



Midnight Sun

A Daily Publication of the 26th National Veterans Wheelchair Games



Issue 4

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Eight Exceptional WWII Veterans Competing This Week

It's not the majestic scenery, the many hours of daylight or the chance of a lifetime to visit Alaska that brought our eight WWII veterans to the Games in Anchorage this week. It is the spirit of competition and camaraderie that inspires each one of them to continue going for the gold!

Whether it's a first-timer like James Todd, an 81-year-old Navy veteran from Fresno, Calif., a long-time competitor like Wayne Field, 80, an Army veteran from Colorado Springs, Colo., or the six others ranging in age from 78 to 85, the "greatest generation" is well represented at this year's Games.

"I am a first-time participant at the National Veterans Wheelchair Games, and have looked forward to interacting with the other veterans who are here," said Todd, who is also a veteran of the Korean War.

These inspiring men and women continue to defy stereotypes by accomplishing their personal best despite the challenges posed by age and mobility. "You have to be young at heart to continue to compete," said Field, who is competing in the Games for the 14th time. "Competing has improved my body and mind, and I look forward to continuing. The Games also give us a chance to visit new places, meet new people and renew old friendships."

The eight veterans competing here in Anchorage are among just over 3.5 million WWII veterans living today from the 16 million who served in the U.S. armed forces during the war.

Grateful for the opportunity to have served this nation, Field says he's not certain how long he will continue to compete because of the wear and tear on his shoulders after many years of competitive swimming. But, he said, "I am sure that I want to keep on doing it as long as I can."

The sentiment is echoed by 79-year-old John Lee, an Army veteran from Corpus Christi, Texas. For Lee, VA's national programs have offered a



Doris Merrill and Charles Winterrowd, two of the eight World War II veterans competing here this week.

reunion with his daughter each year when he attends not only the Wheelchair Games but also the National Disabled Veterans



Winter Sports Clinic. Since competition and keeping active is critical for this paraplegic athlete, Lee's daughter Rita makes the two events part of an annual ritual to help cheer her father on. "When I went to my first National Veterans Wheelchair Games, the excitement started and has never stopped," said Lee. "The competition has kept me in better physical shape and I will attend for as long as I can."

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Today's Weather

Partly cloudy; high 70 degrees, low 56 degrees; 20 percent chance of rain.



Schedule of Events for Today

– Kids Day at the Games –

6-8:30 a.m.	Breakfast		Hotels
9 a.m.	Field	II, III	Park Strip, 9th and L Street
10:30 a.m.	Field	IV, V	Park Strip, 9th and L Street
	Kids Day		Bartlett High School
12 p.m.	Field	IA, IB, IC	Park Strip, 9th and L Street
12-2 p.m.	Lunch		Park Strip, 9th and L Street
2 p.m.	Track	II-V	Bartlett High School
3:30 p.m.	Powerchair 220		AFS/Sullivan
4 p.m.	Track	IA, IB, IC	Bartlett High School
	Powerchair Relay	Exhibition	AFS/Sullivan
4:30-6 p.m.	Weightlifting Weigh-In		Egan Convention Center
5:30 p.m.	Block Party		Town Square
7:30 p.m.	Basketball	Games 7, 8	Sullivan Arena
9 p.m.	Basketball	Games 9, 10	Sullivan Arena

Awards Presentation Schedule

As always, medals are being awarded two ways. For sports events with a clear winner, medals will be awarded at the venue immediately after the event. These events include: handcycling, slalom, table tennis, power soccer, quad rugby, weightlifting, basketball and softball. If you are unable to accept your immediate award after the event, they will be available at the next scheduled awards time at the Egan Center, or for pick-up prior to the Closing Ceremonies.

If results must be tabulated, medals are delayed. They will be presented at the awards table in the Egan Center during the following times:

- Air Guns & Bowling: today, 4:30–8 p.m.
- Track & Field: tomorrow, 4:30–8 p.m.
- Archery & Swimming: Saturday, 11:30 a.m.–2:30 p.m.
- Motor Rally: Saturday, 4–7 p.m. **at Sullivan Arena**

Award photos are being taken and printed right at the awards area (one per athlete). Results are being posted on bulletin boards in the Egan Center lobby. Please pick up your medals promptly to avoid a long line the last day.

Basketball Tournament Correction

For the basketball game tonight at 9 p.m. at Sullivan, the loser of game 6 (orange team) will play the winner of game 7, taking place at 7:30 p.m.

Ticket Sales for Closing Ceremonies

Tickets for Closing Ceremonies can be purchased at the Egan Center hospitality desk; **quantities are limited**. The cost is \$15 for athletes and qualified coaches, and \$25 for family and friends. There will be no reserved seating. Teams must arrive together if they want to sit together.

On the Menu ...



Breakfast (6-8:30 a.m. at hotels):

Menus vary by location.

Lunch (12-2 p.m. at Park Strip, 9th and L Street):

Hamburgers, hot dogs and reindeer dogs; potato chips; macaroni salad; watermelon; cookies, brownies and ice cream bars; assorted beverages.

Dinner (5:30-7:30 p.m. at Block Party, Town Square):

Beef kabobs; grilled chicken; pork spare ribs; potato salad; black beans; cole slaw; corn on the cob; buttermilk biscuits; watermelon; vanilla sponge cake; assorted beverages.

**Note: Some menu items may be subject to change at the chef's discretion.*

Check out the Games on the Internet at www.wheelchairgames.org.

WWII Vets cont.

Also attesting to the physical and mental benefits of the Games is this year's oldest participant Alice Barszcz, an 84-year-old Navy veteran from Manahawkin, N.J. For Barszcz, the benefits of these events reach much more than the body. "It is not the medals that make the difference, it is trying your best and having a good time," this former WWII nurse said.

The other WWII veterans competing this year include Navy veterans Doris Merrill, from Nanticoke, Pa., Kenny Rogers from Las Vegas, and Russell Worth from Brown Deer, Wis., along with Army veteran Charles Winterrowd, from Effingham, Ill.

We salute our World War II veterans competing in this year's National Veterans Wheelchair Games!

U.S. Paralympics

Coaches and Officials: Please remember to turn in athlete information forms to the hospitality desk at the Egan Center, or to Tom Brown, Judy Stutts or John Register, for those athletes you identify with Paralympic potential.

Things to See in Downtown Anchorage

Alaska Experience Center, 705 W. Sixth Ave., 8:30 a.m. to 10 p.m. daily

Home to two unique adventures, the Alaska Earthquake Theatre and the Alaska Experience Theatre. The earthquake exhibit focuses on the 1964 earthquake and the Experience Theatre has a 180-degree, wrap-around, dome-screen presentation of "Alaska the Greatland."

Anchorage Museum of History and Art, 121 W. Seventh Ave., 9 a.m. to 6 p.m. daily

The state's largest museum brings 10,000 years of history and artwork together. The summer exhibits include "The Alaska Railroad," "Southwest Alaska and Wood-Tikchik: Alaska's Great Watershed" and "Hunters of the Sky" from the Science Museum of Minnesota.

"Aurora-Alaska's Great Northern Lights," Sydney Laurence Theatre, 621 W. Sixth Ave., 9 a.m. to 9 p.m. daily

Since visitors can't see the northern lights during Alaska's long summer days, the spectacular aurora is visible indoors at the Alaska Center for the Performing Arts.



Log Cabin Visitors Center, Fourth Avenue and F Street, 7:30 a.m. to 7 p.m. daily

A hub of activity and information with local volunteers on hand.

Ship Creek, near the railroad tracks north of First Ave.

The popular urban fishery is great for salmon anglers who only have a few hours or for sightseers who want to watch the big fish head upstream.

4th Avenue Theatre, 630 W. Fourth Ave., open daily

Step back into history at Anchorage's only art deco building, which survived the 1964 earthquake.

"Wild on Salmon Parade," downtown Anchorage

For the fourth summer, Alaska artists will turn molded salmon sculptures into creative, beautiful and unique works of art that are displayed throughout downtown Anchorage.

What's Where?

Durable Medical Equipment (DME) is located at the Marriott Hotel in the Skagway Room; the Sheraton Anchorage Hotel in the Kuskokwim Room; and the Howard Johnson Hotel in the Anchorage Room. DME will remain open through tomorrow from 8 a.m. to 4:30 p.m. It will be open Saturday at 12 a.m. through 12 a.m. Sunday for athletes departing their hotels. In addition to the Marriott, Sheraton and Howard Johnson hotels, DME turn-in will also be available at the Clarion Suites in the Glacier Room; Homewood Suites in the Yukon Room; Hilton Garden Inn in the Tlingit Room; and the Hawthorne Suites in Ballroom B. The phone number for DME is (907) 382-2934 or (907) 382-2942.

Hospitality

Hospitality desks are located in each hotel lobby and at the Egan Convention Center through Sunday, July 9. Hours are 7 a.m. to 9 p.m. A wealth of information is available at each of these desks, such as recommended restaurants and places to shop, things to do in Anchorage, maps with driving directions, the Games schedule, transportation schedule, departure information and extra luggage tags, lost luggage forms, Spirit of the Games Award ballots, and optional tour information.

Internet Café

You are far from home and just won a medal—how do you let your friends back home know? Come to the Internet Café and send them a message, of course! This year, the Internet Café will be located in the lobby of the Egan Convention Center. Café hours are 9 a.m. to 9 p.m. Computers and printers are available, compliments of longtime Games sponsor Hewlett-Packard. Staff will also be available to help with questions. Also, be sure to tell your friends and family back home about the Games Web site. Results, news releases and photos will be posted starting mid-week, at www.wheelchairgames.org.

Medical Emergencies and Assistance

Full medical suites are available only at the following hotels: Marriott, Sheraton Anchorage and Howard Johnson. These medical suites will be fully operational through Saturday, ending at 10:30 p.m. The medical suites will be open for athletes each day from 7 a.m. to 10:30 p.m. for treatment of injuries and illnesses. If you have a medical emergency after the medical suites are closed, contact the operator at the hotel where you are staying. That operator will take the athlete's name and room number and communicate with the physician or nurse on call. **Do not call 911 unless there is a life-threatening emergency!** If this occurs, please have the hotel operator contact 911. **All other hotels will have nurses on duty after hours only.** It is the same procedure for contacting the hotel operator for medical emergencies after 10:30 p.m. If medical issues arise during the day, athletes need to go to the medical suites at the Marriott, Sheraton or Howard Johnson, or be evaluated at the various venue sites where medical teams are also stationed. The medical staff will be easily identified by their red shirts with a white cross on the back.

Only registered athletes or volunteers on duty will be treated by VA medical staff in the hotels or at the venues. If family members need medical assistance, a list of local emergency clinics and hospitals is available at the hospitality desks.

Wheelchair Repair

Wheelchair repair is available through Sunday, for emergencies only. The main wheelchair repair station is located at the Marriott Hotel. Invacare personnel are also available at most sports venues for emergency repairs. Contact the hospitality desk at your hotel for specific locations or for after-hours emergencies. The hospitality desks are open from 7 a.m. to 9 p.m. daily.

Transportation

Hotel Transportation to Main Transport HUB

There are three main transportation loops from the hotels to the Egan Center, which is the main transportation hub. All hotel buses go to the Egan Center. **You must transfer at the Egan Center** to be transported to your event venue.

Red Loop – hotels located on the east side of downtown, which include:

- Sheraton Anchorage Hotel
- Clarion Suites Hotel
- Howard Johnson
- Aspen Hotel (must push to the Clarion to pick up transportation)

White Loop – hotels located on the west side of downtown:

- Hawthorne Suites Hotel
- Marriott Hotel

Blue Loop – hotels located in midtown:

- Hilton Garden Inn
- Homewood Suites
- Motel 6
- Fairfield Inn



To & From Sports Venues

Transportation departs from the Egan Center starting **one hour** prior to game time. Please plan ahead when departing from your hotel to the Egan Center. Athletes need to be at their respective sports venues at least a half-hour before start time. It is **strongly recommended** that you depart from your hotel two hours prior to start time. If your sport is at the Egan Center (weightlifting, table tennis or air guns) you only need to depart from your hotel one hour before. Remember, when departing from your hotel you will be taken to the Egan Center where you will transfer to another bus that will take you to your event. For Closing Ceremonies you will be taken directly from your hotel to Sullivan Arena.

Bus Loading

All hotel buses are loading on E Street between 5th and 6th Avenues. All buses going to events are being loaded on E Street between 4th and 5th Avenues.

Egan Center distances from hotels:

Sheraton Anchorage Hotel – 7 blocks

Clarion Suites Hotel – 3 blocks

Howard Johnson – 2 blocks

Hawthorne Suites Hotel – 9 blocks

Marriott Hotel – 5 blocks

Aspen – 7 blocks (no transportation is available from this hotel. You must push to the Clarion (2 blocks) for transportation.

Hilton – 2 blocks (no transportation is available from this hotel. You must push to the Egan Center for transportation.

Hilton Garden Inn – 2 miles (not pushable)

Homewood Suites – 2 miles (not pushable)

Motel 6 – 2 miles (not pushable)

Fairfield Inn – 2 miles (not pushable)

Departure Information



Departing Passengers (leaving Anchorage)

Luggage

You should have received five departure luggage tags during the Expo on Monday. These tags **MUST** be attached to your luggage or they will not be accepted for delivery from your hotel to the airport.

You may call the bell captain to bring your luggage to the hotel luggage room **OR** you may bring it down yourself.

Bags **MUST** be brought to the luggage room at least four hours prior to departure.

Your bags will be delivered from the hotel to the Games baggage area located next to the hospitality desk at the airport just inside the transportation drop-off area.

Volunteers will assist you in getting your bags from the Games baggage area to your airline check-in area.

Departure Transportation

Saturday

For those who are leaving after the Closing Ceremonies on any of the 12–2:30 a.m. flights, direct transportation from the Sullivan Arena to the airport will begin at 10 p.m.

Transportation from the hotels to the airport will be available; however, you will still need to have your bags in the hotel luggage room at least four hours prior to your flight departure.

Sunday

If departing from your hotel, please plan to leave the hotel three hours prior to your flight departure. Departures on July 9 will begin at 3 a.m. and will run continuously through midnight.

After midnight Sunday

Individuals departing anytime after July 9 must arrange their own transportation to the airport.

Have a safe trip home!

Check Your Hotel Bill

Please check your hotel bill today to ensure that you are being charged the correct nightly rate, and that you are not being charged for phone calls you did not make or other extra charges. Do not wait until tomorrow or Saturday to check your bill so that any problems can be resolved prior to check out. Don't be surprised to see an \$8 portage fee on your bill at check-out time. This fee will be charged to each athlete for baggage handling.

Ask Dr. Dan



Dear Dr. Dan,

If I get injured during the Games, when should I apply heat to an injury? When is it better to use ice?

Aching in Alaska

Dear Aching,

There are three important things to know about using heat or ice on muscle or joint injuries.

1) Remember the letters R-I-C-E for the first 24 hours after an injury. The letters stand for:

Rest – Don't make an injury worse by continuing to use the body part. You could make a temporary injury a permanent problem.

Ice – Keep the area cool, but not cold or frozen! Cooling helps reduce swelling and inflammation, but extreme cold is bad.

Compression – Gentle compression helps control

swelling and protects the injured body part. Never wrap tightly—blood should still flow to the area.

Elevation – If possible, keep the part elevated, or at least don't let it hang down. Elevation helps keep pain and swelling to a minimum.

In general, after 24 hours, applying heat to the injured area is OK.

2) Remember, if you cannot feel (or see) the body part, you need to be very careful with applying heat or cold. You can burn if too much heat is applied, even for a short time. Cold can be just as dangerous. A good rule is not to keep hot or cold on an area for more than 15 minutes each hour.

3) Don't hesitate to have our medical staff look at an injury. Full medical suites are available at the Marriott, Sheraton Anchorage and Howard Johnson. They are open for athletes from 7 a.m. to 10:30 p.m. We have lots of cold packs in each area.

—Dr. Dan

Final Reminder: Spirit Nominations Due By Noon Today!

If you're reading this at breakfast, it's still not too late to drop off your nomination for the 2006 Spirit of the Games award. Each year, one athlete is selected for demonstrating athletic excellence, sportsmanship and strength of character at the National Veterans Wheelchair Games. Nomination forms are in the Egan Center and you may drop them off in the ballot boxes marked, "SPIRIT OF THE GAMES."

Look for Saturday's special edition of the *Midnight Sun* for more information about this year's Spirit of the Games recipient.

Video clips

Did you see a local TV news story about the National Veterans Wheelchair Games that you'd like to have a copy of? Contact Quality Services at (907) 274-1056 to purchase a DVD or VHS copy of Alaska television news coverage of the Games. The cost is \$30 per story for a DVD or \$25 per story for a VHS format tape, plus mailing costs.

Block Party Tonight at 5:30 in Town Square

Don't miss this party! The evening will kick off with emcee Jim Henderson sharing some fun and unusual facts about Alaska. Two entertainers will also be on hand: Hobo Jim, Alaska's official state balladeer, and Tommy Rocker, direct from Las Vegas! There will be Alaska Native crafters exhibiting their handmade artwork, live bald eagles, reindeer, owls, golden eagles or hawks, costumed critters, a four-

time Iditarod dogsled race champion with dogs and puppies, Alaska beer, drawings for Chilkoot Charlie's Alaskan Saloon T-shirts and other great prizes. (Sorry, prizes are for athletes only.)

This event includes dinner, but only for those attendees with meal badges. Family members and friends or guests of athletes are invited to attend the event without a meal badge but will not be served dinner. Either a meal badge or event wristband will be required for ALL attendees at the Block Party.

Athletes should have picked up wristbands for their family members or guests who will not have a meal badge at the Expo on Monday.

The Block Party will be in Town Square on 5th Avenue (where the road will be closed) between E and F Streets directly in front of the Egan Center, beginning at 5:30 p.m. In the event of inclement weather, the dinner will be moved into the Egan Center, but the Block Party will remain in Town Square rain or shine!



Goin' for

the Gold!

