



CATCH the NEWS

JUNE 27–JULY 1, 2005

Issue 3

Wednesday, June 29, 2005

James Crosby—25th Games' Youngest Competitor



Play ball! In addition to softball, 20-year-old Crosby, a native of Boston, is competing in archery, slalom and air guns this week.

James Crosby never cried after receiving near-fatal injuries while serving in Iraq. "I've never been much of a crybaby," said the 20-year-old Boston native, who enlisted in the United States Marine Corps at 17, just after finishing high school.

Crosby was one of four Marines hit by enemy fire when three 122 mm rocket struck their truck. Shrapnel hit him near the base of his spine, causing partial paralysis and a number of internal injuries. "I feel extremely lucky," he said, despite the severity of his wounds. Although two of his fellow Marines received only minor shrapnel wounds as a result of the attack, another lost his life in the incident.

"My injury really wasn't that bad, considering," he said. "Besides,

you won't get anywhere feeling sorry for yourself."

Crosby still has some movement and feeling in his legs, and was able to take a few steps during rehab with the help of braces and crutches. Living in Saugus, Mass., he now receives outpatient care at the West Roxbury VA medical facility. Here in Minneapolis, though, this first-year competitor is focused on bringing home the gold.

"If I don't get any medals, I'm going to be disappointed," Crosby said, hoping his athleticism will be an advantage. He played football and hockey in high school, but is confident he'll fair well in archery, slalom, softball and air guns, his competitive events at the Games. "I thought I'd do pretty well shooting at

a non-moving target," Crosby laughed. He is also participating in the trap shooting exhibition today.

For Crosby, though, the Games are about much more than sports. They also offer him a source of inspiration. "It definitely encourages me to see people with worse injuries than mine," he said, noting that his fellow veterans have taught him so much.

Crosby now hopes to return the favor by helping push for legislation which would allow combat-injured service members to retain their special pay and tax benefits until they either return to duty or are discharged from the military. He is currently taking a public speaking class, and also plans to sign up for courses in political science.

"Disabled people are no different than anybody else," Crosby said. "Just because you become disabled doesn't mean your life is over."

Indeed. Just observe nearly 500 examples right here at the Games.

Don't Forget!

Tomorrow is "Wear Your Oldest Games T-shirt Day." Hope you remembered to look through those closets!

Today's Weather

Scattered thunderstorms

High: 85 Low: 65



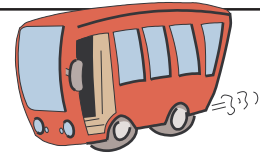
Schedule of Events for Today

WEDNESDAY, JUNE 29*

6-8 a.m.	Breakfast	Ballrooms A/B
8 a.m.	Field (IA/B/C,II)	McMurray Field
	Air Guns	Hall D
9 a.m.	Field (III)	McMurray Field
10 a.m.	Air Guns	Hall D
	Field (IV)	McMurray Field
10:30 a.m.	Power Soccer (Game 1)	Convention Center
	Power Soccer (Game 2)	Convention Center
11 a.m.	Field (V)	McMurray Field
11 a.m.-1 p.m.	Lunch	Ballrooms A/B
1 p.m.	Slalom (IA-IB)	Hall B
	Table Tennis (IC)	Hall D
	9-Ball (II-III)	Hall D
	Air Guns	Hall D
	Trap Shooting Exhibition	Metro Gun Club
3 p.m.	Table Tennis (IA-IB)	Hall D
	Air Guns	Hall D
	Slalom (IC-Motor Head-Chin)	Hall B
4:30 - 6:30 p.m.	Dinner	Ballrooms A/B
5 p.m.	Slalom Demo	Mall of America
6:30 p.m.	Swimming	University of Minnesota
7 p.m.	Slalom (Motor/Hand control)	Hall B
	Weightlifting	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	Field	McMurray Field
11:30 a.m.-6 p.m.	Convention Center	Trap Shooting	Metro Gun Club
5-10 p.m.	Convention Center	Swimming	University of Minnesota

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:

Bowling	11 a.m.	
Table Tennis	2 p.m. (IC)	4 p.m. (IA/B)
9-Ball	2 p.m. (IA/B)	
Slalom	2 p.m. (IA/B)	4 p.m. (Motor head/chin)
	8 p.m. (Motor/Hand)	
Weightlifting	8:30 p.m. (All)	

Newsletter printing costs donated by Pfizer.

What's Where?



Durable Medical Equipment: Located in the Hilton Hotel, Carver Room, second level. **CLOSED** today and tomorrow (available by phone—contact the hotel operator for assistance); Open again on Friday, July 1, noon–10 p.m.; and on Saturday, July 2, from 5–11 a.m.

Hospitality: Be sure to stop by the hospitality desk 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: The Internet Café is 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 at www.wheelchairgames.org.

Medical Emergencies and Assistance: The medical suite is located in Room 101F of the Convention Center. It is open from 7 a.m. until all events are completed. The medical staff treats athletes for minor injuries or illnesses. A life-threatening emergency requires an emergency call to 911. Medical support at the Hilton Hotel is in Room 1636 from 7:30 a.m. to midnight. It will not be open on Saturday, July 2. Please note, there are no “house calls” to athletes’ rooms. A Games physician and registered nurse are 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 are also present at each Games venue, 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 Hilton Hotel, Hennepin Room, second level, through Friday, July 1, from 8 a.m. until all events are over, and on Saturday, July 2, at the hotel and at the airport until all athletes have departed.

Attention Athletes!

Ticket Sales for Closing Ceremonies: The Closing Ceremonies will be held on Friday, July 1, from 7-9:30 p.m. in Hall D at the Convention Center. The evening will include a banquet with a dining choice of chicken or beef. If you have not yet purchased your tickets to this event, stop by the hospitality table before Thursday evening to pick them up. Prices for the event are \$15 for athletes and qualified coaches, and \$25 for everyone else.

Games Memorabilia: Get your memorabilia early. Items are selling out fast!

Twins Tickets Drawing: If you participated in the drawing for free Minnesota Twins tickets for today’s game, please stop by the hospitality table to see if you won by 9 a.m. this morning.

Found: A backpack was found in Ballrooms A/B (where meals are served). It was turned in to Security at the Convention Center. You can identify it there.

Speaking of Spirit

Don't forget to drop off your nominations for the 2005 Spirit of the Games award. These are due no later than 8 a.m. tomorrow, Thursday, June 30. Help us recognize the outstanding athletes at this event by dropping off your nomination in one of the Spirit of the Games ballot boxes *today!* Boxes are located in the dining area (Ballrooms A/B) or the Command Center (Room 101H).

100 Percent ‘May’be for the Games

Do you remember those ‘perfect attendance awards’ in grade school, where one or two kids would receive a certificate, or maybe a pizza, for having made it through the entire school year without missing even one

could participate. “I did seven or eight events,” said May. “You could do as many as you wanted to.” Basketball and softball—which are now two of his favorites—were not even offered in those early years.



Jimmy May hits a home run on attendance.

day due to illness, injury or simply playing hooky? I never even came close to earning that distinction, and as I got older I figured, what is the point? After all, there are no free pizzas for 100 percent attendance on the job. Jimmy May does not share that sentiment.

When he was 30 years old, May—a paraplegic and combat-wounded veteran of Vietnam—decided to “give it a try” and attend the very first National Veterans Wheelchair Games, held near his home in Midlothian, Va., on the grounds of the Richmond VA Medical Center. He hasn’t missed one ever since, and is one of only two veterans here in Minneapolis who have participated in all 25 of the National Games. (Check out tomorrow’s newsletter for a story on the other, Leon Thompson, of Englewood, Fla.)

May, who is now 55, has seen a lot of changes. “You used to be able to register everyone in the hotel lobby,” May said. And in the early years, there were no limits on the number of events in which athletes

could participate. “I love to compete and I like to win,” said May. One gold medal he cherishes is one that he won in the slalom event one year when he didn’t think he had a chance of placing. But all the medals, of which he has accumulated an incredible 90, are not the primary driving force for this veteran athlete.

In fact, many of May’s fondest memories over the previous 24 National Veterans Wheelchair Games

center on people and places: renewing friendships with competitors and comrades; making new friends and seeing new places; being inspired by the commitment and enthusiasm of the sponsors; and particularly the unsung heroes—the volunteers—who carry the meal trays, chase down the table tennis balls, move the luggage around, ensure safe bus travel, and provide a wide variety of other services. “I can’t thank them enough,” he said.

Still, the competition and sense of accomplishment cannot be underestimated and are what led May to his distinguished status of being one of two veterans who have attended all 25 Games. “I thought about taking a year off, but then there were only five of us who had been to all of the events, then three ...,” he laughs.

That same sense of accomplishment is what May believes is critical for newcomers to embrace. “Competing in the Games lets the individual know what they can do.” It’s not a time to be shy, according to May, who encourages the first-timers to get involved by asking questions and seeking advice and strategy. “Just roll over and introduce yourself,” he said. “Enjoy the friendship, the camaraderie, and being around other people like you.”

Slalom Demonstration at the Mall of America Today!

In an effort to educate the Minneapolis community about the excitement of wheelchair sports, five of our National Veterans Wheelchair Games athletes are headed to the Mall of America today. From 5–6:30 p.m. at Sam Goody Central this evening, your fellow veterans will demonstrate to the general public what the wheelchair slalom event is all about. A modified slalom course will be set up in this large rotunda area in the center of the Mall, where our five veterans will run through the course (at great speeds, of course) to really show people how it’s done. Following the demonstration, mall shoppers will even have an opportunity to experience a modified slalom course for themselves.

If you’re not competing, please join us for an evening of fun and excitement at the Mall of America. The light rail, located near the Convention Center, can get you there quickly and easily. If you’ve never been to the world’s largest indoor mall, this is a great opportunity to not only support your fellow athletes but get yourself a gold medal in shopping at the same time!

Walking Down Memory Lane at the Games

“My first Games were in 2003 in Long Beach,” said Diane Sicko of Rensselaer, N.Y. “I won two gold medals, and I was so excited. It gave me so much confidence and made me feel so much better about myself.”

Kenneth Lloyd of Union, Iowa, said that participating in the Games made him want to give something back to others. “The 1997 Games in San Diego were my first, and it was the turning point of my life since my accident.”

It’s that very spirit of self-discovery and self-empowerment that the Games have helped foster among thousands of veterans over the past 25 years.

“The original philosophy of the Games was to serve as an introductory sporting event for newly-injured veterans,” said Tom

Brown, national director of the Games. Brown has watched it grow from 74 participants in 1981 to more than 500 now.

According to Brown, the Games offer the benefit of peer modeling between new and returning participants. “A lot of the ‘old timers’ have become role models,” he said. “That’s an important part of the Games.”

Andy Krieger’s history with the Games spans more than a decade. As director of the Paralyzed Veterans of America sports and recreation program, Krieger has a hands-on role this year. Throughout the years, he has befriended many of the athletes and staff along the way.

“To this day, I still enjoy relationships with a number of people I met in the cities that have hosted

past Games.” Krieger is often inspired by seeing the veterans compete.

“Watching last year’s participants who were recently injured in Iraq and Afghanistan was a humbling experience, and that further reinforces what I do.”

Each year, the Games are presented by the Department of Veterans Affairs and Paralyzed Veterans of America, and take place with the help of more than 2,000 volunteers. Those who help make the Games a reality do it as a labor of love.

Jim Milliken of South Bend, Ind., shares that admiration and still has fond memories of how kind the volunteers were back in 1982 at the Games in Milwaukee, Wis. “I will never forget how helpful and friendly everyone was,” he said. “What a wonderful experience for my entire family.”

Robert Werden of Rio Ranch, N.M., expressed his appreciation for the volunteers who worked the Games in St. Louis last year. “They were extremely helpful and could not do enough for us,” he said. “God bless the volunteers!”

But perhaps the hardest job of all is saying goodbye at the end of the Games and having to part ways with friends. “You have the event, which can be extremely exciting, emotional and stressful, with the climax being the closing ceremonies,” Krieger said. “And ironically, just like childbirth, there is some depression afterwards because you realize that you won’t be working on this event anymore.”

Of course the following year always brings a new set of adventures. And, although each closing day can be bittersweet, there’s always a new year of sports and fun to look forward to!

Kids Day is Tomorrow

The fifth annual “Kids Day at the Games” takes place tomorrow, June 30. Kids Day activities will be held at the Minneapolis Convention Center in Hall C from 10 a.m. to 2 p.m.

Kids Day will offer children with physical disabilities from the Minneapolis area the opportunity to learn from and interact with wheelchair athletes competing in this year’s National Veterans Wheelchair Games.



More than 30 local children are expected to participate in this year’s event, where the mentoring athletes will introduce them to the wonderful world of adaptive sports and recreation.

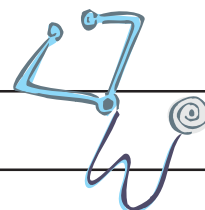
The children will be instructed in

t-ball, table tennis, slalom and flag folding, and the event will conclude with a closing celebration where the mentor athletes will present the children with their photos and their own Kids Day medals for participating in the activities.

An evening Kids Day session will be held at the quad rugby and basketball events at the Convention Center from 7– 8:30 p.m., where we welcome athletes and their children, as well as the children of staff and volunteers!

25 Years of the National Veterans Wheelchair Games

Ask Dr. Dan



Dear Dr. Dan:

I'm new to the Games and would like information on how to recognize signs of heat illness. What are some symptoms I should look for?

- *Newbie in New Market City*

Dear Newbie,

Even the most highly conditioned athletes need to take special precautions when exercising in hot weather. Athletes are especially prone to heat illness in the summer months, so recognizing signs of heat illness is critical. Heat stroke is a serious condition and should be treated as a medical emergency. Other conditions common in the heat, like heat cramps and heat exhaustion, are less serious and generally require less drastic measures of treatment.

Heat stroke is the most dangerous of the heat-related illnesses. If not treated immediately, it can be fatal. Signs of heat stroke include a core body temperature above 40.5°C/105°F, hot, dry skin, lack of sweating, a very fast pulse,

and mental status changes.

Heat cramps usually occur after several hours of exertion and are recognized by painful muscle spasms in the arms, legs or abdomen.

Symptoms include faintness or dizziness, weakness and profuse sweating. Usually an athlete suffers from heat cramps after several hours of exertion and much sweat loss. Replacing lost sodium is the best treatment, and increasing daily sodium intake slightly during hot weather exercise can help prevent future cramping.

Heat exhaustion may be difficult to differentiate from heat stroke, but it typically occurs when one is exposed to heat for a prolonged period of time. Symptoms of heat exhaustion include nausea, dizziness, weakness, headache, pale and moist skin, weak pulse, and disorientation. The key difference between heat stroke and heat exhaustion is that there are no mental status changes (other than mild confusion) in those suffering from heat exhaustion.

Stopping activity and cooling the body are the key treatments for heat exhaustion.

Dr. Dan

On the Menu ...



Complimentary Meal Voucher

Breakfast - \$12.00

Lunch - \$20.00

Dinner - \$20.00

Prices for menu items are posted; please try to stay within the price of the voucher.

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

Breakfast (6-8 a.m.):

scrambled eggs, potato cakes and bacon; Cream of Wheat (with toppings); standard items available every day include assorted pastries and fruit, cereal, yogurt and beverages.

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

stuffed pork chop with parsley buttered red potatoes, gravy and California blended vegetables and a dinner roll; hot turkey sandwich (wheat or white bread) with parsley buttered red potatoes, gravy and California blended vegetables; 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.):

Swedish meatballs with mashed potatoes, buttered carrots and a dinner roll; breaded Pollack fish fillet with mashed potatoes, buttered carrots and a dinner roll; standard items available every day include a soup of the day, cold sandwiches, entrée salads, side salads, fruit, desserts and beverages.

Music in the Park

Tomorrow evening, don't miss this week's special event, **Music in the Park**, from 5:30–9:30 p.m. at Park Plaza, located across the street from the Convention Center. In addition to music by *Willie Walker and the Butanes* as well as other entertainment, a cash bar will be available offering beer, wine and soft drinks. Enjoy this mid-week opportunity to meet with some of your fellow athletes, staff, friends, family and volunteers. A good time will be had by all!

Athletes 'Tell All' This Morning

This morning, athletes Charlie Wittwer and John Christensen, along with Tom Brown, national director of the 25th National Veterans Wheelchair Games, will be interviewed on the local NBC affiliate, Channel 11 (KARE-TV) between 5 and 7 a.m. Also on Wednesday at 8:30 a.m. the Fox affiliate, Channel 9 (KMSP-TV) will have athletes Lisa Bard and Bradley Gomoluch on their morning show.

Thanks to all the athletes who have agreed to media interviews—it helps to tell the story of the Games!



Winner's Circle

Wayne Field, above, picks up his prize as the winner of Monday's Games History Quiz challenge. It's a backpack stocked with all sorts of great goodies! Want to join him in the Winner's Circle? Today's quiz is at right. Good luck!

Veterans History Project

Interviews continue through Friday morning in the VHP taping room (Level Two, Show Room B) from 8 a.m.–Noon; 1–5 p.m.; and 6–9 p.m. If you signed up for an interview and cannot make it, please inform Butch Miller in the VHP taping room so someone else can record their story. This historic project creates a lasting legacy of the military experience of our nation's veterans. Regardless of branch or period of service, age, military career or experience, all veterans (athletes, volunteers or staff) 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 and each participant, along with a souvenir VHP tote bag. Check to see if any openings are available!

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 forms with the most correct answers win. Winners (and correct answers) will be announced in the next day's newsletter.

1. At what Games was Horseback riding (equestrian sports) offered as an exhibition event?

- a. 14th NVWG – Kansas City, 1994
- b. 18th NVWG – Pittsburgh, 1998
- c. 22nd NVWG – Cleveland, 2002
- d. 11th NVWG – Miami, 1991

2. Who was the first Spirit of the Games recipient, and where/when was the award presented?

3. In what two years were billiards (or 8-ball, or 9-ball) not offered at the Games?

- a. 1999 and 2000
- b. 1982 and 1983
- c. 1993 and 1994

4. What Games are remembered for having police motorcades escorting the buses to and from the event venues?

5. What weather situation occurred at the track events in St. Louis last year?

- a. tornado sighting
- b. heavy rainstorm
- c. extreme sun and heat
- d. both a and b

Yesterday's Quiz answers:

- 1. c. At the first Games there were seven events where medals were awarded (billiards, field events, slalom, swimming, table tennis, track, weightlifting). Now there are 16.
- 2. "Gateway to Victory" was the theme in St. Louis at the 24th NVWG in 2004.
- 3. Handcycling became a medal event in 2003 at the 23rd NVWG in Long Beach, Calif.
- 4. d. First-time veteran competitor Rick Stang, of Sartell, Minnesota, sang the National Anthem at the Opening Ceremony last year.
- 5. PVA National President Ken Huber of Milan, Michigan won the Spirit of the Games Award at the 1999 Games in San Juan, P.R.

Congratulations to yesterday's winners: James McCammon, Kenny Lloyd and Cathy Williams. Please stop by the Media Center to claim your prizes.



*Let's
Roll!*

