



CATCH the NEWS

JUNE 27-JULY 1, 2005

Issue 5

Friday, July 1, 2005

The Games Through the Eyes of Our Children

Wayne Auburn "Trrey" Jones III, 14, from Chattanooga, Tenn., sits patiently, aiming his camera for the perfect shot while his grandfather prepares his air gun for his first round of competition. Although he's used to seeing his grandfather hold a rifle because the two deer hunt together, this time he's a little more anxious because he wants to see him medal in air guns.

Wayne Jones, an Army veteran of Vietnam from Elizabethton, Tenn., is participating in his seventh National Veterans Wheelchair Games. Wayne is competing in bowling, archery and air guns, and he's proud to have grandson Trrey by his side for the second time.

"My grandfather loves to compete so the Games are great for him," Trrey said, smiling. "He absolutely hates to lose at anything. When we bowl, he always beats me. He usually bowls about 145 to my 100. And the whole time we go back and forth at each other. I can never pick up a spare because I always throw gutter balls. He always tells me I couldn't hit the broad side of a barn."

That bantering spirit continues as Wayne turns and adds, "Most people let the kids win, but not me. Life is not easy. If you make it easy for them they expect it to be easy all the time. If he ever beats me, he beats me fair and square and he knows he deserves the win."

Trrey nods his head in agreement. "Last year when we went to St. Louis, I expected Grandfather to medal in each of his events. He came home with two out of three so that wasn't bad," Trrey said. "This



Trrey Jones with grandfather Wayne.



Charlesha Allen with dad Charles.

year, I expect he will medal in everything. He's gotten into a rhythm now." For both Joneses, training for the Games includes many hours of air guns and practicing archery. "My job when we practice archery is shagging (retrieving arrows) and helping him adjust his bow direction," said Trrey. "I watch to see where the arrows go so he can adjust his sites to direct the arrows better to the target."

The Games are really neat," Trrey said. "It's similar to the



Sam Angeles with dad Joe.



Shaunta Sabb, daughter of Ramon Guitard, gets some pointers from Wayne Miller.

Olympics where athletes compete in events like basketball. When they are on the court, they are all hands

(continued on page 2)

**Today's
Weather**
Mostly
sunny
High: 77 Low: 61



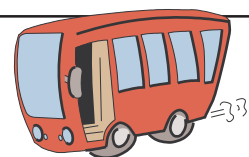
Schedule of Events for Today

FRIDAY, JULY 1*

6–8 a.m.	Breakfast	Ballrooms A/B
8 a.m.	Handcycling	Lake Harriet
	Archery	Ft. Snelling Soccer Fields
	Softball (Games 5 and 6)	Halls B/C
9 a.m.	Motor Rally	Como Lake
	Slalom Super G Finals	Halls B/C
10 a.m.	Softball Finals	Halls B/C
11 a.m.–1 p.m.	Lunch	Ballrooms A/B
1 p.m.	Basketball (Consolation Game)	Halls B/C
	Quad Rugby (Championship Game)	Halls B/C
3 p.m.	Basketball (Championship Game)	Halls B/C
	Power Soccer (Championship Game)	Halls B/C
7 p.m.	Closing Banquet	Ballrooms A/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.-11 a.m.	Convention Center	Handcycle	Lake Harriet
6:30 a.m.-12:30 p.m.	Convention Center	Archery	Ft. Snelling Soccer Fields
7:30 a.m.-12:30 p.m.	Convention Center	Motorized Rally	Como Lake

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:

Track	11 a.m. (All)
Super G	11 a.m.
Softball	11:30 a.m. after final game
Handcycling	2 p.m.
Quad Rugby	After final game
Basketball	After final game
Archery	4 p.m.
Basketball	After final game
Motor Rally	4 p.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.

Children (cont.)

forward with their eye on the win. But when they leave the event, they enjoy talking with each other about it. The Games are great for Grandfather because they allow him to make new friends and compete at the same time."

The Games have been a chance for Trey to make a few new friends too. "Last night I was a bit bored because Grandfather wasn't competing and there were no events to watch so I grabbed my football and pulled a few of the other kids

together to pitch a few. It was good use of some down time."

Samuel Angeles, age 6-and-a-half, from San Diego, holds tight to his father Joe's arm while he talks about his dad, a Marine Corps
(continued on page 3)

What's Where?



Durable Medical Equipment: Located in the Hilton Hotel, Carver Room, second level. Open today from noon–10 p.m., and tomorrow from 5–11 a.m.

Internet Café: The Internet Café is located in Room 101G at the Convention Center. It will be closing at 1 p.m. today. Ten computers and one printer are available, compliments of longtime Games sponsor Hewlett-Packard. Be sure to tell your friends and family back home about the Games web site. Results, news releases and photos are 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 10:30 p.m. 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 today, from 8 a.m. until all events are over, and tomorrow at the hotel and at the airport until all athletes have departed.

Children (cont.)

veteran. “He plays games and has fun,” Sam said. “I like seeing him play.”

Charles Allen, an Army veteran from Dallas, Texas, is certainly excited about his participation at the slalom exhibition at the Mall of America, but his excitement is no match for his 12-year-old daughter Charlesha’s feelings about being part of his cheering section.

“This is my third trip to the Games and I’m happy to see my dad compete and meet new people,” Charlesha said. “I like him to take part because it’s great exercise for him. It’s good for me too because I’m meeting new friends and seeing some others that I met before.”

This year is the first year that 5-year-old Shaunta Sabb and her family have been able to come out to the Games to watch fellow family member Ramon Guitard, an Army veteran from Washington, D.C., compete. Sabb stops cheering for her dad long enough to say, “My daddy got hurt on his foot, but he’s feeling better now. He’s having fun here.”

Catch the Spirit at the Closing Ceremonies Tonight!

A celebration of new and renewed friendships, music and awards round out this week’s activities as part of closing ceremonies of the 25th National Veterans Wheelchair Games.

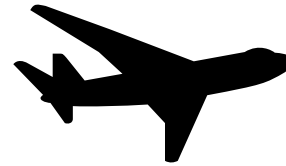
Festivities begin at 7 p.m. *tonight* at the Minneapolis Convention Center, Hall C. Tickets for the closing ceremonies had to have been purchased today and will need to be presented at the door. Lea Olsen, a Twins Cities broadcaster, will serve as Mistress of Ceremonies. Other special guests include Secretary of Veterans Affairs Jim Nicholson; Executive Director of the Paralyzed Veterans of America Del McNeal; and Honorary Chairperson for VA’s National Rehabilitation Special Events, Bo Derek.

The Spirit of the Games Award, presented to an athlete who best exemplifies athletic excellence, sportsmanship and strength of character, will be another highlight of the evening. This award has been presented since 1987 and is awarded based on nominations from officials during the week of the Games.

As part of the evening celebrations, the always greatly anticipated and wonderfully entertaining closing video will be shown, which captures special moments of competition and highlights of Games activities all week. As the flame of the Games in Minneapolis is extinguished, we pass the torch to Anchorage, home of next year’s Games.

During dinner, kick up your “wheels” to the musical sounds of the *Mill City Six*. See you there!

Departure Information



HILTON AND HYATT HOTELS NORTHWEST AIRLINES PASSENGER DEPARTURE PROCESS

For those departing tomorrow, Northwest Airlines agents will be present starting today at 6:30 p.m. to affix flight tags to your luggage and to issue you and your traveling party boarding passes. This procedure will ensure that your gear will be brought directly to Northwest Airlines. Once you arrive at the airport, you will be able to go directly to security and the departure gate. So to take advantage of this process, please do the following:

1. Set all of your luggage and equipment outside your door between 5 and 7 p.m. today. Hotel staff will take it to the Marquette/LaSalle room at the Hilton Hotel.
2. After 7 p.m., go to the Marquette/LaSalle Room at the Hilton to identify your luggage so that it can be tagged with your flight number and you may receive your boarding pass. You must have identification with you and you must bring all who are traveling with you to receive their boarding passes.
3. Tomorrow, plan to take the bus to the airport to arrive at the Transit Center at least two hours before your scheduled flight departs. With your boarding pass you will be able to go to security for check-in and then go directly to your departure gate.

FOR PASSENGERS FLYING OTHER THAN NORTHWEST AIRLINES, FOLLOW PROCESS BELOW FOR YOUR JULY 2 DEPARTURE:

1. Please have your luggage outside your rooms between 5 and 7 p.m. today. Hotel staff will pick up your luggage and equipment and take it to the airport.
2. Tomorrow, plan to take the bus to the airport to arrive at the Transit Center at least three hours before your scheduled flight departs. A volunteer will escort you to your airline ticket counter to identify your luggage and issue your boarding pass.

Great Games on a Great Lake in 2007

Make plans to join your fellow athletes at “the gathering place by the waters,” June 18-24, 2007. The city of Milwaukee will host the 27th National Veterans Wheelchair Games.

Since Milwaukee hosted the 2nd Games back in 1982, this will be a return visit for some of our longtime athletes. It was again chosen as a host in recognition of the VA medical center’s long-standing tradition of care for spinal cord injured veterans, and its strong partnership with the Wisconsin Chapter of the Paralyzed Veterans of America.

Among the top 20 largest cities in the United States, Milwaukee borders the western shore of Lake Michigan just 90 miles north of Chicago. Its skilled workforce and concentration of industry, cultural resources and educational institutions

make it one of the nation’s most vibrant metropolitan areas.

While Milwaukee offers much to do and see, it is distinguished by the genuine hospitality of its people. The city celebrates its melting pot heritage throughout the year with ethnic and cultural festivals that are colorful tributes to a cherished past. Mid- to late June is an especially great time to visit, since a number of special activities and festivals take place at that time.

One is the start of *Summerfest*, the world’s largest music festival. The eleven-day event features a variety of music from national headline acts to up-and-comers, on 12 different stages. *Jazz in the Park* is held at Cathedral Square Park every Thursday evening.

The Riverwalk on the Milwaukee River features boat

docks, pavilions and promenades. Here, you can enjoy gondola rides, river cruises, great food and concerts. Or you can relax at one of the many microbreweries and brew pubs, or take a tour of the Miller Brewing Company.

Located minutes from downtown Milwaukee, Potawatomi Bingo Casino is a showcase for high stakes bingo, offering the nation’s highest daily payouts, blackjack, craps, roulette and more than 1,000 slot machines.

Miller Park is the home of the **Milwaukee Brewers**. This state-of-the-art ballpark reflects the architectural heritage of the city and Wisconsin, while keeping a sense of baseball’s rich traditions.

The Midwest Airlines Center will be the venue for many of the
(continued on page 5)

Legacy Lifts Up Richmond Veteran



Rodney Sample is this year's recipient of the Rosenberg Athletic Scholarship.

Novice athlete Rodney Sample had a little extra help getting to his first National Veterans Wheelchair Games this year.

Sample has been awarded this year's Rosenberg Athletic Scholarship, a grant of up to \$1,000 that is given each year to a first-time athlete receiving care at a VA facility who would not otherwise be able to participate in his or her first Games. The recipient is selected each year by the Director of the National Veterans Wheelchair Games and VA's Under Secretary for Health, based on recommendations of a formal selection committee. Now in its third year, the Rosenberg Athletic Scholarship is based not on potential to win, but on enthusiasm, a proven record of positive therapeutic performance and "guts."

"I'm honored and shocked to receive this scholarship," said Sample, when he learned of his selection. "I don't think I would be in Minneapolis if it hadn't been for this generosity. I've been anxiously looking forward to getting to Minneapolis, competing, meeting new friends and taking part in the camaraderie. I'd like to thank my two special recreation therapists for all their guidance, help and motivation

for helping me get here ... it means so much to me."

One supporter, who was thrilled about Sample's selection, is Megan Brandis, one of his recreation therapists at the McGuire VA Medical Center in Richmond, Va. "Rodney absolutely deserves this scholarship," Brandis said. "Rodney has a very steady disposition. He's relaxed, friendly, positive and always dedicated to his rehabilitation."

Brandis finds Sample to be an inspiration to work with. "First and foremost, he is competitive with himself," she said. "He has an intellectual maturity with a magnetic

personality and beautiful smile... this scholarship will help continue in those gains. I'm so happy that he is the recipient and will be at the Wheelchair Games."

The scholarship was established in 2002 by the Honorable Robin L. Higgins, VA's former Under Secretary for Memorial Affairs, in honor of her grandfather, Michael Rosenberg, and her father, Dr. Norman Ross. Rosenberg was a WWII veteran who was a triple amputee. He received care in both military and VA facilities, and bravely supported his family until he succumbed to his wounds in 1933 at the age of 34. His son, Dr. Norman Ross, went on to serve in the Navy in WWII, and, despite being a disabled veteran himself, received three degrees under the GI Bill. Ross spent his lifetime giving back to society as a teacher and a coach.

An award application was developed and is now included in the Games' registration package. Applications can be submitted by a VA doctor, therapist, or team coach to the National Director of the Wheelchair Games.

For more information about the Rosenberg Scholarship or to nominate a deserving individual next year, contact Tom Brown or Judy Stutts (after the Games) at (210) 617-5125.

2007 Games (cont.)



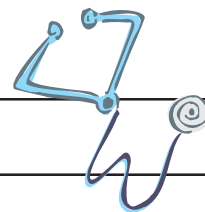
Milwaukee, site of the 2007 Games. 2007 events, as well as Opening and Closing Ceremonies. This state-of-the-art convention center is three

stories tall, with the top floor exhibit hall spanning an entire street. Skywalks connect the Center to downtown hotels and shopping.

The Shops of Grand Avenue offer Milwaukee's premier shopping experience, featuring 120 specialty retail shops and Wisconsin's largest food court.

We look forward to seeing more than 500 wheelchair athletes in Milwaukee in 2007. Come be a part of *Great Games on a Great Lake!*

Ask Dr. Dan



Dear Dr. Dan:

I have only been injured for less than a year. I used to be active in sports, but I've been wondering if it is such a good idea to try sports from a wheelchair. What are the real health benefits in doing this?

- *Wondering in Waco*

Dear Wondering:

It's a wonderful idea for you to continue your sports activities after your injury. Physical activity is a very important part of rehabilitation, both physically and mentally. Plus, playing sports has great health benefits for everyone, whether they use a wheelchair or not.

Sports allow you to better condition your body by enhancing cardiovascular function, toning muscles and controlling your weight. Sports activities also add strength, balance and stamina to the mix. These lead to a quicker rehabilitation process overall.

And remember the feeling of accomplishment when you participated in sports before your injury? That same emotional high can be yours again with wheelchair sports. That's just an added bonus to the many health benefits.

Competing in the Wheelchair Games often encourages our athletes

to become more active when they return home. Some join gyms or local wheelchair sports teams to stay fit and continue their training for the next year's Games.

So go on, get out there and enjoy the competition—it's good for you!

Dr. Dan

An Artist's Perspective



The Games mural is displayed on the stage in Ballrooms A/B. Take a look!

Artist Debra Ferrell attended her first National Veterans Wheelchair Games last year in St. Louis. At the time, she volunteered to assist her husband Don, who was serving as co-chair of the local Transportation Committee. Although she spent much of her time on the busses, she met many athletes throughout the week and was impressed with their abilities and strong competitive spirits.

Ferrell was even more impressed when she underwent ankle surgery this past year, requiring the use of a wheelchair, walker and crutches over a six-month period of recuperation. "I was very appreciative of the effort required on a daily basis just to maneuver around," she said. "I quickly concluded that I would not be able to accomplish what many of these athletes do."

As an artist who enjoys painting murals, Ferrell noticed a large mural on display in St. Louis that depicted veterans in military actions. She learned that, while local artists from the host cities sometimes donate

pieces for display, the Games had no artwork of their own to exhibit every year. Then, she had a thought ... wouldn't it be great to see a mural depicting the history of the Wheelchair Games, especially with the 25th year of the event coming up in 2005? She decided to approach the event's organizers and received a positive response.

"Over the last 25 years, many people and events have helped make the Games what they have become today," said Tom Brown, Director of the National Veterans Wheelchair Games. "When Debra Ferrell offered to paint the history of the Games, I thought it was a neat way to remind everyone where we started, and the many events that have helped shape our history. Since a picture says a thousand words, the mural would rekindle some memories of past Games, great competitions, and most of all lasting friendships."

Ferrell gathered information from images and items from past
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On the Menu ...



Complimentary water is available in the Ballrooms during meals.

All meals are served in Ballrooms A/B. Bon Appetit!

Breakfast (6-10:30 a.m.):

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

Lunch (11 a.m.-2 p.m.):

ham and scalloped potatoes with fresh vegetable blend and a dinner roll; baked meatloaf with macaroni and cheese, fresh vegetable blend 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.

Artist's Perspective (cont.)

events that were sent to her from national event staff and some private individuals. To achieve the finished product, which is on display on the stage in Ballrooms A/B, she spent six months creating six 4-by-4 foot acrylic-on-canvas murals. Each panel depicts athletes, events, activities and cities that played a part in the Games over the past 25 years.

While the National Games purchased the materials for the displays, Ferrell donated her time and talents to create the lasting memorial, which can be updated in the future as the history of the event continues to unfold. Please take time to enjoy this special gift, in celebration of our 25th year of athletic excellence, friendships and fun.

Spirit of the Games Award

The 2005 Spirit of the Games recipient will be decided today. Each year, this athlete stands out for demonstrating athletic excellence, sportsmanship and strength of spirit at the National Veterans Wheelchair Games. Look for tonight's special edition for more information about this year's Spirit of the Games Award winner. The award was first distributed in 1987 at the 7th National Veterans Wheelchair Games in Ann Arbor, Mich. Since then, 19 outstanding athletes have received this special honor.

Veterans History Project

Veterans History Project interviews conclude this morning. By that time, the project team expects to have taped the stories of about 24 veterans, whose combined service spans from World War II to Iraq. Thanks to everyone who has helped make history!

Signs and Graphics

Cut-off for signage is today at noon.

Newsletter printing costs donated by Pfizer.

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. Good luck!

1. In what year(s) was trap shooting offered as a medal event? (not an exhibition event.)
 - a. 1982 and 1983
 - b. 1985 and 1986
 - c. 1989 and 1990
 - d. 1994 and 1995
2. Who is the Honorary Chairperson of VA's National Rehabilitation Special Events, which includes the National Veterans Wheelchair Games? (Hint: this person has attended the Games several times and is here today!)
3. Before it became a medal event, quad rugby was offered as an exhibition event at what Games and when?
4. When and where was the first Slalom Super G held?
5. Where will the Games be held in 2006 and 2007?

Yesterday's Quiz answers:

1. In 1985 at College Park, Maryland, the 5th NVWG were hosted by PVA National Headquarters and VA Central Office.
2. a. The first Kids Day was held in New York City in 2001.
3. The theme for the 2002 (22nd) NVWG was "Rockin' and Rollin' in Cleveland!"
4. Until 1999, "The Daily News" was the name of all Wheelchair Games newsletters since they started being published in 1986. Recent names have included:
 - "Catch the Spirit" – 2005, Minneapolis
 - "Rolling on the River Review" – 2004, St. Louis
 - "Breaking News" – 2003, Long Beach
 - "Rockin' and Rollin" Review – 2002, Cleveland
 - "The New York Minute" – 2001, New York
 - "The Lone Star Review" – 2000, San Antonio
 - "El Diario" – 1999, San Juan
5. Four times: In Long Beach in 1983, 1989 and 2003; and San Diego in 1997.

Congratulations to yesterday's winners: John Powell and Michael Brady. Please stop by the Media Center to pick up your prizes! Reminder to past winner James McCammon: Please pick up your prize.

