



# Quest Dispatch

*Quest for the Best!*



Volume 1, Issue 5

Tuesday, July 29, 2008



## First Timers at the Games

Nearly a quarter of the 498 wheelchair athletes here in Omaha are novices. Although their wheelchair sports experience varies, they are all new to the Games and the wave of change this competition brings.



Jacob Lietz from Great Falls, Mont.

"I believe the Games are important because they help keep your fighting spirit alive. This is a whole new experience in my life and I'm just going to try

and embrace it," said Jacob Lietz, a quadriplegic athlete from Great Falls, Mont., who competed in swimming, rugby, slalom and nine-ball. Lietz, 28, was in the Montana National Guard and is a combat-wounded veteran of Operation Iraqi Freedom.

More than 100 novices competed in last year's Games as well. Each came to the event harboring their own scars and fears, but healing took place during the week. With the help of seasoned wheelchair veterans, the novice players were able to grasp their inner strength to achieve new heights. This year is no different.

"We old-timers try to bring the young ones into the fold," said Gary Orlando, 56. "It's good to see them taking part because it's nothing that a therapist can give them."



Gary Orlando from Erie Pa.

Orlando, from Erie, Pa., is a combat-wounded Army veteran of Vietnam.

Being a novice doesn't mean the athlete is newly injured or a certain age; it simply means the person is new to national competition. New participants this year range in age from 21 to 80, and 10 are women.

Sharee Daniels from Seattle, Wash., is at the Games for the

first time. "My job is to show people that life doesn't end just because you're in a wheelchair," she said. Daniels, 29, who has multiple sclerosis, is an Army combat veteran of the conflicts in Bosnia.

Another new competitor, Shawn O'Neill of Chagrin Falls, Ohio, agrees. "I am really happy to have the opportunity to participate in the National Veterans Wheelchair Games," he said. "I looked forward to learning new things and meeting other veterans with similar disabilities. There are tons of things out there you can still do – really, everything you did before. You just need to keep on doing them." O'Neill, 26, is a paraplegic athlete and an Air Force veteran of Operations Iraqi Freedom and Enduring Freedom.

Many veterans who joined in the Games in 2007 as novices have returned this year in the Open Division. This week,



Sharee Daniels from Seattle, Wash.

they are testing their skills once again and seeing the friends they met a year ago.

"I love coming to the Wheelchair Games," said Scott Winkler, 35, from Grovetown, Ga. Winkler, another paraplegic athlete and Paralympic competitor headed for Beijing, is an Army veteran of Operations Iraqi Freedom and Enduring Freedom. This is his second time at the Wheelchair Games. "It is great to be around other disabled

veterans, athletes really. These people have tremendous spirit with an overpowering attitude that helps them rise above adversity. It's like our own family inside of this great nation. It is a contagious and inspiring mindset, and the camaraderie is unbelievable."

The 2008 Games will come to a close today. The athletes who entered as novices this year have gained new perspectives and new friends, and hopefully, some well-deserved medals for all their hard work. Next year, they'll be the ones in the "experienced athlete" group, busy taking the 2009 novices under their wings.

# Willing Greatness: In Memory of Three Great Mentors

*“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”*

*~ Christopher Reeve*

This week, as we take part in the 28th National Veterans Wheelchair Games, let us remember and celebrate the lives of three close friends, Jim Hayes, Wally Kiffmeyer and Cliff Crase.

Did these men know, as each set out on his own path of discovery and determination, that the imprint he someday would leave behind could continue to instill a desire to motivate and propel others toward greatness? Probably not.

But that’s because each lived unselfishly, to serve and inspire others. Their aspirations and accomplishments remain with us even as we mourn the departure of these admirable mentors, who contributed so much to this event, each in his own way. The torch has been passed...



**Wally Kiffmeyer**  
1924-2007

- Long-time NVWG softball official
  - 50 years as an Amateur Softball Association umpire
  - Special Olympics volunteer and Hall of Famer
  - Director of the Minneapolis US Bowling Congress Association from 1984-2004
  - Member of the Minnesota State Hall of Fame for Softball
  - Member of the National Wheelchair Softball Association Hall of Fame
  - “Most of the great ones are referred to and acknowledged by a single name or phrase: ‘The Babe’ in baseball, ‘Magic’ in basketball, ‘Pele’ in soccer. If you mention the name ‘Wally’ in the softball arena, wheelchair or able bodied, everyone knew exactly whom you were referring to. Therein lies a testimony to his impact on the games. You knew exactly who was in charge after you heard his patented start to every game or softball gathering: ‘LET’S PLAY BALL!’”
- Bob Crowe, National Softball Official, NVWG



**Jim Hayes**  
1949-2008

- Master slalom course creator for the NVWG, involved for more than 20 years
  - Coach of the Movin’Mavs, the award-winning (seven national titles) wheelchair basketball team of the University of Texas at Arlington (UTA) for more than 30 years
  - Implemented the Office for Students with Disabilities at UTA in 1976
  - Wheelchair road racer who earned a gold medal in the 1984 Paralympic Games
  - Counselor and Life Coach
  - UTA’s coordinator of compliance with the Americans with Disabilities Act
  - “Jim was the consummate teacher; always challenging the veterans to try to achieve one step beyond what they thought was possible. He was a great role model in life proving that nothing could stand in the way of the human spirit.”
- Tom Brown, Director of the National Veterans Wheelchair Games



**Cliff “Kip” Crase**  
1938-2007

- Founder and editor of Sport N Spokes; editor of Paraplegic News (PN)
  - Member of the Upper Michigan Sports Hall of Fame; National Wheelchair Athletic Association Hall of Fame; National Wheelchair Basketball Hall of Fame; and Athletes with Disabilities Hall of Fame
  - Recipient of the National Courage Award from Courage Center in Minnesota
  - Silver Cup earner at the Pan-American Games
  - National Sports Coordinator for PVA
  - Member of the executive committee of the National Wheelchair Athletic Association
  - “Cliff collected many medals in his own sports career, but I don’t believe they were as important to him as were the people he met, the places he visited, and the things he learned in connection with competition. He knew this could be true for the athletes of the NVWG as well. The Games could be just the beginning...”
- Ann Santos, Associate Editor of PN Magazine.





## Finals are Today!

This may be the last day of the Games, but we still have a full day of great competition ahead of us! The team sport finals, along with the Slalom “Super G” will be happening today – so get your cheering voice and clapping hands ready to support your favorite teams!



The Super G finals start at 9 a.m. Watch the best of the best in this week’s slalom events as they take on the most grueling course yet. You just won’t believe what these athletes can do! At 10 a.m. you can catch the softball consolation and championship games. Which one of our final four teams will leave with medals – and which one will capture the gold? Take a quick break for lunch

before the Quad Rugby finals start at 1 p.m. Find out which team gets the gold in a rousing final game of “murderball” this time! The consolation game for basketball will also be happening at 1 p.m. Later, at 3 p.m., both basketball and power soccer championship games will be going on concurrently, but don’t worry, since they are both happening in Hall B of the Qwest Center Omaha, you can easily move back and forth between the two and catch all the action.

After all the excitement of the final events, catch a quick power nap and prepare yourself for the Closing Ceremonies and Banquet at 7 p.m.

With a day like this, we’re all going to need a vacation when we return home! Congrats to all of our finalists and winning teams!

## What A Pain!

Pain is something we all know, especially athletes. Pain may be sharp or dull. It may come and go, or it may be constant. You may feel pain in one area of your body or you may feel it all over, like when your muscles ache from the flu.

Most people experience acute pain when they have an injury to the body. It usually begins suddenly and acts as a danger signal telling you that something is wrong and you need help. This acute pain can be severe or mild, but it typically goes away as the body heals. Chronic pain can also start suddenly, but it can build up over time and continue long after the body heals.

Acute pain is common after a spinal cord injury. It may be from damage to the spinal cord or it could come from damage to other areas of the body at the time of injury. Many individuals with spinal cord injuries also experience chronic pain. It can occur in areas where there is normal sensation, or places where there is little or no feeling after injury. The pain is very real and may have a great impact on daily living. If you have pain, you can take three steps to help improve your overall quality of life.

1. Do not ignore the fact that you have pain – there are options for you to help manage it.
2. Talk to a doctor. It is important to first find the cause of the pain and the type of pain. Once your pain has been diagnosed, you and your doctor can decide how to best manage it.
3. Learn to manage your pain. Your goal is to reduce your pain as much as possible.

Research on pain following spinal cord injury is very complicated. Not only are there several types of pain, but people can also describe the same type of pain in different ways. Some people feel pain in areas where there is no damage to the body. You may have severe pain at times but no pain at other times. It may change with the weather, if you smoke, if you are tired or emotionally upset, or if you have problems with your bowel, bladder or skin. These are only some of the factors that can make it difficult to diagnose, classify and treat pain.



Research has shown that your level of injury and how you were injured can have an impact on pain. Individuals with low levels of injury tend to have more pain than those with higher levels of injury. People injured by gunshot

## Today's Clinical Corner



have more pain than injuries from other factors.

To help prevent and manage pain (in sports or normal daily activities), warm up with light exercises and don’t try to do too much at once. We all have heard the saying “mind over matter.” Keeping a positive mental attitude and making the most of each day can be used for pain management. Good physical conditioning helps us successfully deal with pain. Exercising stimulates the body and mind to help produce endorphins, that reduce pain and help us all feel better.

Recognize your limits and exercise safely. Make sure your equipment is maintained and if you have a prosthetic device such as a stump sock, for example, you are using the best methods to care for your amputation site and avoid injury.

Pain management usually includes treatment with medications, modified activities or a combination of both. Other options like massage therapy can loosen knotted muscles, promote relaxation and put you in a great, pain-free mood!

## Newest Medal Event is Right on Target!

The old saying goes, “the third time’s the charm.” But for Larry Binger, 62, seasoned trapshooter and frequent Games competitor from Newark, Del., the lucky number is 23. This is Binger’s 23rd time attending the Wheelchair Games since 1983, and this is the first year that trapshooting is being offered a medal-winning sport.

“This is a sport that every veteran knows how to do,” says Binger, a Navy combat veteran of Vietnam. “Our training in the military taught us how to handle firearms safely, and



**Kenneth Lloyd from Union, Iowa, competes in the 2007 Games trapshooting exhibition held in Milwaukee.**

with accuracy and precision.” Binger believes upgrading trapshooting from an exhibition event to a medal-winning sport increases not only its competitive status but also the sportsmanship involved in participating.

Although trapshooting has been a popular exhibition, Binger hopes the change will peak the interest of fellow veterans who may not have considered trapshooting as an event to enter in the past. “Whether they participate or attend the event as a spectator, I’ll make it a point to encourage them,” says Binger.

“One of our responsibilities as a sponsor of the Games is to listen to our athletes and monitor their participation and enthusiasm at the exhibition events,” said Doug Beckley, Associate Director for Sports at Paralyzed Veterans of America (PVA). “Trapshooting has been very popular and we believe that elevating the event to medal status is a great addition to this year’s Games.”

Beckley hopes that veterans will not only participate in trapshooting as an event here in Omaha, but will consider future involvement at PVA trapshooting events within their own communities throughout the year. “Trapshooting is one competitive event that can be enjoyed with friends and family, where disabled athletes and non-disabled athletes can compete directly with one another,” Beckley added.

“Trapshooting breaks down barriers and the playing field is virtually equal.”

Basic Amateur Trapshooting Association rules apply at the event. All participants shoot 50 rounds of 12 gauge ammunition from the 16 yard line. Competitors breaking at least 25 of the first 50 targets will continue with a second 50 targets to determine the final standings.



In trapshooting, athletes are recognized in the same categories as the majority of other events at the Games, according to functional levels. “We expect one or more quadriplegic competitors as well as paraplegic in classes II-V, and in each of the categories of novice, open and masters,” said Reed Weir, PVA’s consultant for the shooting sports program.

There were 45 participants in the trapshooting exhibition event last year. Before the start of this year’s Games, 60 athletes signed up to compete in trapshooting. Binger is just one of many athletes enthusiastic about the change. Another is Kenneth Lloyd, 56, an Army veteran who also served in combat in Vietnam from Union, Iowa. Lloyd said, “I love trapshooting and I think this event is going to go over very big this year.” Participants will be issued shotguns and ammunition at the Games. “Many of us follow a trapshooting circuit in our home towns, using our own weapons and ammunition,” he said. “Using Games-issued equipment will really level the playing field. It’s going to be an exciting event!”

### Athlete quote...

“The Games make you feel complete. It gave me the courage to go to the Winter Sports Clinic. The Wheelchair Games get you going and the Winter Games keep you going!”

*Jacqueline Tyler, Army  
Spring Valley, Ohio*



### Presentations

Awards presentations for Softball, Quad Rugby, Super G, Basketball and Power Soccer will be awarded immediately after the competition at the event venue. For events that require the results to be tabulated, medal presentations will be delayed. All delayed awards will be presented at the medal presentation area in the Grand Hallway of the Qwest Center Omaha today from 9 a.m. to 5 p.m. All photos of the medal presentations will be available for pick-up at the medal presentation area in the Grand Hallway of the Qwest Center Omaha.



# Quest for the Best!



Steven Hardy from Tonopah, Ariz.



Claire Brou from Ocean Springs, Miss., has participated in the Games for sixteen straight years.



Chris Santistevan from Gillette, Wyo., navigates around the Slalom course.



Albert Kimmel from Elkhorn, Wis., shot a "bullseye" during air gun competition. Kimmel is visually impaired!

**OOPS!** In the Monday edition of the Quest Dispatch the photo of Charles Allen should have been identified as Anthony Pone from Philadelphia, Pa. Sorry gentlemen!



Tyler Wilson from Thornton, Colo., and Steven McGuire from Williamsburg, Va., discuss their bowling scores.



Charles Allen from Cedar Hill, Texas.

## Celebrate Tonight with Omaha's Best

Tonight's Closing Ceremonies present an opportunity to commemorate this week's *Quest for the Best* in Omaha. Join us as we celebrate all of the *best* things that happened here this week – personal bests in competitions, award winning accomplishments in first-time events, as well as best friends, best times, and best wishes that all took place here all week. The banquet is a great place to join your new and old friends, families, coaches and officials, sharing experiences and congratulating each other on all of the week's accomplishments.



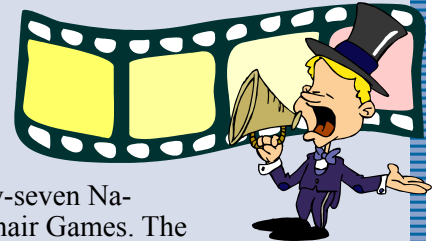
Even the menu tonight will feature one of Omaha's *bests* – the world-famous Omaha Steaks. What more fitting way to complete a wonderful week at the Games...



The Closing Ceremonies will be held in the Hall A beginning at 7 p.m. Doors will open at 5:30 p.m. Mistress of ceremonies for the evening will be Ardeth Ohm, a member of The Avi8tors Ensemble, whose performance we all enjoyed last evening at the "Memories of a Great Generation" social. Ohm has been a lifelong performer in the Omaha area, sharing her talents through theatre, concert, television and radio, and also directing youth music and drama ministry.

The 2008 Spirit of the Games winner will be announced at the end of tonight's ceremony. The Spirit of the Games winner is selected by Games officials and the honor is bestowed upon one athlete each year who best demonstrates the qualities of athletic excellence, sportsmanship and strength of character throughout the week of the Games.

This year, the Closing Ceremonies will feature two videos. The first highlights another *best* of the Games – the *best* video highlights of the past twenty-seven National Veterans Wheelchair Games. The second presentation, an annual tradition, captures the events and emotions of the past week as recorded by longtime Games videographer Steve Wiggins. Featuring challenges, teamwork, the thrill of victory (and sometimes the agony of defeat), friendship, fellowship, tears and joy, the video is always a very special highlight of the evening.



Please join us this evening as we celebrate and reflect on the past week, and look forward to renewing our friendships and our achievements in Spokane, in July 2009!



**Note: A pre-ceremony reception (for invited guests only) who are participating in the program begins at 5 p.m. in Ballroom B.**



### Departure Information

Special instructions regarding luggage pick-up and departure information has been provided at your hotel, a copy may be obtained at the hospitality desk.

Shuttles transporting veterans to the airport start running at 3 a.m. Wednesday until 3 p.m. Please be ready to depart from your hotel at least three hours before your flight time.

*If you depart after 3 p.m. you are responsible for your own transportation.*

Have a safe trip home!

### Quote of the Day...

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

~ Lance Armstrong



## Just for Grins...



### One Batty Guy

A member of the local chapter's wheelchair soft-ball team was returning equipment to the proper owners at the end of the season. He walked into the surgery department of the local hospital, carrying a bat that had been loaned to the team by one of the surgeons. As he passed a group of patients and their families in a waiting area, he heard a man say to his wife, "Look, honey, here comes your anesthesiologist."







## Daily Bulletin Board



**Durable Medical Equipment (DME)** is located at the Hilton Hotel in St. Nicholas Ballroom, Hilton Garden Hotel in the Haze Room and at the Hampton Inn in Meeting Room A. DME Hours of Operation:

Tuesday, July 29	6 a.m. – 10 p.m.
Wednesday, July 30	6 a.m. - Noon

The Games **Wheelchair Repair Shop** is located at the Hilton Hotel in the Hill Room on the 2nd floor and is open from 8 a.m. - 8 p.m. today. There will be a wheelchair repair presence at every venue and at departure time, all day on Wednesday, July 30. Phone number: (402) 205-6087



**Hospitality** - Stop by the hospitality desks for information about Omaha, and discovering all the things to do and see in the local area. Hospitality desks at the Hilton and Hilton Garden Inn hotels will be open as follows:

Tuesday July 29	7 a.m. – 6 p.m. 9 p.m. - Midnight
-----------------	--------------------------------------

The Hours for the hospitality desk at the Qwest Center Omaha are:

Tuesday July 29	7a.m. – 6 p.m.
-----------------	----------------



**Transportation** leaves from in front of the Qwest Center Omaha on 10th Street on a regular schedule to the event sites. Specifics for each event are below:

Tuesday July 29

For <b>Motor Rally</b> at the Zoo with 8 a.m. event start	Loading starts at 6 a.m.
For <b>Trapshooting</b> with 10 a.m. event start	Loading starts at 9 a.m.
For <b>Trapshooting</b> with Noon. event start	Loading starts at 11 a.m.

A shuttle runs daily on a regular schedule from the Qwest Center Omaha to each of the Games hotels starting at 6:30 a.m. and ending at 11:30 p.m.



On behalf of all those involved with the Veterans History Project, we sincerely thank you for sharing your stories of courage and sacrifice with us this week. Your stories are now forever archived in the Library of Congress. We are honored by your sacrifices and your selfless service to our nation. Thank you!

## Our Chef's Selections for....



Tuesday, July 29, 2008

### Meals

Daily meal services continue today and end with lunch at the Qwest Center Omaha in Exhibit Hall A. Remember! You may also choose to use your meal voucher at the kiosk/concession stands in the event areas of Halls A, B and C.

**Hall A Meal Hours:** Through Tuesday, July 29:

Breakfast:	6 – 9 a.m.
Lunch:	10:30 a.m. – 3 p.m.

**Concession Stands Hours:** Tuesday hours, 10 a.m. to 2 p.m.

### Breakfast

Main entrees: Scrambled eggs, breakfast potatoes, maple glazed breakfast sausages or bacon

A la carte: French toast, bacon, assorted cold cereals with 2 percent milk, fruit, and assorted pastries


### Lunch

Main entrees: Taco stations or old-fashioned meat loaf; mashed potatoes, peas and carrots

A la carte: Soup, cold sandwiches, salad

### Dinner

See the "Celebrate Tonight with Omaha's Best" article on page 6 for information on this evening's banquet.



## Weather

Scattered Thunderstorms

High 88

Low 73



2008

## Spirit of the Games Award

## Today's the Day!

The 2008 Spirit of the Games award recipient will be announced today. Each year, this athlete stands out for demonstrating athletic excellence, sportsmanship and strength of spirit at the National Veterans Wheelchair Games. Look for tonight's special edition for more information about this year's Spirit of the Games award winner. The award was first distributed in 1987 at the 7th National Veterans Wheelchair Games in Ann Arbor, Mich. Since then, 21 (soon to be 22) outstanding athletes have been recognized with this very special honor.



# Quest for the Best!

Daily Schedule for...

## Tuesday, July 29

8 a.m.	Motor Rally	Henry Doorly Zoo
	Quad Rugby Game 3	Qwest Center Omaha, Hall B
	Softball Games 9, 10	Qwest Center Omaha, Halls B&C
9 a.m.	Super "G" Finals	Qwest Center Omaha, Hall B
10 a.m.	Softball Consolation/Championship Games	Qwest Center Omaha, Halls B&C
	Trapshooting	Koch Trap Range
Noon	Trapshooting	Koch Trap Range
1 p.m.	Basketball Consolation Game	Qwest Center Omaha, Hall B
	Quad Rugby Championship Game	Qwest Center Omaha, Hall B
3 p.m.	Basketball Championship Game	Qwest Center Omaha, Hall B
	Power Soccer Championship Game	Qwest Center Omaha, Hall B
7 p.m.	Closing Banquet and Departures	Qwest Center Omaha, Hall A



HP's iCafé is located at the north end of the Qwest Center Omaha's grand hallway. It is open today from 8 a.m. to 2 p.m. *Thank you, HP!*

Two **WiFi** "hotspots" are available in the Qwest Center Omaha, one at the grand hallway south

end and the other near the entrance to the concert hall.

**NVWG Web site**  
[www.wheelchairgames.va.gov](http://www.wheelchairgames.va.gov)

The daily editions of the *Quest Dispatch* are posted on the main page of the Games' Web site, and individual news releases and photos are located

on the "Athlete Information" tab. Final results and other updates will continue for the next few weeks. Look for a great photo gallery from the Games (see the Photo Gallery tab on the main home page). What a great way to share how you have *Quest for the Best* with family and friends!

## News Media Games Coverage Update



Lights, camera, action! The 28th National Veterans Wheelchair Games continues to receive extensive coverage from national and local media. Sports Illustrated covered events on Saturday and Sunday. A two-page spread featuring quad rugby should appear in the magazine's next issue.

On Monday morning, the Games were featured on CNN Headline News with footage of the opening ceremonies of the Nebraska, Iowa and several other teams rolling into the Arena. Also on Monday, the Media center was assisting a video crew from Armed Forces Information Services. That video will be available on the Web.

Other future news stories will include the Pentagon channel thanks to support from Tri-West and an NBC Nightly news feature with Scott Winkler that will air during the Paralympics in Beijing.

In addition to the national coverage, there continues to be extensive local coverage from Omaha television (KETV-ABC, KMTV-CBS, KPTM-Fox and WWT-NBC) and the Omaha World Herald newspaper as well as media from Lincoln, Neb. Ongoing Games coverage is available at [www.wheelchairgames.gov](http://www.wheelchairgames.gov).



Lost and Found is located in the Games Command Center in Room 211 of the Qwest

Center Omaha and is available from 7 a.m. to 11 p.m.



## Medical Details

Medical suites are available at the **Hilton Hotel in Room 4034** and **Hilton Garden Inn in Room 214**. They will be open today and will close Wednesday, July 30 at 8 a.m. Medical assistance will be available at all times during the Games. Watch for their light green shirts with white crosses.

For those athletes staying at the Homewood Suites, Courtyard by Marriott or the Hampton Inn, medical



assistance will be available daily Midnight – 8 a.m. If an athlete has a medical emergency during this

time, the hotel operator should be contacted. The operator will take the veteran's name and room number, and communicate with the physician or nurse on call.

If medical assistance is needed at other times during his or her stay, the veteran should go to the medical suites located at the Hilton or Hilton Garden Inn hotels, or at the Qwest Center Omaha.

The medical suite at the **Qwest Center Omaha, in Show Office C**, will be open daily at 6 a.m. and will remain open until 7p.m. tonight. If you need assistance after 7 p.m., please go to the Room 4034 in the Hilton Hotel.

In the case of a life-threatening emergency, please have the hotel operator call 911.