

Quest Dispatch



Quest for the Best!



Volume 1, Issue 2

Saturday, July 26, 2008

Welcome to the "O"!
... from Team Nebraska!

Novice athlete James Tichota of Omaha said competitors and visitors will be pleasantly surprised at what the Omaha metro area has to offer. "Omaha, and Nebraska in general, is not just corn and cattle," he said. "There's a lot to do!"

Like eat, for example. Omahans are lucky to have a vast variety of restaurants from which to choose. Army veteran and local athlete Bob Lee recommends visitors take advantage of the cuisine. "We have a lot of fine restaurants that serve some of the finest beef," he said. Lee also suggests visitors take in attractions that are along 10th Street, just south of the Qwest Center Omaha.

The Old Market area features several nationally known and locally famous restaurants. It's also a hot spot for trendy stores, art galleries, antique shops, and a farmers market every Saturday.

Omaha's former passenger train terminal, an architectural masterpiece of art deco architecture, is now home to the Durham Western Heritage Museum. Enjoy the local history displays and relax with an ice cream soda at the 1930s soda fountain.

Lauritzen Gardens feature 100 acres of native and exotic flower and plant displays. Just blocks away is the Henry Doorly Zoo with several exhibits including Mutual of Omaha's Wild Kingdom Pavilion, Lozier IMAX Theater and the Desert Dome.

Second time athlete Carl Schaffner of Fremont recommends riding the tram through the zoo. "It will take you up the hills," Schaffner said. "The jungle and the Desert Dome are pretty wheelchair accessible, too." He also suggests catching a baseball game at nearby Rosenblatt Stadium, home to the Omaha Royals and the NCAA College World Series.

Also worth a look-see is Boys Town, founded by Father Edward Flanagan in 1917 and inspiration



Team Nebraska welcomes you! Back row, left to right: Mark Linquist, Chris Crews, Jim Toelle and Mike Moore. Front row, left to right: Tamara Lawter, Chris Parnell, Dave Nelson, Robert Lee, James Tichota, Scott Grove, Steve Zaracki (trainer), John Scott and Joe Roberts.

for the 1938 Mickey Rooney movie of the same name; the Omaha Children's Museum; and Joslyn Art Museum.

A short, 25 mile drive west on Interstate 80 are three top attractions at Exit 426. There, you'll find the Eugene T. Mahoney State Park with its camping and recreational activities. The Strategic Air and Space Museum, "has every kind of airplane you can imagine," said Nebraska competitor John Dugan of Lincoln. It includes an incredible array of aircraft displays both static and interactive. And the Lee G. Simmons Conservation Park and Wildlife Safari offers four miles of drive-thru scenic area populated by free roaming animals.

For more scenic views, Schaffner recommends nearby Nebraska City or De Soto Bend National Wildlife Refuge, near Missouri Valley, Iowa. "Many people think this part of the country is just flat, but we have a lot of beautiful rolling hills, rivers and majestic scenes," he said.

Regardless of your travel plans, take heed of the July heat! Keep-cool options include the city's numerous shopping centers, malls and movie theaters.

If you need driving or walking directions, don't hesitate to ask. There's a good reason this part of the country is known as the Heartland. "People here are really friendly," said Tichota. "We are very proud of our military here, and there's a high level of volunteerism; people step up to the plate and serve their country."

Again, welcome from Team Nebraska!



Telling Your Story: Hometown News at the Games

For many years at the National Veterans Wheelchair Games, the public affairs team has operated a “Hometown News” program that lets your local newspapers know about your participation in the Games. Through this effort, we prepare an individual news release for any veteran requesting one and place it on the Games Web site later in the week to make it available to your local media.

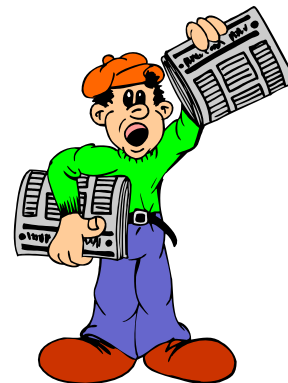
For anyone who asked for a news release, we hope to have them posted on the Web site by Monday (visit www.wheelchairgames.va.gov and click on the “Athlete Information” tab on the left side). In addition, our photographers will be taking action photos of as many athletes as possible all week. If you requested a news release, our goal is to have your best photo on the Web site by the time you leave. We also hope to provide you with one, color, 4”x 6” print of that photo, along with a copy of your personal news release.

The Web site makes your information much more accessible to local media in your area. We will also be e-mailing and calling hundreds of national media outlets all week to let them know that you are here and competing in the National Veterans Wheelchair

Games. Unfortunately, we can never guarantee that a story will run, but we do our best to make the information available to many media outlets throughout the country.

On the Web site, you will be able to see your news release and photo, as well as your event results. The Games Web site is updated at the end of each day, so you can view your information while you are here at the Games or when you get home. Also, please help us spread the word to the newspapers and other media in your hometown about this great story.

If you have decided that you would like a news release but didn’t request one on your hometown news form, you must complete the form and turn it in to our public affairs team in the Games media center by noon today. The media center is located in Room 214 on the 2nd floor of the Qwest Center Omaha.



Come Cheer On the Kids!



The eighth annual Kids Day will be held tomorrow at the Northwest High School track from 1 to 4 p.m.

Since the 21st Games in 2001, Kids Day has been a yearly feature of the Games’ program. A number of veteran athletes competing in the Games this week will again serve as mentors for local children with disabilities, introducing them to some of the many sports and recreational opportunities available to them. This year, mentors will be instructing the children in slalom, T-ball, and archery.

Mentors will work firsthand with children, teaching them not only the rules of the sports they play but also about having confidence and pride in their abilities. There will be a special ceremony at the end of the day, where participating children will be presented with their own medals for their efforts and accomplishments.

The veterans who volunteer as mentors have experienced firsthand how beneficial sports can be and are looking forward to sharing their experiences and expertise with the children of Omaha.

We urge you to stop by Kids Day this year and cheer on the participating children!

In Honor of the 2008 Rosenberg Award Winner

Deciding to compete in the Wheelchair Games for the first time can be a daunting decision with many things to consider, including the cost of travel. To help lighten the financial load for novice competitors, a grant, called the Rosenberg Award, is available for one lucky applicant each year. Due to unfortunate circumstances, the 2008 recipient, Ken Maze of Abington, Maine was unable to attend this week’s event.

This is a reminder to all coaches, therapists and athletes, to keep this opportunity in mind if you find someone who might qualify as a novice next year. You could make a difference in someone’s life by recommending them for next Rosenberg Award.

The Michael J. Rosenberg Award is a grant up to \$1,000 given each year to a deserving first-time athlete to use toward Games expenses. Athletes are eligible for the award if they receive care

at a VA facility and need financial assistance to participate in their first Games. The individual must exhibit enthusiasm that is contagious to others, and also have a proven record of positive therapeutic performance, not only in sports but in the rehabilitation process as well.



This annual grant began in 2002 when Robin L. Higgins, a former VA under secretary for memorial affairs, decided to pay tribute to her grandfather, a World War I veteran. “I

grew up with the stories of the sacrifice and daily struggle of my grandfather, who lost both legs and an arm due to an illness contracted after returning from the war,” said Higgins. “The men and women who take part in the National Veterans Wheelchair Games embody the spirit of patriotism, self-sacrifice and guts.”

For more information about the award, contact Tom Brown, director of the Games, at (210) 617-5159



Nothing Cooler Than Ice in July

Sleds in July? You bet! Now that the 28th National Veterans Wheelchair Games includes sled hockey as an exhibition event, there will be 48 athletes trading in their wheelchairs for hockey sleds – and a chance to slap the puck around the ice. It all takes place this afternoon at Omaha’s Tranquility Ice Plex.

Sled hockey, referred to as sledge hockey in Canada and Europe, is a direct descendant of ice hockey and came about nearly 50 years ago. Invented in Sweden at a rehabilitation center, the intention of this sport is to offer unique competition for people with limited use of their lower extremities. It is played on a regulation hockey rink and follows the rules set forth by USA Hockey. Over the past ten years, its popularity has increased rapidly, with many local groups for adults and youth forming every year.

“The main thing sled hockey has done for me is get me out exercising during the winter months,” said Nebraska veteran Tamara Lawter, who was first introduced to the sport six years ago at a National Disabled Veterans Winter Sports Clinic. “I went to watch and decided to get in a sled and try it. I was terrible at

it, but I had so much fun! So the next year I signed up to play again. Now, I really love hockey and just skating around. Even though I’m in a sled, I feel like any able-bodied person when I’m playing. It has also allowed me to play with my family – it’s something we can all do together despite our differences.”



Lawter, an Army veteran, lives in Kearney Neb. She is active in her community helping children and adults with disabilities learn about sled hockey. “The disabled kids we’ve had at sled hockey come from all around Nebraska,” Lawter said. We’ve had two clinics in Lincoln in conjunction with Madonna Rehab Center. Most of the kids have spina bifida. They really love playing. Some have their parents help push them, but they are still just smiling and having a great time.”



In sled hockey, players use specially modified sleds that allow the puck to pass underneath, and two shortened sticks affixed with picks to help maneuver them across the ice throughout play. The object is to score goals by shooting the puck into the opposing team’s net. At today’s exhibition event, there will be four teams of 12 players each. It will be a single-elimination tournament with a first-, second- and third-place playoff. As an exhibition, medals will not be awarded.

Throughout the past year, Lawter served as co-chair of the sled hockey event on this year’s local organizing committee, along with Mike Kult, another area expert. Together, they helped plan today’s exhibition event.

Beat the Heat, Stay out of the Sun and Drink Up!

Exercising in the heat, under the hot sun or in high humidity, puts extra stress on your body. Your body’s temperature increases from exercising as well as the air temperature and humidity. In order to lower your temperature, blood circulation increases and this naturally increases your heart rate even further. When humidity is high, the body’s natural cooling mechanism, sweating, becomes less efficient since the moisture doesn’t evaporate as easily from your skin.

Sound bad? Not really, as long as you keep some basic safety measures in mind to beat the heat and stay hydrated. Even if you are used to exercising in different environmental conditions, take it easy at first. Let your body get used to the heat and humidity. This gradual increase will help you adapt to the conditions. Try to avoid too many large swings in the air temperature by going in and out of the high outside heat and very cool buildings.

You are an athlete, so make sure you dress like one! It’s not just about looking good – it’s about wearing smart fabrics or event lightweight, loose fitting clothes. Smart fabrics, or clothes that take moisture away from your skin, will help sweat evaporate, keeping you cooler and more comfortable.

If you’re outdoors, avoid the midday sun. If you have to be out in it, wear sunscreen. The sun is strongest from about

11 a.m. until 2 or 3 p.m.

Wearing sunscreen prevents sunburn, which decreases your body’s natural ability to cool down. Even in the times before and after these hours, it’s important to

wear sunscreen with a SPF rating of 30 or higher. Sunscreens that offer both UVA and UVB protection are the best.

You have a choice, sip or slip. The best decision is to be aware of dehydration and to take steps to prevent it from happening to you. Sipping water throughout the day keeps you feeling good and at the top of your game.

Not sipping means that your results may slip, along with your ability to perform. Depending on the severity of dehydration, symptoms can vary from lightheadedness to a life threatening condition. The best way to treat dehydration is to prevent it from occurring in the first place. Staying well hydrated will also help reduce the risk of exertion-related illnesses and the compounding factors of high heat and humidity. It is strongly advised that you keep a water bottle nearby all day, as it is better to sip water throughout the day rather than wait until you’re really thirsty. Thirst is an indicator that you are already becoming dehydrated. In the humid Omaha summer weather, this will not be good for your health – or your event results!

Today's
Clinical
Corner





Three of our Own Head to China!

For three of the athletes competing at the 28th National Veterans Wheelchair Games, Beijing is on the horizon in the near future. Scott Winkler, Carlos Leon and Scot Severn have all earned spots

on the 2008 U.S. Paralympic team headed for China in September.



Scott Winkler from Grovetown, Ga.

Winkler, 35, an Army veteran from Grovetown, Ga., is competing at the Wheelchair Games for the second time. Last year proved to be a good one for Winkler – he took home four medals at the Wheelchair Games and set a world record in shot-put at the Parapan American Games in Rio de Janeiro. Winkler also holds the 2007 world record in the T54 shot-put at the U.S. Paralympics Track & Field National Championships in Atlanta, Ga.

The reason Winkler loves the National Veterans Wheelchair Games comes from the heart. “It’s great to be around other disabled veterans,” he said. “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.” Winkler is a veteran of Operation Iraqi Freedom, injured in Tikrit in 2003.

A man of action as well as words, Winkler advocates strongly for overcoming adversity. He, along with some of his friends and fellow veterans, founded Champions Made from Diversity, an organization whose mission is “to advance the lives of physically disabled persons and their families through sport and leisure activities.” Winkler has been looking forward to doing just that on Sunday with local youth participating in Kids Day at the Games.

Leon, a 23-year-old Marine Corps veteran from Birmingham, Ala., is competing in slalom and handcycling at this week’s Games, his third year at the event. In 2007, he earned four gold medals in Milwaukee. Leon’s winning streak didn’t end there – he earned two medals at



Carlos Leon from Birmingham, Ala.

the Parapan American Games, and another medal (also a world record) for discus at the U.S. National Track and Field Championships in Marietta, Ga. Recently, Leon set another world record in discus at the 2008 U.S. Paralympic Track and Field Trials in Arizona.

Leon, also a veteran of Iraq, has been coined a sports fanatic. In addition to track and field sports, he plays rugby and has been a member of the Miami HEAT Wheels basketball team since 2005. This week, he is competing in handcycling and slalom. Leon’s spinal cord injury, which resulted from a diving accident, has not changed his enthusiasm for being a go-getter.

“I’m not going to paint the picture all nice and pretty because there’s really nothing pretty about being paralyzed,” Leon said. “But you’ve got to keep going and live your life. Yes, I’m a quad, but I am not going to let that word define me.”

Severn, 40, of Caro, Mich., has been a regular at the National Veterans Wheelchair Games since 1994. Severn is an Army veteran who was injured when he was struck by lightning while working on base in 1989. He clearly enjoys competitive sports, especially quad rugby, and travels frequently to competitions with his team, The Michigan Storm. On the gold team at last year’s Wheelchair

Games, Severn is competing in this high action sport again this week and is also serving as a mentor at Kids Day.

“I have been looking forward to the team events more than anything,” said Severn. “We may start off as complete strangers, but by the end of the Games we’ve made friends for life. The other athletes are what make the National Veterans Wheelchair Games so special for me. I look forward all year to seeing everyone again during this special week.”

Severn remains active in his community; he is part of the Accessibility Advisory Council for Michigan’s Department of Natural Resources, where he works on issues important to persons with disabilities. He also serves as sports director for the Michigan Paralyzed Veterans of America. In 2005, he was selected Male Athlete of the Year by the Michigan Athletes with Disabilities Hall of Fame.

Congratulations to our three participants who have taken their athleticism to an elite level, while still continuing to enjoy competing with their fellow vets at the National Veterans Wheelchair Games. Go for the gold in Beijing, guys!



Scot Severn from Caro, Mich.

Quest for the Best!



Right: John Reed from Princeton, Mo., poses by Richard Petty during registration on Friday.



Left: Robert Willis from Irvine, Calif., and his wife Susan register with volunteers Patrice McRavin and Stacy Chenevert from Offut AFB.



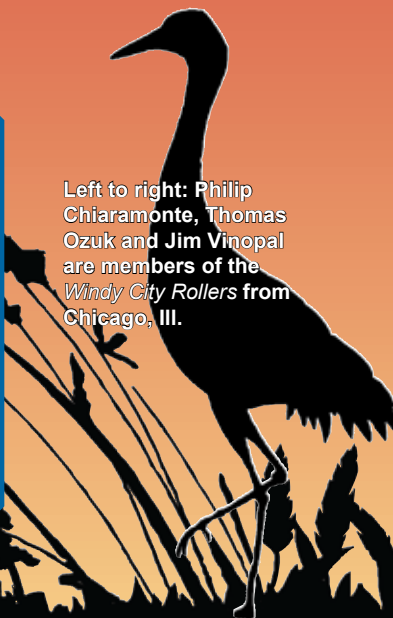
Left: George "Murph" Neelan from Pittsburgh, Pa., David Fowler from Houston, Texas, and Kenny Floyd from Union, Iowa greet each other during registraion.



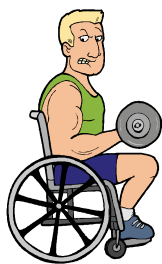
Right: Kevin Patton from Sacramento, Calif., plays basketball in the Kick-Off exhibition game.



Left to right: Philip Chiamonte, Thomas Ozuk and Jim Vinopal are members of the Windy City Rollers from Chicago, Ill.



The Disabled Sports, Recreation and Fitness EXPO



More than 500 wheelchair athletes were at the Qwest Center Omaha yesterday, picking up meal vouchers and memorabilia items, registering for 17 medal events, getting their photos taken, and visiting numerous booths and exhibits from sponsors and equipment suppliers. Each year during the Games, one day is devoted to the EXPO in order to give the athletes a chance to see the latest sports, recreation and fitness equipment. The EXPO is made up of sponsors, exhibitors, health fair booths and mandatory registration stops. The interaction between athletes and vendors often times helps develop some of the future technologies in adaptive equipment. (See photos on page 5.)



Show Your Spirit with a Nomination!

Since 1987, one athlete has been selected each year at the National Veterans Wheelchair Games for the Spirit of the Games award. This very special award is given to an athlete who clearly demonstrates not only athletic competence, but also sportsmanship and strength of character. Do you know someone who meets these qualifications? If so, please nominate that athlete for the 2008 Spirit of the Games award. Nomination forms and ballot boxes will be available today at the main hospitality desk and also in Exhibit Hall A (where meals are served). All ballots are due by 8 a.m. Monday, July 28. Help us recognize our outstanding athletes by submitting a nomination today!



Have you seen those blue "Made History" tote bags around the Games? Or maybe you've

seen the beautiful Veterans History Project (VHP) coins shining brightly in the hands of a proud history-maker.

If you'd like to make history, like some of your fellow athletes already have, sign up to participate in the VHP, a national effort to record the stories of service of all of our Nation's heroes. During your interview, you will be asked a variety of questions about your service. The filmed interview is then sent to the Library of Congress and you will also get a DVD copy.

Interviews take place today through Monday, July 28, from 8 a.m. to 5 p.m.; and on Tuesday, July 29 from 8 a.m. – 2 p.m. in Show Office B (near Exhibit Hall B) in the Qwest Center Omaha. If you need to cancel your appointment, let the VHP team know right away. History-makers receive a VHP coin and tote bag as a souvenir for their efforts. Make history today!

Awards... Presentations



Medals will be awarded two ways. For sports events with a clear first, second and third place winner, medals will be awarded immediately after the competition at the venue where the competition took place. The events with immediate awards are: nine-ball, basketball, power soccer, quad rugby, slalom, softball, table tennis and weightlifting, and are all at the Qwest Center Omaha. A photo of the medal presentations will be taken and available for pick-up at the medal presentation area in the Grand Hallway of the Qwest Center Omaha.

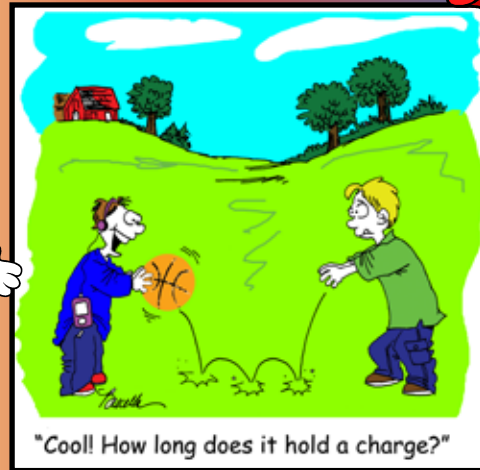
For events that require the results to be tabulated, medal presentations will be delayed. All delayed awards will be presented at the medal presentation area in the Grand Hallway of the Qwest Center Omaha at the following times:

Sunday, July 27	4 – 8 p.m.
Monday, July 28	9 a.m. – 8 p.m.
Tuesday, July 29	9 a.m. – 5 p.m.

Team assignments have been made. If you are playing basket ball, softball, quad rugby or power soccer, be sure to pick up your team roster listing your team and when you are playing. All team sports begin today. Additional rosters will be available in Hall A and at the main hospitality desk in the Qwest Center Omaha.



Just for Grins...



"Cool! How long does it hold a charge?"

Bad Drivers

A distracted wheelchair athlete was driving on the highway to get to his basketball game when he got a call from his wife. In a worried voice she said, "Sam, be careful! I just heard on the radio that there was a madman driving the wrong way on Route 280!" Sam responded, "I know, but there isn't just one – there are hundreds!"





Daily Bulletin Board



DME & Wheelchair Repair

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:

Saturday, July 26 thru Monday, July 28	On Call (402) 205-6051
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. July 25 - 29. 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 - Friendly staff and volunteers at the 28th National Veterans Wheelchair Games hospitality desks look forward to having you stop by 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:

Monday July 28	Noon – 9:30 p.m.
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:

Saturday, Sunday and Monday, July 26-28	7 a.m. – 8 p.m.
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:

Saturday July 26

For Archery with 8 a.m. event start	Loading starts at 6 a.m.
For Sled Hockey with 1 p.m. event start	Loading starts at 11 a.m.

Our Chef's Selections for...



Saturday, July 26, 2008

Meals

Meal services begin with breakfast today and end with lunch on Tuesday, July 29 at the Qwest Center Omaha in Exhibit Hall A.

Exhibit Hall A is located on the first floor of the Qwest Center Omaha. Meals will be served cafeteria style, with hot and cold entrees as well as á la carte items such as salads, grilled sandwiches, and an assortment of desserts and beverages. Athletes and others receiving complimentary meals will use their meal voucher provided during registration. Family members and guests may pay cash for each meal, and will not be required to purchase a meal pass for the entire week.

You may also choose to use your meal voucher at the concession stands in the event areas of Halls A, B and C.

Hall A Meal Hours: Saturday, July 26 through Tuesday, July 29 (unless otherwise noted):

Breakfast:	6 – 9 a.m.
Lunch:	10:30 a.m. – 3 p.m.
Dinner:	4 – 7 p.m.

Concession Stands Hours: 10 a.m. - 10 p.m. through Monday, July 28. Tuesday hours: 10 a.m. - 2 p.m.

Breakfast Served Daily

Farm scrambled eggs with cheddar cheese, chef carved seven-layer omelets with assorted toppings, yogurt parfaits with homemade granola, breakfast potatoes with peppers and onions, maple glazed breakfast sausages, morning stratas with ham and fresh herbs, crisp waffles with maple syrup, assorted morning pastries (including Danish, croissants and muffins), applewood smoked bacon, assorted cold cereals with 2 percent milk, and sliced seasonal fruit with fresh berries

Available A la Carte Daily for Lunch and Dinner

Philly cheesesteak sandwiches, BBQ pulled pork sandwiches, turkey BLT sandwiches (all sandwiches can include chips and a pickle), combination deep dish pizzas, cookies, ice cream treats, candy, baked potato soup/tomato bisque with crackers, chicken tenders with assorted dipping sauces, and personalized chef and/or Caesar salads

Saturday

Today's Lunch Special

English cooked beef and chicken Marsala

Today's Dinner Special

Two bone BBQ pork ribs and carved turkey with sausage gravy

Quest for the Best!

Daily Schedule for...

Saturday, July 26		
7:30 – 8:30 a.m.	Late Registration	Qwest Center Omaha, Room 212
8 a.m.	Archery All plus Standing	Northwest High School
	Nine-Ball IA, IB, IC	Qwest Center Omaha, Halls B&C
8:30 a.m.	Softball Games 1, 2	Qwest Center Omaha, Halls B&C
	Handcycling	Qwest Center Omaha (outside)
10 a.m.	Air Guns	Qwest Center Omaha Ballrooms A&B
	Softball Games 3, 4	Qwest Center Omaha, Halls B&C
1 p.m.	Air Guns	Qwest Center Omaha, Ballrooms A&B
	Power Soccer Games 1, 2	Qwest Center Omaha, Hall B
	Quad Rugby Game 1	Qwest Center Omaha, Hall B
	Slalom II, III	Qwest Center Omaha, Hall A
	Sled Hockey Exhibition	Tranquility Ice Plex
	Table Tennis IV, V & Standing	Qwest Center Omaha, Halls B&C
	3 p.m.	Air Guns
Power Soccer Games 3, 4		Qwest Center Omaha, Hall B
	Quad Rugby Game 2	Qwest Center Omaha, Hall B
	Slalom IV, V	Qwest Center Omaha, Hall A
7 p.m.	Table Tennis II, III	Qwest Center Omaha, Halls B&C
	Air Guns	Qwest Center Omaha, Ballrooms A&B
	Basketball Games 1, 2, 3	Qwest Center Omaha, Hall B
	Table Tennis IA, IB, IC	Qwest Center Omaha, Halls B&C
8:30 p.m.	Basketball Games 4, 5, 6	Qwest Center Omaha, Hall B



Great news! HP is once again sponsoring an iCafé (internet café) at the Games. Located at the north end of the Qwest Center's grand hallway, it features computer stations and two plug-in ports for personal laptops. It is open 8 a.m. to 9 p.m. daily, except for Tuesday July 29 when it

closes at 2 p.m. *Thank you, HP!*

Want to connect via **WiFi**? Two "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.

Take advantage of these opportunities to check your e-mail, send messages about your athletic achievements and log onto the Games' Web site for the latest information.

Quote of the Day...



For me, winning isn't something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream.

~ Emmitt Smith

NVWG Web site

www.wheelchairgames.va.gov

Daily editions of the *Quest Dispatch* are posted on the National Veterans Wheelchair Games' Web site. Tell your friends and family back home to log on to see all that is happening as you *Quest for the Best*.



Medical Details

Medical suites are available at the **Hilton Hotel in Room 4034** and **Hilton Garden Inn in Room 214**. They will be open from 7 a.m. to 11 p.m., Saturday, July 26 and will close Wednesday, July 30 at 8 a.m. Medical assistance will be available at all times (with the exception of the Opening Ceremonies) during the Games.

For those athletes staying at the Home-wood 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 the last event in that location has ended.

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

Only registered athletes or registered volunteers on duty may be treated by Games' medical staff. A list of local emergency clinics and hospitals will be available for family members who need medical assistance.



Did you lose something? Did you find something? 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.

