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# ◆ THE DERBY CITY NSCIA NEWSLETTER ◆

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JANUARY 2005

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*The Derby City Chapter of the National Spinal Cord Injury Association Network- Serving Kentuckiana.*

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## Message From the President

Dear Members & Friends-

*At the time of this writing, no information on a speaker has been provided. I believe that we will have one, and as always,, it should be an informative and interesting evening. If no speaker is available, there will be a video showing and refreshments. For information on whether a speaker will be available, call Barb Davis or myself at 589-6620.*

*I hope you all had a wonderful Christmas, and I wish everyone a successful and happy 2005.*

*February's meeting will be held at Frazier Rehab; 6:30; 4th floor dining hall.*

- David Allgood

From NewMobility.com –ed.

### **EMBRYONIC STEM CELL RESEARCH “This Century’s Gold Rush”**

California’s \$3 billion embryonic stem cell research package is spurring other US states to consider new policies and laws that will hopefully lure—or retain—top scientists to their universities. “We don’t want Washington State to be left behind on stem cell research by default,” said state Rep. Shay Schual-Berke, echoing the sentiments of many other state-elected officials around the nation.



Washington joins Wisconsin, Maryland, and New York at the head of what California’s lieutenant governor, Cruz Bustamante, calls “this century’s gold rush.” In addition to pouring millions of dollars into research, New Jersey, under acting governor Richard Cody, hopes to boost a consortium with Pennsylvania and Delaware that can offset West Coast spending that might otherwise steal away East Coast researchers.

“Here we have federalism in action, with states competing to lead the central government in creating national policy,” wrote William Safire in a Dec. 15 op-ed. “When the government in Washington decided to move cautiously in funding this promising but controversial scientific research, individual states saw the competitive opportunity and made their move.”

Rep Jim Langevin is pushing the federal government from within to catch up with the states. “The president sets the policy, but we’re hoping in the president’s second term he might be willing to be more flexible on stem cell research,” says Langevin. He’s hopeful Bush’s incoming Health and Human Services secretary, Michael Leavitt, will be more open to dialogue on this issue than Tommy Thompson was in the previous four years. ★

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SCI RESEARCH HOPE CHEST

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**Derby City Area Chapter**  
***of the***  
**National Spinal Cord Injury**  
**Association**

**ABOUT THE ORGANIZATION**

The Derby City Area Chapter of the N.S.C.I.A. is a membership organization for individuals with spinal cord injuries, their families, and health professionals. Founded in 1984 as a Charter Member of the N.S.C.I.A., it was incorporated under IRS Section 501 (c) 3 as a not for profit organization. The Board of Directors consists of the Officers, Past President and the Board Members At Large.

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**OFFICERS**

**PRESIDENT**

David Allgood - (502) 589-6620

**VICE PRESIDENT**

Adam Ford - (502) 425-2206

**TREASURER**

Tom Stokes- (502) 957-5865

**LIAISON TO FRAZIER INSTITUTE**

Dr. Bill Kraft – (502) 582-5865

**FUNDRAISING CHAIR**

Betty Perry—(502) 647-0368

**CORRESPONDING SECRETARY/WEB MASTER**

Michael Feger- (502) 647-0368

**PAST PRESIDENT**

Adam Ford- (502) 425-2206

**BOARD MEMBERS AT LARGE-**

Mike Perry  
Kelly Young

**NSCIA**  
**DERBY CITY CHAPTER**  
**NEWSLETTER**

Editor- Barbara Davis

Contributor- David Allgood

*From USA Weekend, December 10-12, 2004 – ed.*

**MoneySmart Sharon Epperson**  
**“HIDDEN” SCHOLARSHIPS**

As her kindergarten pupils count out nickels, first-year teacher, Jamille Rogers, 22, tells them small sums can add up. Rogers should know: she gathered scholarships from \$100 to \$3,500 – \$40,000 in all – to fully fund four years at the University of Arkansas.

Finding free money is easy if you know where to look. Many web sites, including the college board's ([www.collegeboard.com](http://www.collegeboard.com)), offer searches at no cost. Also, check out listings on Fastweb ([www.fastweb.com](http://www.fastweb.com)), Sallie Mae's site ([www.collegeanswer.com](http://www.collegeanswer.com)), and Scholarship Research Network Express ([www.srnexpress.com](http://www.srnexpress.com)).

But first do some prep work:

**What makes you unique?** Make a list of academic, extracurricular and work experiences that make you stand out. The more specific the scholarship, the easier it is to win it, says Baird Johnson of Fast-Web, which has a database of more than 600,000 scholarships: “We have ones for students who may be short or overweight or athletes or nonathletes or even willing to go to their prom dressed in duct tape.”

**Think local and personal.** The smaller the geographical area the scholarship targets, the better your chances. Also, see if your (or your parents') workplace, community groups or area businesses have programs (Kohl's and Target do).

And don't forget to talk to college financial aid officers; most aid ultimately comes from them.



# **Refrigerator Calendar**

**\*2005**

## **JANUARY**

**3rd - Elderly & Disabled Advisory Council Meeting**

**Mon 1:00-2:30 p.m.; TARC; 1000 W. Broadway; Board Room.**

**17th - NSCIA Derby City Area Chapter meeting, 6:30 p.m., Frazier Rehab.**

**Mon 4th floor dining hall; speaker to be announced. Call David or Barb at 589-6620.**

**22nd - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.; PVA Office on Goss Avenue.**

**Sat Speaker to be announced; if questions, contact Terri Leasor at 589-6620 or at mdclouky.org**

**18th - Louisville Metro Sweep for Access**

**Tues Crescent Hill Library; 2762 Frankfort Avenue**

## **FEBRUARY**

**7th - Elderly & Disabled Advisory Council Meeting**

**Mon 1:00-2:30 p.m.; TARC; 1000 W. Broadway; Board Room.**

**21st - NSCIA Derby City Area Chapter meeting, 6:30 p.m., Frazier Rehab.**

**Mon 4th floor dining hall; speaker to be announced.**

**19th - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.; PVA Office on Goss Avenue.**

**Sat Speaker to be announced; if questions contact Terri Leasor at 589-6620 or mdclouky.org**

**15th - Louisville Metro Sweep for Access**

**Tues Crescent Hill Library; 2762 Frankfort Avenue**

**For More Information Call**  
**David Allgood, 502-589-6620**

*From EnabledOnline.com*

## **NEVER UNDERESTIMATE THE POWER OF ONE**

By Rosemarie Rosetti, PhD.

All movements in this country started from one good idea. One person had the thought and shared it with another. Word-of-mouth spread the thought and soon advocates gathered to put an action plan together. Your ideas have power when you gather the support of influential people.

There are many stories about the power of one person with a good idea. One example is the Amber Alert bill that was signed into law by President Bush in April 2003. This legislation is helping to alert neighborhoods across the country when a child is abducted. The local radio and TV broadcasters spread the word about the kidnapping as soon as it is known, so the child can quickly be found. The Amber Alert was a program initiated in Arlington, TX after 9-year-old Amber Hagerman was kidnapped and murdered in 1996. Local residents asked the radio station to broadcast kidnappings in the future. As a result of this tragedy, someone had a good idea, and gathered the support of others to prevent this from happening again. Many lives have been saved as a result of these media broadcasts.

Another example is the Mothers Against Drunk Driving (MADD) organization. MADD was established in 1980 by Candy Lightner and a small group of other mothers in California who were outraged by the death of a teenage girl killed by a drunk driver. Their mission is to stop drunk driving, support the victims of this violent crime, and prevent underage drinking. MADD has grown to become one of the largest crime victims' organizations in the world.

Oftentimes, as a result of adversity, changes need to be made. As the change applies to you, it is your choice how to respond. Sometimes you recognize that rights need to be protected, wrongful deaths halted, dangerous situations avoided, laws created or enacted, or unfair decisions reversed.

When you get an idea, realize that there are likely to be others who will be advocates of your idea. They will be grateful to you for spearheading actions. Share your idea with others to get support and input. Let others help you to build upon what you start. Your single idea can lead to something significant. You can be a catalyst for change. Maximize your power of one by getting support from the community.

Here are some actions you can take.

- Start a support group
- Write a letter to someone, who is in a position to make decisions to bring about change
- Write a letter to the editor of your local newspaper
- Speak at a local club or service organization meeting
- Call the local TV and radio stations to share your story
- Write to your city and state legislature

Taking the first step to empower yourself involves making a decision that you must do something. Realize that you have the power to influence others to resolve problems. ☆

### **POWER PAWS ASSISTANCE DOGS, INC.**

#### **CURRENTLY ACCEPTING APPLICATIONS AS OF 7/22/04 FOR ASSISTANCE DOGS**

Power Paws is a nonprofit, 501 c 3 organization, located in Scottsdale, AZ. We are currently accepting applications from people with disabilities for assistance dogs. To obtain an application, please send us a letter with the following information:

1. Your request for an assistance dog
2. A short autobiography
3. Tell us how you feel an assistance dog would benefit your life
4. A nonrefundable \$25 application fee

When we receive this information, we will mail an application packet to you.

You may contact us at **480-945-0754**.

Or visit our website at:

<http://www.azpowerpaws.org>

Our mailing address is:

**Power Paws Assistance Dogs, Inc**

**P. O. Box 1163**

**Scottsdale, AZ 85252**



*The following is from Special Living, Winter 2002 –ed*

### NASHVILLE (INDIANA, THAT IS)

By Russ Ragland

The Hidden Valley Inn in Nashville, IN made for a beautiful and near-perfect retreat for my wife and me.

Just one hour south of Indianapolis, Nashville, located in the hills of southern Indiana, is very wheelchair accessible with over 300 accessible shops and restaurants.

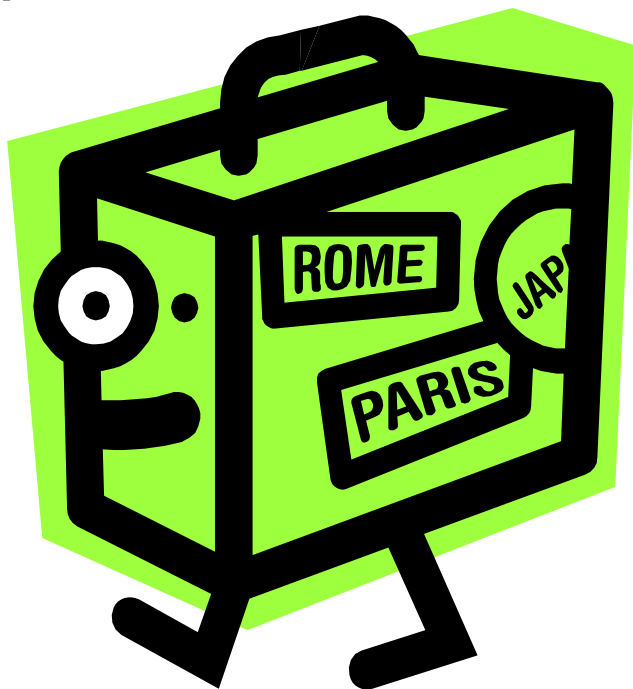
Our suite at the inn was complete with a king size bed, and a queen size sofa bed, with two cable TV's, one in each room. The convenient kitchen was complete with a table and chairs that accommodate six. The bathroom was complete with a roll-in shower with a padded shower seat, grab bars and an alarm system for emergencies. We always insist upon handicapped suites when we travel, but this inn exceeded our expectations.

Brown County State Park, Indiana's largest state park, is located on the East edge of Nashville. For country music lovers, The Little Nashville Opry has star entertainment every weekend, through the summer.

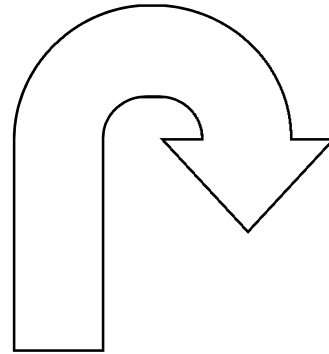
We can't wait to return to this quaint artist colony with a bit of country elegance.

Call the Nashville Chamber of Commerce at 812-988-6647. The Hidden Valley Inn is 1-877-988-9099 or 812-988-9000.

Another Indiana destination is Winona Lake near Warsaw. The shopping area is set up like an outlet mall. The dining is on the lake and accessible. Very quaint area.



## FOR SALE!!!!



**\*1985 Komfort Koach van;**v-8 engine; power fold-up wheelchair lift; power window and door locks; wheelchair safety strap/hooks; almost new tires; AC/front and rear vents; cruise control; AM/FM radio, tape deck, CB radio; game table and window shades; trailer hitch; \$135,000 mi.; good cond.; \$2750.00 (502) 425-0314.

**\*Chair Topper & Hand Control;** price negotiable; Call Greg @ 968-4630.

**\*2003 Ford F-250 lift-equipped green/gray van;** leather seats, TV, DVD player. Playstation hookup, am-fm radio. Rick Miller, 937-2245.

**\*Shower Chair; 2 yrs old, negotiable; 2 RoHo cushions; low profile; \$150 each; Invacare 900 Action Power Chair; 4 yrs. Old; \$600. Call 448-5296.**

**\*RoHo High Profile 16x16 cushions; \$160; 589-6620.**

**\*Ford 1997 Econoline Van;** 100,140 mi; \$16,000. Hunter Green-gray; new tires & brakes; "loaded"; call 270-786-4547; ask for Dale.

**\*Cookbooks for Sale:** Recipes compiled by Chapter members; \$10:00. Call David @ 589-6620.

**\*Video tapes for sale.** Various topics related to spinal cord injuries. Call David Allgood or Buddy Lawson.

**\*\*\*If assistance is needed to pay for any of the above items, contact Kentucky Assistive Technology Loan Corporation at 1-800-327-5287 for information on loans at 5% interest to qualified candidates.**

*You are cordially invited to join us!*

*The Derby City Chapter of the National Spinal Cord Injury Association consists of people with spinal cord injuries and similar physical conditions, their family members, friends, and professionals or other interested parties.*

*We meet:*

*WHEN- Third Monday of every month from 6:30 to 9:00 PM*

*WHERE- Frazier Rehab Center, 4th floor Dining Room  
220 Abraham Flexner Way*

**If you wish to be a member, donor, and/or be on the mailing list of the Derby City Chapter of the National Spinal Cord Injury Association please complete and mail the following form to the address below**

**National Spinal Cord Injury Association**  
**Derby City Chapter**

**Membership & Organization Sponsorship Form**

Name: Mr./Mrs./Ms./Dr. \_\_\_\_\_ Date \_\_\_\_\_  
 Address: \_\_\_\_\_ Apt.# \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Business (if any): \_\_\_\_\_  
 Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_  
 Date of Birth \_\_\_\_\_  
 Para: \_\_\_\_\_ Quad \_\_\_\_\_ Hemiplegic: \_\_\_\_\_  
 Level of Disability \_\_\_\_\_ Other Disability \_\_\_\_\_  
 Able-Bodied (yes/no): \_\_\_\_\_  
 New Member: \_\_\_\_\_ Renewal \_\_\_\_\_ Newsletter Subscription  
 (only \$12): \_\_\_\_\_  
 Special Interests /Hobbies/Sports: \_\_\_\_\_

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Membership is open to all individuals and sponsorship to all organizations interested in spinal cord injury.

Mark Type of TAX DEDUCTIBLE Individual Membership or Organization Donor Category Desired\*\*\*

- |                                    |  |
|------------------------------------|--|
| _____ Regular-\$12                 | _____ Bronze Organization-\$100-249        |
| _____ Sponsor-\$25                 | _____ Silver Organization-\$250-499        |
| _____ Patron \$50                  | _____ Gold Organization- \$500-999         |
| _____ Benefactor-\$100             | _____ Platinum Organization-\$1000-2499    |
| _____ Permanent- \$1000/lifetime** | _____ Diamond Organization-\$2500 Or Over. |

Please make checks payable to: **NSCIA Derby City Chapter**  
David Allgood  
6703 Triangle Drive  
Louisville, KY. 40214