

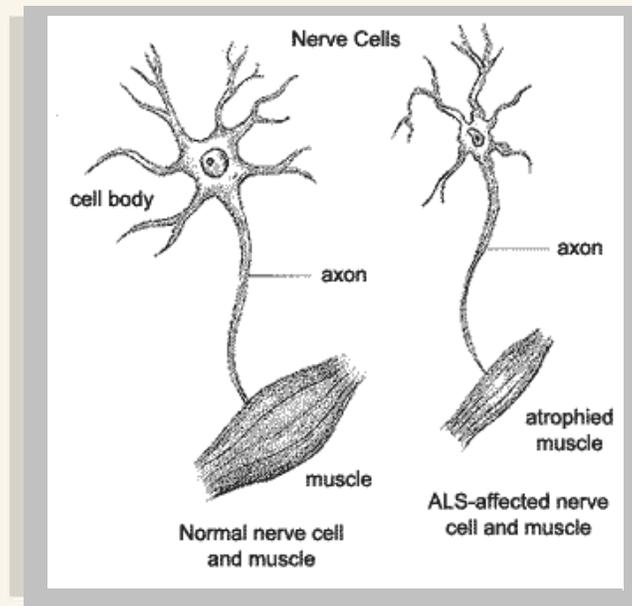
VETERANS TWICE AS LIKELY TO DEVELOP LOU GEHRIG'S DISEASE

Every day, fifteen Americans receive the grim news from their doctors that they have Lou Gehrig's disease. This disease is officially known as Amyotrophic Lateral Sclerosis (ALS). ALS is an incurable and fatal disorder of the motor neurons, which control brain and spinal cord responsibilities for all voluntary muscle movement.

ALS occurs throughout the world without regard to racial, ethnic, or socioeconomic status. Studies now show United States Veterans develop ALS twice as often as Americans with no military service. There is no answer why. The statistical evidence is so solid that in 2008 the Department of Veterans Affairs (VA) designated ALS a "presumptive compensable illness." If you're a Veteran and your doctor says you have ALS, the VA presumes your military service caused it.

Most newly-diagnosed ALS patients are between 55 and 75 years of age, but some are younger than 40. Studies have not found definite environmental causes and no confirmed link has been found with infections, diet, physical activity or injury. It is also unknown whether geographical clusters of ALS cases exist.

In 2008, Congress passed the ALS Registry Act, which directs the Centers for Disease Control and the Agency for Toxic Substances and Disease Registry (ATSDR), to develop a registry to gather and organize information about people living with ALS. The goal of the ALS Registry is to help scientists learn more about ALS and what factors affect the disease by gathering information from those living with it. The information may also be used improve how the disease is managed and how standards of care are developed.



More information about the Registry is available at <http://www.ncdc.gov/als/> or calling 800-232-4636.

There are a number of organizations who are helping to find a cure. The ALS Association (ALSA) is the best known national non-profit organization fighting Lou Gehrig's disease. ALSA funds global research assists people with ALS through a nationwide network of chapters, and advocates for increased public and private support of ALS research.

If you are a veteran with Lou Gehrig's disease, or a widow of veteran who died of ALS, then please contact your local Veterans Service Office. They can help you apply for VA benefits that you may be entitled to. You may also call the VA at 1-800-827-1000 for more information.

www.va.gov

FEBRUARY 2013

MYPAY MAKES TAX SEASON EASIER FOR MILITARY RETIREES

In the past year, over 113,000 military retirees have created myPay accounts. MyPay is the official online account management system for military members, Retirees and Department of Defense Civilians.

During tax season, myPay can save you time and money. 1099R tax statements are available at least a week before they arrive in the mail. If you lose your statement or you need a copy for your tax preparer, you can get one in minutes on myPay any time of day or night from the comfort of your home.

To get your 1099R on myPay, just log in to the Main Menu, and click "Tax Statement 1099R". You can view, print or save it.

In addition to printing tax statements, military Retirees use myPay to monitor their pay and survivor benefits, keep their contact and beneficiary information current, and control their allotments, direct deposit and tax withholdings.

If you've never used myPay, visit <https://mypay.dfas.mil> and click "Forgot or Need a Password" to have a temporary password mailed to you. When you receive your password, return to the myPay home page and click "Create an Account" to get started. If you have trouble creating your account, visit www.dfas.mil/retiredmilitary for step by step instructions or call myPay at (888) 332-7411 (option 5).





Reminder

- Time is running out to get those scholarship applications in. March 1st is the deadline for the NCDVA scholarship for children of disabled and war time veterans.
- If you have ideas for a topic or something you would like to know more about to put in the newsletter please let me know. Email me at ctravis@catawbacountync.gov or call me 828-465-8255 and I will try and get it in the next newsletter.

ANGEL BAND ***In Loving Memory of*** ***Steve Mains*** ***Retired NCDVA Veterans*** ***Service Officer***

My latest sun is sinking fast
My race is nearly run
My longest trials now are past

Oh come angel band
Come and around me stand
Bear me away on your snow white wings
To my immortal home
Bear me away on your snow white wings
To my immortal home

Oh bear my longing soul to him
Who bled and died for me
Whose blood now cleanses from all sins
And brings me victory

Oh come angel band
Come and around me stand
Bear me away on your snow white wings
To my immortal home
Bear me away on your snow white wings
To my immortal home

I know I'm near the holy ranks
Of friends and kindred dear
I brush the dew on Jordan's banks
The crossing must be near

I've almost gained my heavenly home
My spirit loudly sings
The holy ones, behold they come
I hear the noise of wings