Major Jas Boothe, the women work hard to prepare for the competition--and in the process, recover parts of their identities they had lost on the battlefield. Filled with humor and heart in equal measures.

The Ms. Veteran America competition was established in 2012 to encourage women veterans to recognize and support their sisters as they return to civilian life and face debilitating emotional, social, and economic challenges. More than a vehicle for shared recovery, the competition's primary mission is to raise funds and awareness for America's 55,000 homeless women veterans, a goal that resonates strongly with the women profiled in the film.

Special May 16 Preview Screening

Get to know the women who served our country, and hear their stories by attending our free preview screening on May 16 at 6:30pm at the Keshet Dance and Center for the Arts in Albuquerque, located at 4121 Cutler Avenue NE.

Following the screening, a community discussion will focus on homelessness, trauma, and other challenges faced by women military veterans. The discussion will be moderated by KUNM Public Health Reporter May Ortega, who is also President of the New Mexico Chapter of the National Hispanic Journalists Association. Panelists will include Sonya D'Ambrosio of the Albuquerque Vet Center, Women Veterans of New Mexico President Christin Barden, former U.S. Army Nurse Caroline LeBlanc, and Veterans for Peace board member Monique Salhab. Seating is limited; to RSVP, please go to <https://nmpbs-indielens-051618.eventbrite.com>. For more information, visit: <http://www.pbs.org/independentlens/films/served-like-girl/>

VA Expands Telehealth by Allowing Health Care Providers to Treat Patients Across State Lines

The U.S. Department of Veterans Affairs (VA) announced a new federal rule that will allow VA doctors, nurses and other health-care providers to administer care to veterans using telehealth, or virtual technology, regardless of where in the United States the provider or veteran is located, including when care will occur across state lines or outside a VA facility.

Previously, it was unclear whether VA providers could furnish care to veterans in other states through telehealth because of licensing restrictions or state-specific telehealth laws. This new rule exercises federal preemption to override those state restrictions, paving the way for the VA to expand care to Veterans using telehealth. The VA worked closely with the White House Office of American Innovation and the Department of Justice for implementation of the new rule.

“This new rule is critical to the VA’s *Anywhere to Anywhere* initiative,” said VA Acting Secretary Robert Wilkie. “Now that the rule has been finalized, VA providers and patients can start enjoying the full benefits of VA’s telehealth services.”

By enabling veterans nationwide to receive care at home, the rule will especially benefit veterans living in rural areas who would otherwise need to travel a considerable distance or across state lines to receive care. The rule also will expand veterans’ access to critical care that can be provided virtually — such as mental health care and suicide prevention — by allowing quicker and easier access to VA mental health providers through telehealth.

The VA first announced the proposed rule, titled “Authority of Health Care Providers to Practice Telehealth,” at a White House event last August, during which the VA and President Donald Trump launched the “Anywhere to Anywhere” initiative.

In the announcement, the VA also unveiled *VA Video Connect*, a video conferencing app for Veterans and VA providers. Through this new rule, VA providers will be able to use *VA Video Connect* and other forms of telehealth to furnish care to veterans anywhere in the country, including in the veteran’s home.

To learn more about the VA’s telehealth *Anywhere to Anywhere* initiative, visit VA’s Office of Connected Care at www.connectedcare.va.gov

For more news from the VA and for benefits information, visit www.va.gov

The VA has a Regional Benefits Office in Albuquerque. For more information: www.benefits.va.gov/albuquerque

For information about VA health care, visit the website of the New Mexico VA Health Care System at: www.albuquerque.va.gov

VA Video Connect Expands Veterans' Access to Health Care

More and more veterans are receiving health-care treatment virtually, thanks to efforts by the U.S. Department of Veterans Affairs (VA) to expand telehealth.

One of the recent successes has been with *VA Video Connect*, which allows veterans to connect with their health-care teams over live video from a computer, tablet or smart phone from the comfort of their homes, thereby increasing their access to VA health care and reducing travel times.

Since its launch in August 2017, more than 20,000 veterans have used *VA Video Connect* to receive care, and currently more than 4,000 VA providers across the country are set up to use the system.

"We are taking big steps to make VA health care more accessible," said VA Acting Secretary Robert Wilkie. "VA Video Connect provides our veterans with a convenient option to connect with their providers from their preferred locations in the United States."

VA Video Connect also has proven to be an important tool for the VA after emergencies. The Office of Connected Care's mobile and telehealth programs, in coordination with the Michael E. DeBakey VA Medical Center in Houston, TX, and the VA's regional network, quickly organized telehealth capabilities to assist veterans at two "mega-shelters" and four community based outpatient clinics after Hurricane Harvey in 2017.

As part of that effort, remote clinicians used *VA Video Connect* and other video technologies to hold virtual health-care appointments with veterans. VA teams have been coordinating since last year's hurricane season to prepare for how *VA Video Connect* can be used to mobilize clinical resources in the face of future emergencies and disasters.

VA Video Connect can be used on almost any computer, tablet or mobile phone with an internet connection, a web camera and microphone. It uses encryption to ensure privacy in each session.

In March 2018, the VA released an iOS version of *VA Video Connect* to the Apple App Store. Soon after, VA Video Connect began trending as a top 10 app in the "medical" category.

"The response from patients has been incredible," said Dr. Margaret Carrico, a VA primary care provider based at VAMC, Tampa. "Overall, they are delighted. Because wherever they are, they don't have to come in here to see me. Their daughter doesn't have to get off work, or they don't have to drive in traffic."

To learn more about *VA Video Connect*, visit the VA App Store at www.mobile.va.gov/appstore.

NMDVS Health/Safety Tip: Seniors and Weight Training—It's Never Too Late to Start!

(Story courtesy of *Consumer HealthDay/News for Healthier Living*)



Now that you're older, you may not spend much time flexing in front of the mirror or trying to add inches to your vertical leap. So why bother lifting weights? The truth is that building your muscles is more important than ever at this stage of life. Muscles tend to weaken with age, and this decline can eventually rob seniors of their active, independent lifestyles. Fortunately, you can reverse that trend with a few simple exercises. It's safe, it's effective, and it's never too late to start. You may even enjoy it!

Should seniors lift weights?

YES! The American College of Sports Medicine now recommends weight training for all people over 50, and even people well into their 90s can benefit. A group of nursing home residents ranging in age from 87 to 96 improved their muscle strength by almost 180 percent after just eight weeks of weightlifting, also known as strength training. Adding that much strength is almost like rolling back the clock. Even frail elderly people find their balance improves, their walking pace quickens, and stairs become less of a challenge.



Among these elders is Sara, 91, who had a lot of trouble walking after healing from a serious hip fracture. But after starting a weight-lifting program in which she practiced either leg presses or leg curls three times a week, she was able to walk a quarter of a mile without assistance and pedal a stationary bike.

"I feel better physically and mentally; I feel wonderful inside and out," Sara told the authors of the book *Successful Aging* (Dell, 1999). "I must go for that exercise three times a week, I must. You have to push yourself."

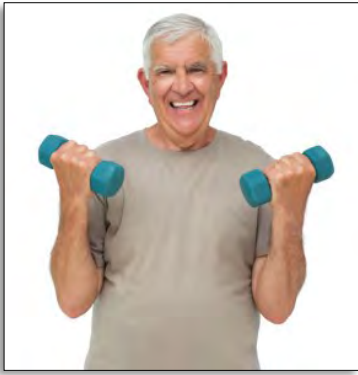
What are the benefits of weightlifting for seniors?

Improved walking ability. A University of Vermont study of healthy seniors ages 65 to 79 found that subjects could walk almost 40 percent farther without a rest after 12 weeks of weight training. Such endurance can come in handy for your next shopping trip, but there's an even better reason to pep up your gait.



Among seniors, insufficient leg strength is a powerful predictor of future disabilities, including the inability to walk. An 89-year-old senior interviewed in *Successful Aging* said that after two years of weightlifting, "I walk straight instead of shuffling. It gives me lots of energy. My family can't believe it."

(continued)



Ease in performing day-to-day tasks. By giving you the strength to handle your daily routines, weightlifting can help you maintain your independence.

Researchers at the University of Alabama found that healthy women ages 60 to 77 who lifted weights three hours each week for 16 weeks could carry groceries and get up from a chair with much less effort than before.

Prevention of broken bones. Weightlifting can protect you from devastating fractures in several ways. For one, the exercises boost your strength, balance, and agility, making it less likely that you'll suffer a nasty fall. A study at Tufts University found that older women who lifted weights for a year improved their

balance by 14 percent. (A control group composed of women who didn't lift weights suffered a 9 percent decline in balance in the same year.) Weight training can also build bone mass in the spine and the hip, so it's especially important for people with the bone-thinning disease osteoporosis.

Relief from arthritis pain. By strengthening the muscles, tendons, and ligaments around your joints, weightlifting can dramatically improve your range of motion. It can also cut down on pain by increasing the capability of muscles surrounding the afflicted joint, which eases stress on the joint itself. Arthritis sufferers should begin by using light weights and work up to heavier ones very gradually.

Weight loss. Lifting weights doesn't burn many calories, but it does rev up your metabolism. Overweight seniors who combine strength training with a healthy diet are almost certain to shed a few pounds.

Improved glucose control. If you are among the millions of Americans with Type 2 diabetes, strength training can help you keep it under control. In one study of Hispanic men and women with diabetes, 16 weeks of strength training provided dramatic improvements, comparable to taking medication. The study also showed that volunteers increased muscle strength, lost body fat, and gained more self-confidence.



Other benefits. Studies suggest weight training can help people sleep better and even ease mild to moderate depression.



How can I get started?

You should always check with your doctor before starting a new exercise program -- and when you do, expect your doctor to be thrilled with your decision. If you have hypertension, your doctor may want to run a few tests to make sure lifting weights won't cause a dangerous rise in your blood pressure. Fortunately, almost all people with high blood pressure can safely enjoy the benefits of strength training.

Once you get your doctor's go-ahead, you will choose your setting and your equipment. You can join a gym or a university exercise program that offers exercise machines, professional guidance, and lots of socializing, but you can also get an excellent workout at home using barbells, cans of food, or even plastic milk jugs filled with water or gravel. And get advice from a physical trainer before you begin: Instruction on proper technique is very important to help you enjoy the exercise without risking injury.

NMDVS FIELD OFFICES

There are New Mexico Department of Veterans' Services field offices throughout the state to assist veterans and their eligible dependents with filing for VA and state veterans' benefits. Each office is managed by a nationally-certified Veterans' Service Officer who is committed to helping fellow veterans with their veterans benefits needs

Below are the NMDVS field offices (LISTED IN ALL CAPITAL LETTER HEADINGS) and outreach locations (*shown in italicized headings with an asterisk*). Please contact your nearest office to set up an appointment.

ALAMOGORDO	ALBUQUERQUE #1	ALBUQUERQUE #2
Larry Weatherwax 411 10th Street # 107 (575) 437-4635 larry.weatherwax@state.nm.us	George Vargas 500 Gold Ave. SW (505) 346-4810 george.vargas@state.nm.us	Gordon Schei 5201 Eagle Rock Ave. NE (505) 383-2404 gordon.schei@state.nm.us
ALBUQUERQUE #3	<i>Anthony*</i>	<i>Artesia*</i>
Theresa Zuni 5201 Eagle Rock Ave. NE (505) 383-2404 theresa.zuni@state.nm.us	<i>(Las Cruces Office Outreach)</i> Lazaro Ramos (575) 524-6124 lazaro.ramos@state.nm.us	<i>(Carlsbad Office Outreach)</i> Dagmar Youngberg (575) 885-4939 dagmar.youngberg@state.nm.us
<i>Aztec*</i>	CARLSBAD	<i>Clayton*</i>
<i>(Farmington Office Outreach)</i> Beverly Charley (505) 327-2861 beverly.charley@state.nm.us	Dagmar Youngberg 101 N. Halagueno (575) 885-4939 dagmar.youngberg@state.nm.us	<i>(Raton Office Outreach)</i> Gary Fresquez (575) 445-8282 gary.fresquez@state.nm.us
CLOVIS	<i>Cuba*</i>	<i>Deming*</i>
Matthew Barela 904 W. 6th Street (575) 762-6185 matthew.barela@state.nm.us	<i>(Albuquerque Office Outreach)</i> Gordon Schei (505) 383-2409 gordon.schei@state.nm.us	<i>For assistance, call the DVS Las Cruces office at (575) 524-6220 or 524-6124</i>
<i>Española*</i>	FARMINGTON	GALLUP
<i>For assistance, call the DVS Santa Fe office at (505) 476-7903</i>	Beverly Charley 101 West Animas/Room 104 (505) 327-2861 beverly.charley@state.nm.us	Raymie Hurley 908 Buena Vista Ave./Room 1A (505) 863-7457 raymie.hurley@state.nm.us
<i>Grants*</i>	HOBBS	<i>Holloman AFB*</i>
<i>(Gallup Office Outreach)</i> Raymie Hurley (505) 863-7457 raymie.hurley@state.nm.us	Dalton Boyd 2120 N. Alto Street (575) 397-5290 dalton.boyd@state.nm.us	<i>(Alamogordo Office Outreach)</i> Larry Weatherwax (575) 437-4635 larry.weatherwax@state.nm.us

LAS CRUCES #1	LAS CRUCES #2	LAS VEGAS (NM)
J.R. Turner 2024 E. Griggs Ave. (575) 524-6220 jr.turner@state.nm.us	Lazaro Ramos 2024 E. Griggs Ave. (575) 524-6124 lazaro.ramos@state.nm.us	Karen Abeyta 917 Douglas Avenue (505) 454-0068 karen.abeyta@state.nm.us
Lordsburg*	Los Lunas*	Mora*
(vacant) <i>For assistance, contact the DVS Las Cruces office at (575) 524-6220</i>	(Albuquerque #1 Office Outreach) Theresa Zuni (505) 346-4810 theresa.zuni@state.nm.us	(Las Vegas, NM Office Outreach) Karen Abeyta (505) 454-0068 karen.abeyta@state.nm.us
Quemado*	RATON	Reserve*
(vacant) <i>For assistance, contact the DVS Las Cruces office at (575) 524-6220</i>	Gary Fresquez 200 N. 3rd St. (575) 445-8282 gary.fresquez@state.nm.us	(vacant) <i>For assistance, contact the DVS Las Cruces office at (575) 524-6220</i>
ROSWELL	Ruidoso*	SANTA CLARA (Grant County)
Danielle Thompson 1600 SE Main St./Suite A (575) 624-6086 danielle.thompson@state.nm.us	(Alamogordo Office Outreach) Larry Weatherwax (575) 437-4635 larry.weatherwax@state.nm.us	(vacant) <i>For assistance, contact the DVS Las Cruces office at (575) 524-6220</i>
Santa Rosa*	SANTA FE	*Socorro
(Las Vegas, NM Office Outreach) Karen Abeyta (505) 454-0068 karen.abeyta@state.nm.us	Jeff George 301 W. DeVargas St/Suite 2A (505) 476-7903 jeff.george@state.nm.us	(ABQ #1 Office Outreach) Theresa Zuni (505) 841-5346 theresa.zuni@state.nm.us
Sunland Park*	Truth or Consequences*	Tucumcari*
(Las Cruces Office Outreach) Lazaro Ramos (575) 524-6124 lazaro.ramos@state.nm.us	(Las Cruces Office Outreach) JR Turner (575) 524-6220 jr.turner@state.nm.us	(Las Vegas, NM Office Outreach) Karen Abeyta (505) 454-0068 karen.abeyta@state.nm.us

DVS Women Veterans Program



DVS created a Women Veterans Program within the Field Services Division to focus on women veterans—the fastest growing segment of our nation’s veteran population. According to the VA, there are 1,882,848 women veterans in America—about 10.4 % of the nation’s veteran population. In New Mexico, there are 16,354 women veterans —about 10.5% of the state’s veteran population of 158,994.

The mission of the Women Veterans Program is to educate women veterans about their VA and state veterans benefits—and, if necessary, to help with the filing process. Currently the program’s Coordinator position is vacant. The search is underway to fill this critical position. In the meantime, women veterans seeking help with their benefits can contact DVS Director of Field Operations Larry Campos at (505) 383-2417 or larry.campos@state.nm.us.