



## Women Continue Competing in the Games

**W**omen have served in the U.S. military since the Revolutionary War. Today, women are serving in the War on Terror, the largest engagement since the end of Vietnam. Jobs and roles have definitely expanded. There are women admirals and generals, aviators, truck drivers, military police and field artillery commanders. The battlefield has changed and the lines are blurred, the threats asymmetrical. With service—no matter what the gender or job—comes a price.

For newly injured veteran Aubrey Youngs, the National Veterans Wheelchair Games may be the road back to freedom. Youngs, 24, competed for the first time in slalom and table tennis. She is one of four women here who were injured while serving in Iraq or Afghanistan.

A member of the Indiana National Guard, Youngs was injured six months after deploying to Afghanistan. A truck driver with the 113th Support Battalion, 76th Infantry Brigade, she was stacking equipment on a shelf at Camp Phoenix (in Kabul) when she lost her footing on the forklift and fell about 10 feet. She spent time at Walter Reed Army Medical Center in Washington, D.C., before being transferred to the VA medical center in St. Louis for spinal cord rehabilitation. She is a paraplegic.

Said Youngs, “My recreation therapist said I need to get out and get experience. Basically, if I sat at home I wouldn’t learn new things.” She enjoyed bicycling before she was deployed and expected slalom to be a challenge.

Susan Macaulay made it quite clear she was “dad’s little boy” until her brother came along. She loved to work on cars and trucks and passed an Air Force Base every day on her way to school. Interested in electronics as well, she decided to join the Air Force and see if they would let her “do something with planes.”



**Susan Macaulay (top left), Buddy Hayes (top right), and Aubrey Youngs (above) are among the women veterans competing here this week.**

Macaulay was an Airman 1st Class trained in avionic navigation systems and assigned to Rhein-Main Air Force Base in Germany when she hit a  
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### Today's Weather

Morning showers; high 67 degrees, low 55 degrees; 30 percent chance of rain.



## Schedule of Events for Today

6-8:30 a.m.	Breakfast	Hotels
8 a.m.	Softball Games 1, 2	Bartlett High School
9 a.m.	Motorized Wheelchair Rally	Westchester Lagoon
9:30 a.m.	Softball Games 3, 4	Bartlett High School
10 a.m.	Slalom Super G	Bartlett High School
11 a.m.	Softball Games 5, 6	Bartlett High School
12-2 p.m.	Lunch	Box Lunch
12:30 p.m.	Softball Games 7, 8	Bartlett High School
2 p.m.	Softball Games 9, 10	Bartlett High School
3:30 p.m.	Softball Finals	Bartlett High School
7 p.m.	Closing Ceremonies and Banquet	Sullivan Arena

## Awards Presentation Schedule

As always, medals are being awarded two ways. For sports events with a clear winner, medals are awarded at the venue immediately after the event. 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:

Archery & Swimming: today, 11:30 a.m.–2:30 p.m.  
Motor Rally: today, 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.

### Celebrate the Spirit at Tonight's Closing Ceremonies at Sullivan Arena

A celebration of friendships, music and awards conclude this week's activities as part of the Closing Ceremonies of the 26th National Veterans Wheelchair Games. Festivities begin at 7 p.m. *tonight* in the Sullivan Arena. If you haven't already done so, you will need to purchase tickets right away. You will be required to show your ticket at the door. Transportation to Sullivan begins at 5 p.m. so plan to arrive early.

Steve MacDonald from Anchorage's KTVA will serve as master of ceremonies. Other special guests include Secretary of Veterans Affairs Jim Nicholson, and the Acting Deputy Executive Director of the Paralyzed Veterans of America, Louis Irvin. During dinner, you'll enjoy musical entertainment by the band H3.

The 2006 Spirit of the Games Award will be another highlight of the evening. Since 1987, Games

## On the Menu ...



**Breakfast (6-8:30 a.m. at hotels):** Menus vary by location.

**Lunch (12-2 p.m. at Bartlett High School and Egan Convention Center):** Box lunch with smoked turkey hoagie, chips, pasta salad, fruit and chocolate chip cookie; assorted beverages.

**Closing Banquet (7 p.m. at Sullivan Arena)**

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

officials have been nominating athletes for the award based on athletic excellence, sportsmanship and strength of character demonstrated throughout the week.

As part of the evening celebrations, the greatly anticipated and wonderfully inspiring closing video will be shown. As the flame of this year's Games extinguishes, we pass the torch to Milwaukee, the host of the 2007 Games. See you at Sullivan Arena this evening!

### Women vets cont.

patch of “black ice” while driving home. Eight months into her career, she was left brain injured.

She later moved to Juneau, Alaska, and attended the National Disabled Veterans Winter Sports Clinic in 2002. There, she heard about the Games.

“The camaraderie is unbelievably helpful in lifting your self-esteem,” said Macaulay. “It made me proud of me again and showed me what I *can* do. It helped me forget about what I couldn’t do. I just do things differently now.”

This is Macaulay’s second time at the Games. She did well in air guns last year and has looked forward to competing in that event and four others this week.

“In the small town where I live, there are only 3,100 people and very few in chairs so I am often the only one, not one of the group like I am at the Games,” said Macaulay. “Any injured veteran will be surprised and uplifted by seeing they are not as bad off as they thought. They will be so proud of what they can do.”

“What word in the English language that begins with ‘dis’ is good?” asked Army veteran Buddy Hayes. “I’m not *disabled* because ‘dis’ means unable to do. I am not unable to do anything. I might do it differently—I am differently-abled, that’s all.”

This Chesapeake, Va., resident joined the Army in 1977 when it was still the Women’s Army Corps. She prides herself on being one of the first women to become a heavy equipment operator even though she was teased by her fellow soldiers at the time.

“I was driving tractor trailers, steamrollers, ditch diggers, backhoes, bulldozers, earth augers—about 26 pieces of equipment,” said Hayes.

Her decision to join the military was no doubt impacted by her father, who was career Army and served in WWII, Vietnam and Korea. Hayes lived for six years in Europe as an “Army brat.” What she didn’t recognize until later in life was that her father had served in the elite 101st Airborne Division and received the Bronze Star.

Hayes was diagnosed with multiple sclerosis in 2003 but had symptoms as early as 1979. This is her first time competing in the Games but not her first competition. “I wasn’t very athletic until I started using a wheelchair,” she said. A physical therapist “double-dog dared” her to do a one-mile fun run, the only one in a wheelchair. “Everyone who finished the race got a medal. A little ‘bling, bling’ and I was hooked,” she said.

Hayes really got involved in local sports events to raise money. “I’ve never done a race just to race, I always race for charity.” In doing so, she has won two full marathons and two half marathons.

“My first time, I started at the back of 6,000 people and picked

one spandex butt off at a time until I ended up in the middle of the pack. I finished at two hours and 30 minutes.” Not bad for a manual wheelchair. Some of the charities Hayes supported through racing include the National Multiple Sclerosis Society and Canine Companions for Independence, where she got her service dog and best pal, Ellie, a Golden Retriever-Labrador mix.

One of her most cherished events was Team in Training for the Disney marathon. Hayes’ dad died of cancer right before she left for the race. Somehow knowing their conversation at the hospital was the last, he told her, “Promise me you will do the race no matter what happens.”

Hayes retired from wheelchair racing last January but has been looking forward to swimming, slalom, weightlifting and being a big cheerleader at the Games. “You can get so much out of sports. I never do it to win. I do it because I enjoy it and it keeps me healthy. Everybody wants everybody else to do well. For one week, I will enjoy being in the majority.”

## British Team Takes on the Frontier State

The 12-member team from Great Britain has joined their American comrades again to test their mettle “at the greatest Wheelchair Games on earth,” according to Edwin Thomas, chairman of the 2006 British team.

For Anne Peskey from Hartlepool, a member of the first British team to ever compete in the Games, the event can be a springboard to higher things. “Having competed in disabled sport for over 30 years, I still enjoy my visits to the Games because of the friendliness and camaraderie. One can learn more from one visit to the Games than you can in any rehab

center,” she said. Surmounting the difficulties and challenges of life and sports, “makes us grow and enables us to find new skills and extend our abilities.”

Those sentiments are echoed by Michael Marten, a repeat competitor from Farneham, Marts. “These Games are a great way to cement friendships which have formed over previous years,” he said.

For those who have been away from the Games for a few years, like Ian Stuart from Cumbria, sports do make a difference in wheelchair athletes’ lives. “It’s been 11 years since I last competed  
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# 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 be open at midnight tonight through midnight 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 tomorrow. 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, 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! The Internet Café is 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 are 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 are being posted, at [www.wheelchairgames.org](http://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 open for athletes today 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 are 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.

### Special Notice

Spectators without banquet tickets are welcome to attend tonight's Closing Ceremonies after dinner has been served, beginning at 8 p.m.

Results are now available on the Games Web site at [www.wheelchairgames.org](http://www.wheelchairgames.org).



# Transportation

## Closing Ceremonies

Transportation to the Closing Ceremonies begins today at 5 p.m. Do not wait until the last minute to get to the Closing Ceremonies because transportation is limited. Athletes in the championship softball games at Bartlett High School will be transferred to their hotels after the event to get ready for the Closing Ceremonies.

## 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. 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)

## Ask Dr. Dan



*Dear Dr. Dan,*

I live in New York and have a long flight home on Sunday. How can I best avoid and recover from jetlag?

*Long Road Home*

*Dear Long Road,*

Jet lag, which is when your internal clock is not in sync with the real time, can best be described as feelings of fatigue, insomnia, loss of appetite at meals and ravenous appetite at the wrong times. Unless you live in Hawaii, you'll be losing hours between the time zones when you leave Alaska. It can sometimes take up to a day per time zone crossed to completely get back on schedule and feel like yourself.

Here are some tips on how to avoid and recover from jet lag.

- 1) If you're flying during the day, get a good night's sleep prior to your departure.
- 2) As soon as you board the airplane in Anchorage, reset your watch to the time zone you are traveling to. This enables you to begin thinking it's the same time as your destination. Try to sleep and eat according to the destination time from then on.
- 3) Most flights out of Anchorage leave in the middle of the night and are called "red eyes." Try to sleep on these night flights. Close the window shade, use eye covers and earplugs to make it as dark and quiet as possible.
- 4) Drink 8 oz. of water every hour and avoid alcohol and caffeine just before and during your flight. Both alcohol and caffeine have diuretic

properties, which mean that they cause you to lose water and make you dehydrated.

- 5) Most people experience mild swelling when they travel, so wear comfortable, loose-fitting clothing and shoes.
- 6) To improve circulation, do stretching and twisting exercises while in flight. Stretching your arms, shoulders and neck are easiest in the small airplane seats.
- 7) If you arrive in the morning, plan to stay awake. Keep napping to a minimum. If possible, try to wait until the local bedtime to sleep. **You may wish to try an over the counter sleeping aid the first night, or if you experience this problem often, ask your doctor to recommend one.**
- 8) Expose yourself to bright light and exercise in the morning in the new time zone. This helps reset your internal clock. **-Dr. Dan**

## Departure Information



### 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

**Today:** 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.

**Tomorrow:** If departing from your hotel, please plan to leave the hotel three hours prior to your flight departure. Departures 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.



**Edwin Thomas, chairman of the 2006 British team.**

### **British team cont.**

in the Games,” he said. “My previous visits to these Games as a member of the Great Britain Team have been very rewarding and contributed toward my perceptions of my capabilities.”

Paul “Bull” Jackson of Tamworth, Staff’s, is another familiar face at this event. “Just competing in the National Veterans Wheelchair Games and being in Alaska lifts my spirits,” he said.

The British team is here at the Games through the British Ex-Services Wheelchair Sports Association (BEWSA), which operates throughout the U.K. and in Germany, working to rehabilitate and re-integrate disabled ex-servicemen and women through

participation in sports and sports medicine. In fact, BEWSA was formed in September 1987 after a small group of disabled British veterans were invited to the United States to participate in the 7th National Veterans Wheelchair Games in Ann Arbor, Mich. A 12-member British team has attended every year since.

Chairman Edwin Thomas said he’s “honored to lead the British team. Wheelchair sport has given us all a new lease on life after injury, and competing enables us to do what we all thought was gone for good.”

Hopefully, our good friends from “across the pond” have all enjoyed a *brilliant* time in Alaska this week.

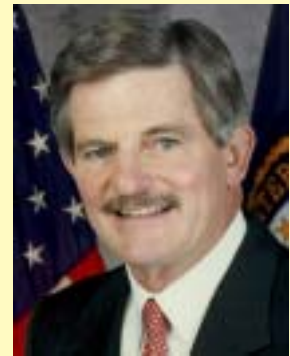
### **The Honorable Jim Nicholson Attends Wheelchair Games**

Secretary of Veterans Affairs Jim Nicholson arrived last night for his second visit to the National Veterans Wheelchair Games. He will visit with the athletes and address participants at the Closing Ceremonies this evening at Sullivan Arena.

“The camaraderie, athletic spirit and courage of these wheelchair athletes are an inspiration to us all,” said Nicholson. “We are proud of these talented athletes, our volunteers who make these Games possible and the communities that open their hearts to these heroes.”

As Secretary of Veterans Affairs, Nicholson is the principal advocate for veterans in the U.S. Cabinet, ensuring that they receive the care, support, recognition and dignity they deserve for their service to our country.

A graduate of West Point, Nicholson served eight years on active duty as a paratrooper and Ranger-qualified Army officer, then 22 years in the Army Reserve, retiring with the rank of colonel. He is a decorated veteran of the Vietnam War.



**Nicholson**

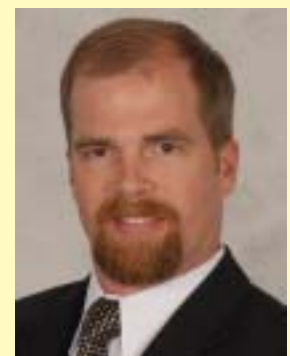
### **PVA’s Louis Irvin Speaks to Athletes at Closing Ceremonies**

Paralyzed Veterans of America Acting Deputy Executive Director Louis Irvin is attending and competing in his second National Veterans Wheelchair Games.

“The determination of this year’s athletes shows the depth of their character,” Irvin said. “By coming all the way to Alaska to compete in the Games, these athletes have pushed themselves to achieve their personal best. They have also enjoyed all the beauty that Alaska has to offer.”

Irvin was appointed acting deputy executive director this past May. Prior to his appointment, Irvin was the associate executive director for veterans’ benefits.

Irvin served in the Navy as a fire control technician and received a combat action ribbon during the 1990 Gulf War. In 1992, he suffered a spinal cord injury that ended his military career. In 1994, Irvin began his service to PVA as a national service officer. Four years later, he was appointed to PVA’s Cal-Diego chapter. He joins VA Secretary Jim Nicholson at the Closing Ceremonies tonight.



**Irvin**





# *Fun and Games*