



CATCH the NEWS

JUNE 27-JULY 1, 2005

Issue 2

Tuesday, June 28, 2005

The Common Threads of Participating

While each veteran and veteran's story is unique, several of this year's first-time athletes share common threads in how they learned of the Games and what they hope to achieve. These athletes learned of the Games from VA employees and PVA members, have similar goals for competing in this year's Games, and have competed in local or regional events as preparation.

Shawn Ritchhart, a 31-year-old Navy veteran from Chillicothe, Ohio, learned about the National Veterans Wheelchair Games while hospitalized at the Cleveland and Chillicothe VA medical centers. He decided to attend "to see what others are doing, and just to get out and about." Ritchhart got a first taste of wheelchair athletics this past May at the Ohio Wheelchair Games in Columbus. Ritchhart credits his therapists at the VA for getting him interested and helping him get to these Games.

James Miner, a 55-year-old Navy veteran from Los Angeles, Calif., is no novice to challenge. Sure he served in Vietnam on an aircraft carrier, and both Desert Storm and Operation Iraqi Freedom. But those experiences were nothing compared to his



Ritchhart

recovery from multiple injuries caused by a sandstorm in Iraq.

"When the sandstorm came out of nowhere and knocked me down on a steel platform from some two stories high, I woke up two weeks later unable to talk, not knowing who I was, where I was" Miner said. "I had to literally learn everything all over again.

"As I recovered, I was very angry with everyone and myself. I couldn't understand why I was living like this. Then I started rehab at the Palo Alto VA Medical Center. They helped me with my

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Miner



Macaulay



Hoffstaetter

Today's Weather

Isolated thunderstorms

High: 87 Low: 70



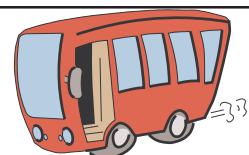
Schedule of Events for Today

TUESDAY, JUNE 28*

6 – 8 a.m.	Breakfast	Level 1, Ballrooms A/B
7:30 – 8:30 a.m.	Late Registration	Level 1, Room 101H
8 a.m.	Bowling (IV-V)	AMF Southtown Bowl
	Bowling (II-III)	Brunswick Bowl
	9-Ball (IA, IB, IC)	Level 1, Hall D
10 a.m.	Air Guns	Level 1, Hall D
11 a.m. – 1 p.m.	Lunch	Level 1, Ballrooms A/B
1 p.m.	Air Guns	Level 1, Hall D
	Weightlifting Weigh-In	Level 1, Hall D
	Bowling (IA, IB, IC stick/handleball)	Brunswick Bowl
	Bowling (Ramp)	AMF Southtown Bowl
	9-Ball (IV-V)	Level 1, Hall D
	Softball (Games 1, 2)	Level 1, Halls B/C
3 p.m.	Air Guns	Level 1, Hall D
	Softball (Games 3, 4)	Level 1, Halls B/C
4 p.m.	Quad Rugby Clinic	Level 1, Hall B
4:30 – 6:30 p.m.	Dinner	Level 1, Ballrooms A/B
6:30 p.m.	Basketball (Games 1, 2, 3)	Level 1, Hall B
	Quad Rugby (Game 1)	Level 1, Hall B
7 p.m.	Air Guns	Level 1, Hall D
8 p.m.	Basketball (Games 4, 5, 6)	Level 1, Hall B
	Quad Rugby (Game 2)	Level 1, Hall B

*All events are at the Minneapolis Convention Center unless otherwise noted.

Bus Schedule for Today



Time	Departure Site	Event	Destination
6:30 a.m.-12 noon	Convention Center	Bowling	AMF Southtown Bowl, Bloomington
6:30 a.m.-12 noon	Convention Center	Bowling	Brunswick Bowl, Eden Prairie
12 noon-5 p.m.	Convention Center	Bowling	AMF Southtown Bowl, Bloomington
12 noon-5 p.m.	Convention Center	Bowling	Brunswick Bowl, Eden Prairie

Note: Buses will line up directly in front of the Minneapolis Convention Center. Banners identifying their destination will be hung on the ramps.

Awards Schedule for Today

All awards will be presented inside Halls B/C. Today's award presentations:

9-Ball 9:30-10:30 a.m.

After the Closing Ceremonies, final awards will be available in the lobby of the Hilton Hotel. There will be no photos taken at that time. This is a last chance for any athletes who were unable to pick up their medals earlier in the week.

What's Where?



Durable Medical Equipment: Located in the Hilton Hotel, Carver Room, second level. Hours of operation: Monday, June 27, 7:30 a.m.-10 p.m.; Tuesday, June 28, 7:30 a.m.-10 p.m.; Wednesday, June 29, and Thursday, June 30, **CLOSED** (Available by phone – contact the hotel operator for assistance); Friday, July 1, noon-10 p.m.; Saturday, July 2: 5 a.m.-11 a.m.

Hospitality: Be sure to stop by the hospitality table at the Convention Center between the hours of 8 a.m. and 4 p.m. for more information about special activities, drawings for prizes, downtown maps, newsletters and other general information. The hospitality team will be located right inside the Grant Street entrance, in front of Ballroom A. They are looking forward to seeing you!

Internet Café: You are far from home and just won a medal—how do you let your friends know back home? Come to the Internet Café and send them a message, of course! This year, the Internet Café will be located in Room 101G at the Convention Center. Café hours are 8 a.m. to 10 p.m. Ten computers and one printer 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: There will be a medical suite in Room 101F of the Convention Center. It will open daily at 7 a.m. and will remain open until all events are completed. The medical staff will treat athletes for minor injuries or illnesses. A life-threatening emergency will require an emergency call to 911. Medical support at the Hilton Hotel will be in a designated suite, and the room location will be displayed on signs in the hotel. More information is also available at the hospitality desk. This medical suite will be open daily from 7:30 a.m. to midnight. It will not be open on Saturday, July 2. Please note, there will be no “house calls” to athletes’ rooms. A Games physician and registered nurse will be on call each night *for athletes only* and can be reached by calling the hotel operator. In the event of a life-threatening emergency, ask the hotel operator to dial 911. Medical staff will also be present at each Games venue, and are easily identified by their red shirts with a white cross on the back. Severe injuries or illnesses will be referred to the Minneapolis VA Medical Center or a local emergency facility, if necessary.

Wheelchair Repair: Located at the MSP Airport, Lindbergh Terminal, and at the Hilton Hotel, Hennepin Room, second level. Monday, June 27, through Friday, July 1: 8 a.m.-11 p.m. (Hilton Hotel); Saturday, July 2: throughout the day (airport). Wheelchair repair will also be available at the Convention Center and the off-site events.

Raffle Winners from Expo!

The following are the winners from the VA Health Fair Raffle that was held during the Expo. Please pick up your prizes today at the Hospitality table in front of Ballroom A in the Convention Center.

Michael Thema
Liz Reyes
Nancy “Petie” Peters
Miriam Oyola
Susan Crider
Gretchen Steinmet
Wayne A. Jensen

Samuel Cooke
Elizabeth Luna
Nancy Hay
Emily Carver
Jim Best
Earl Sweet, Michael Murphy
Mitchell Hinkle

John Brako
Linda Anford
Bryan Quick
Doris Pedrson
Don Velasquez
Luis Lebroiz
B. Mitchell

Let the Games Begin!



Athletes tested their strength at the Rock Climbing Wall.



Hands down, the gloves have it.



Doggone tired at the Expo.



Participants take a break from visiting booths at the Expo to share a few stories.



Steve Kleinglass, director of the Minneapolis VA Medical Center, kicks off the 25th National Veterans Wheelchair Games.

Shooting for three points during the basketball exhibition.



Darcy Pohland, left, a reporter from one of eight news affiliates covering the Kick-off, interviewed participants after the event.

A Quarter Century of Spokes in Motion

This year marks an extraordinary milestone for the National Veterans Wheelchair Games. For the past 25 years, the Department of Veterans Affairs (VA) and Paralyzed Veterans of America (PVA) have been striving to rehabilitate our nation's heroes through recreation therapy. The Wheelchair Games are the perfect instrument to accomplish this noble feat.

Ken Medeiros, a 63-year-old Army veteran from Taunton, Mass., will be competing for the 15th year at the Games. Medeiros had always loved wheelchair basketball, but found a whole new world of sports at the Games. "I had no idea there were so many sports available to wheelchair athletes," he said. "My first year at the Games was eye-opening and just plain unbelievable." Medeiros has seen the Games change and grow tremendously over the years. "In 1984, the word wasn't out there yet. Now, the Games have earned so much recognition. The venues get more and more elaborate each year, more events are added, and the fun just keeps growing." Medeiros has also grown personally as a result. "I feel more confident in myself," he said. "I have more of that 'can-do' attitude and now strive to accomplish my personal best in everything I do."

Claire Brou, a 77-year-old Navy veteran from Ocean Springs, Miss., has been competing in the Games for the past 13 consecutive years. "I always welcome a challenge," said Brou. "Though I've attended the Games for a number of years, they continue to challenge me both mentally and physically." Like Medeiros, Brou has seen a tremendous change in

herself as a benefit of competition. "I have become more determined to find my own way of accomplishing my goals. The Games have taught me that hard work results in success."

Mark Peterson, a quadriplegic Army veteran from Glendale, Ariz., has benefited greatly from the improvements and changes to the Games over the years. This will be his 16th year as a competitor in a motorized wheelchair. "Before I was even a competitor, I came out to see some of the events," said Peterson. "There were few motorized wheelchair events, and because of my disability I knew I'd be very limited." Sixteen years later, Peterson now has the opportunity to compete in such events as ramp bowling, motorized slalom,

powerchair relay and power soccer. "I've taken advantage of the opportunities that the Games have given me," said Peterson. "Now, I'm a player and a coach of a local power soccer team near my home in Arizona."

The Games would not be such a success if not for the hundreds of veteran competitors who travel to the event year after year. Two veterans, Jimmy May and Leon Thompson, have attended every year since 1981. There are more than 20 veterans here who have competed in the Games for 15 years or more. This is not only an outstanding accomplishment for these veterans, but also a real testament to the therapeutic and athletic value of the National Veterans Wheelchair Games.

Threads (cont.)

outlook as well as my physical disabilities," he said. "They helped me build my self confidence again."

Miner's achievement as a blind skier in the Winter Sports Clinic this past April gave him the courage and confidence to register for the National Veterans Wheelchair Games. He is scheduled to participate this week in swimming, shooting and basketball.

"I'm here for the challenge," he said. "I want to exceed all challenges and develop more self confidence. My goal is to go beyond where I am now."

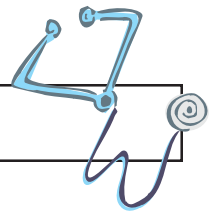
For Susan Macaulay, 39-year-old Air Force veteran from Juneau, Alaska, it's her competitive nature to push herself to new limits that made her sign

up for the Games. She is registered to participate in the maximum number of events—table tennis, bowling, air guns, motor rally and pool.

She, too, has participated in the Winter Sports Clinic for the past four years, but it was just this past October that her injuries required the use of a wheelchair. Injured in a traffic accident in 1988, Macaulay awoke from a coma and needed to relearn everything she ever knew.

"I'm here to prove to myself that I can participate in sports other than sitting on a stationary bike," she said. "My goal is to finish my events in a halfway

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Dear Dr. Dan:

“With the weather reaching the high 100s this week, what should I do as an athlete to keep myself from dehydrating?”

- *Thirsty in Two Harbors*

Dear Thirsty:

As the Games begin, it is important for both the seasoned athlete and those new to the Games to be aware of their fluid intake during their activities. Not being properly hydrated can be life-threatening, and ignoring the early signs of dehydration is the quickest route to the hospital. Drink as much or more liquid than you will lose through sweat. Staying hydrated helps maintain athletic performance and reduces the risk of exertion-related

illnesses such as cramps, heat exhaustion and heat stroke.

Don't wait until you are thirsty before taking a drink. Thirst is an indicator that you are already becoming dehydrated. Also, try to avoid alcohol and drinks with caffeine because they tend to dehydrate you. You may be surprised to find out how many drinks do contain caffeine—soft drinks, for example, and some of the sports drinks or fruit-flavored waters also have it.

How much you should drink depends on the activity you are engaged in, but try to drink eight to ten ounces of water eight times a day. During athletic activity, we suggest an additional seven to 10 ounces of liquid every 10 to 20 minutes. One regular Styrofoam cup of liquid is about 8 oz., so when you are offered fluids, take at least one of these for each half-hour of activity.

To prevent the worst consequences of dehydration, it is important to recognize the symptoms. The first signs of dehydration are usually thirst, irritability and general discomfort. If this isn't treated, it can lead to headache, cramps, chills, nausea, vomiting, a sensation of heat in the head or neck, decreased performance, dizziness and even fainting.

Heat exhaustion is the most common exertion-related heat illness. This results in profuse sweating, pale, cold and clammy skin, cramps, fast pulse and feeling faint. If you experience any of these symptoms, get out of the sun into a cool, dry place, and drink lots of fluids, and then go to the medical area as soon as you can.

Heat stroke is the most serious of the heat-induced illnesses. It is marked by hot, dry skin. The evaporative process has shut down, so the body has stopped sweating. Body temperature can rise to as high as 105. This is a medical emergency and requires immediate transportation to an emergency room.

Dr. Dan

On the Menu ...



All meals are served in Ballrooms A/B on Level 1 of the Convention Center. Bon Appetit!

Breakfast (6-8 a.m.):

Sausage and Egg Muffin; Oatmeal (with toppings); standard items available every day include assorted pastries and fruit, cereal, yogurt and beverages.

Lunch (11 a.m.-1 p.m.):

Buttermilk Fried Chicken Breast with mashed potatoes, gravy, buttered corn and a dinner roll; Hot Roast Beef Sandwich (Wheat or White Bread) with mashed potatoes, gravy and buttered corn; standard items available every day include a soup of the day, cold sandwiches, entrée salads, side salads, fruit, desserts and beverages.

Dinner (4:30-6:30 p.m.):

Turkey Tetrazzini with Green Beans and Garlic Toast; Spaghetti and Meatballs with Marinara Sauce, Green Beans and Garlic Toast; standard items available every day include a soup of the day, cold sandwiches, entrée salads, side salads, fruit, desserts and beverages.

Threads (cont.)

decent place so that I know I've done well at something new.”

Harold Hoffstaetter, a 67-year-old Vietnam Navy veteran from Carrollton Va., is attending the Games for the first time in hopes of meeting new people. He learned about the Games from the staff at Richmond VAMC, where he participated in bowling. This week he is registered for golf and bowling.

“I want to meet other veterans who have been through similar experiences and do the best I can when I compete,” he said.

Newsletter printing costs donated by Pfizer.

Share Your Story

Veterans History Project interviews begin this morning and will take place all week (through Friday morning) in the VHP taping room at the Minneapolis Convention Center (on Level Two, Show Room B) from 8 a.m. – Noon; 1– 5 p.m.; and 6– 9 p.m. This historic project honors our nation’s veterans by creating a lasting legacy of their military experience.

Regardless of branch or period of service, age, military career or experience, all veterans are invited to share their story with our VHP program staff at the Games this week. Recorded interviews are given to the Library of Congress.

Sign up for your interview with Butch Miller in the VHP taping room. Each VHP participant will also receive a DVD copy of their interview and a souvenir VHP tote bag. If you have already signed up, please keep your scheduled interview time. If you must reschedule, please let Butch Miller know.

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 him or her for the 2005 Spirit of the Games award.

Nomination forms will be available in the dining area today, where the newsletter is distributed. Forms may be dropped off in one of the Spirit of the Games ballot boxes, located in the dining area (Ballrooms A&B) and the Command Center (Room 101H). All ballots are due by 8 a.m. on Thursday, June 30. Help us recognize our outstanding athletes by submitting a nomination today!

History of the Games Quiz

Think you know your Games history? Test your knowledge by taking the Games History Quiz featured in each day’s newsletter this week. Submit an entry form with the correct answers and you could win prizes!

Quiz entry forms will be located in Ballrooms A/B, where meals are served, or you can pick one up in the Media Center, Room 101A. Drop your entry in the box located outside the Media Center. All forms must be submitted by 11 a.m. each day to qualify, and the first form with all of the correct answers wins. Winners (and correct answers) will be announced in the next day’s newsletter. So come on, history buffs, put on those thinking caps and see how much you know about the National Veterans Wheelchair Games!

1. How many medal events were offered at the first Games and how many are there now?

- a. 5 in 1981, 10 in 2005
- b. 4 in 1981, 12 in 2005
- c. 7 in 1981, 16 in 2005
- d. 6 in 1981, 15 in 2005

2. What was the theme from the 2004 Games in St. Louis, Missouri?

3. When did handcycling become a medal event, and where were the Games held that year?

4. Who sang the National Anthem at the Opening Ceremony last year?

- a. a military serviceman
- b. a VA employee from St. Louis
- c. a local singer
- d. a veteran competitor

5. Which former PVA National President was named a Spirit of the Games recipient at the National Veterans Wheelchair Games?

Yesterday’s Quiz answers:

1. The 20th NVWG in San Antonio, Texas – there were 587 competitors that year.
2. c. The 17th NVWG in San Diego in 1997 offered “Over the Line.”
3. Yes, there are two veterans who have attended the Games all 25 years, Jimmy May of Midlothian, Virginia, and Leon Thompson of Englewood, Florida.
4. The original 14 states represented at the first Games were: California, Florida, Maryland, Michigan, Minnesota, Missouri, New York, North Carolina, Ohio, Pennsylvania, Tennessee, Texas, Virginia, Wisconsin—and also Washington, D.C.
5. “Say ‘YES’ to the Challenge!” The same theme was used again in 1989, at the 9th NVWG in Long Beach, California.

Congratulations to yesterday’s winner: Wayne Field