



Issue 3

Thursday, June 17, 2004

## Olympic Torch Relay Comes Through St. Louis



The Olympic flame will be coming through St. Louis today on its worldwide tour to the 2004 Olympic Games.

St. Louis was one of only four American cities chosen to participate in the 2004 Olympic Torch Relay that is headed for Athens, Greece. Approximately 120 people will take part in carrying the torch through the 30-mile route of the St. Louis region.

In 1904, St. Louis was the first American city to host the Olympic Games. It is only fitting that on its centennial anniversary that the torch will come through St. Louis.

Other cities taking part in the 78-day relay include: Sydney, Melbourne, Tokyo, Seoul, Beijing, Rio de Janeiro, Mexico City, Los Angeles, Atlanta, New York, Montreal, Antwerp, Brussels, Amsterdam, Geneva, Lausanne (Switzerland), Paris, London, Barcelona, Rome, Munich, Berlin, Stockholm, Helsinki, Kiev

(Ukraine), Istanbul, Sofia (Bulgaria), and Nicosia (Cyprus). The torch's journey will also include ground-breaking stops in the African cities Cairo, Egypt and Cape Town, South Africa. By time the relay is completed and the torch returns to Athens for the Opening Ceremony for the 2004 Olympic Games on August 13, the torch will have traveled 46,800 miles across six continents, 27 countries and 33 cities with more than 11,000 torchbearers along the way. As this year's theme dictates, "Pass the Flame – Unite the World."

## Wheelchair Athletes Provide Inspiration as Torchbearers



Two National Veteran Wheelchair Games athletes will proudly carry the Olympic torch through St. Louis as part of the relay today.

Ruth Kult, who is meeting the challenge of field sports and swimming at the Games,

has been carrying forward the "torch" of inspiration and leading the way for others struggling to overcome adversity by sharing her strength of character and story of courage and recovery.

An Air Force veteran previously stationed at Anderson Air Force Base in Guam, Kult suffered a brain injury in a car crash. At the age of 20, she was a strong, confident, young woman who actively played volleyball and racquetball. That changed in the blink of an eye. According to Kult, of Fairview Heights, Ill., she was homebound for 10 years. Unfortunately, her brain injury affected her speech as well as her mobility. To this day, she continues to have a difficult

time being understood.

"People assume I'm 'mentally slow,'" Kult said, "but behind it all, I know what's going on and I can think as fast as anyone."

The support of the people around her revived her spirit. Because of the caring encouragement of her recreational and occupational therapists, Ruth slowly regained her confidence and strength. Today, she holds them dearly in her heart as true friends.

Ruth's sister and neighbors will be cheering for her at the Games, where, after five years of competing, she still looks forward to demonstrating her athletic talents. She plans to swim in the 25-yard backstroke, and the throw discus and shot-put.



**See "Torch," continued on page 2**

## Wheelchair Games 2004

### “Torch,” cont’d from page 1

As far as carrying the torch for the 2004 Olympics, Kult enthusiastically, and unabashedly states that “it’s a tremendous honor to be nominated and to actually be a part of it.”

Also proudly carrying the torch in the relay is Jim Spencer, St. Louis’ Wheelchair Athlete of the Year in 2003-2004. This year’s Games in St. Louis are close enough that Spencer’s family are also attending and watching him participate for the first time.

Spencer’s first Wheelchair Games were last year in Long Beach, and when he came home, he decided that he “just wanted to keep going.” He raced all summer long, and in the winter he trained indoors. To prepare for his five events in this year’s Games, he has continued to work out after work and compete in races on the weekends. This past Saturday before the Games began, Spencer competed in the Susan G. Komen Race for the Cure, which benefits cancer research.

All this training is preparation for his five events – handcycling, the slalom, the 100 meter, 400 meter and 1500 meter track events. What’s his favorite event? “There are so many good things, it’s hard to pick just one,” Spencer said, “but my favorite is the handcycle.” He is working out with a friend on the handcycle and training for speed.

Spencer said he was surprised when he was nominated by his local PVA chapter to be the Olympic torchbearer, and even more surprised and pleased that he was chosen. For him though, his real joy is that his family will be proudly watching.

## Olympic Torch Relay Timeline in St. Louis

Times are approximates



|           |                                                                                    |
|-----------|------------------------------------------------------------------------------------|
| 1:00 p.m. | Start of relay at the Gateway Arch                                                 |
| 1:10 p.m. | Pass by the America’s Center                                                       |
| 3:00 p.m. | 15-minute break at Saint Louis University Busch Student Center                     |
| 4:30 p.m. | 5-minute pause at St. Nicholas Greek Orthodox Church on Forest Park Avenue         |
| 6:00 p.m. | 15-minute break at Webster Groves City Hall                                        |
| 7:30 p.m. | Flame carried at Washington University’s Francis Field, site of the 1904 Olympics. |
| 7:30 p.m. | St. Louis’ Olympic Centennial Celebration on Art Hill in Forest Park               |
| 8:45 p.m. | Final torchbearer arrives at Art Hill; cauldron lighting                           |



*Dear Dr. Dan:*  
*Unfortunately, during the Games injuries will occur. When should you apply heat to an injury – when is it better to use ice?*



*– Aching from Arkansas –*

Dear Aching:

There are three important things to know about using heat or ice on muscle or joint injuries.

1. Remember the letters **R-I-C-E** for the first 24 hours after an injury. The letters stand for:

· **Rest** — Don’t make an injury worse by continuing to use the body part. You could make a temporary injury a permanent problem.

· **Ice** — Keep the area cool, but not cold or frozen! Cool helps to reduce swelling and inflammation, but extreme cold is bad.

· **Compression** — Gentle compression helps control swelling and protects the injured body part. Never wrap tightly - blood should still flow to the area.

· **Elevation** — If possible, keeps the part elevated, or at least don’t let it hang. Elevation helps keep pain and swelling down.

In general, after 24 hours, applying heat to the injured area is OK.

2. Remember that if you cannot feel (or see) the body part, you need to be

very careful with applying heat or cold. You can burn if too much heat is applied, even for a short time. Cold can be just as dangerous. A good rule is not to keep hot or cold on an area for more than 15 minutes out of each hour.

3. Don’t hesitate to have our medical staff look at an injury. Both the Medical Suite at the Renaissance Hotel and the America’s Center are open from 7 a.m. – 10 p.m. daily. We have lots of cold packs in each area.

— Dr. Dan

*Dr. Dan Scott is the Medical Director of the National Veterans Wheelchair Games. He specializes in Physical Medicine and Rehabilitation at the Denver VA Medical Center.*

# Today's Schedule

**THURSDAY, JUNE 17**

|            |                                                                              |                          |                                                                                     |
|------------|------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|
| 8:00 a.m.  | Air Guns<br>Softball<br>Motorized Wheelchair Rally<br>Handcycling<br>Archery | Games 1, 2               | America's Center<br>America's Center<br>St. Louis Zoo<br>Forest Park<br>Forest Park |
| 10:00 a.m. | Air Guns<br>Softball                                                         | Games 3, 4               | America's Center<br>America's Center                                                |
| 1:00 p.m.  | Air Guns<br>Table Tennis<br>Slalom<br>Power Soccer                           | II-III<br>IV-V<br>Game 1 | America's Center<br>America's Center<br>America's Center<br>America's Center        |
| 3:00 p.m.  | Air Guns<br>Table Tennis<br>Slalom<br>Power Soccer                           | IV-V<br>II-III<br>Game 2 | America's Center<br>America's Center<br>America's Center<br>America's Center        |
| 5:00 p.m.  | Block Party                                                                  |                          | Washington Avenue                                                                   |
| 7:00 p.m.  | Basketball<br>Air Guns                                                       | Games 7, 8               | America's Center<br>America's Center                                                |
| 8:30 p.m.  | Basketball<br>Quad Rugby                                                     | Games 9, 10<br>Game 3    | America's Center<br>America's Center                                                |



Don't forget to drop off your nominations for the 2004 Spirit of the Games award. These are due **no later than 8 a.m. on Friday, June 18**. Help us recognize the outstanding athletes at this event by dropping off your nomination in the ballot boxes located in the Command Center (Room 122) or by Hall 3 (where meals are served) **today!**

## Attention Athletes!

An advertising company based in California may be in St. Louis today filming a public service announcement about voting on November 2nd. There is a possibility that they may stop by the Games asking for volunteers for this project. This is not an activity of the NVWG. If you choose to participate, this is your choice. All Games photographers and videographers will have National Veterans Wheelchair Games, VA, or PVA identification. If you have any questions please ask for credentials.

## DME & Wheelchair Repair

### In need of wheelchair repair?

Renaissance Grand Hotel - Landmark Ballroom, Suite 2 - phone (314) 418-5300.

Emergency or after hours contact  
Beverly Franklin (314) 226-7935

### Has your pick-up or delivery situation changed?

Contact Beverly Franklin (314) 418-5349 or by cell at (314) 226-7935

### Ready to return your equipment?

You will be given your Durable Medical Equipment (DME) loan form at the

time you pick up your equipment. Please bring this with you when you return the equipment and/or have it attached to the DME upon pick-up. If the DME is not returned, a bill of sale will be created and mailed to your Team coach. Your deposit will be returned immediately if you return the equipment yourself. It will be mailed to you after the Games if you choose to have it picked up from your room after your departure.



## Wheelchair Repair Hours of Operation

7 a.m. — 7 p.m.  
daily through June 19

## DME Hours of Operation

June 16 — 18  
available by contacting Beverly Franklin at (314) 226-7935  
June 19 & 20  
8 a.m. - 4:30 p.m.



# Photos from the games



## Opening Ceremonies





**Athletes in Action!**



# Games Head North to Alaska in 2006



Downtown Anchorage, Alaska

As you may have heard, the National Veterans Wheelchair Games will be held in Anchorage, Alaska in 2006, where organizers are already planning a warm welcome to “the Land of the Midnight Sun!” They tell us the days will seem to have no end, with daylight lasting almost 20 hours per day during the July 2-7, 2006 event. The Alaska VA Healthcare System and Regional Office, along with the city of Anchorage and the State of Alaska, all look forward to being our hosts and demonstrating the true Alaska spirit, to make the Games as well as our visits, a great success.

Anchorage is the largest city in Alaska, with a population of 254,000. The community covers nearly 2,000 square

miles, from Portage Glacier on Turnagain Arm of Cook Inlet, to the historic Native village of Eklutna on the Knik Arm. It also contains 30 other neighborhoods, including downtown Anchorage, Chugach State Park and a portion of the Chugach National Forest.

Anchorage is framed on the north by Mt. McKinley and the agriculturally rich Matnuska-Susitna Valley; on the south by the Kenai Peninsula; by Prince William Sound on the east; and Cook Inlet and the great Alaska range on the west.

Participants may want to come early or stay after the Games to experience many of the activities and sights in and around Anchorage and throughout the area. Plan a fishing trip, ride the Alaska Railroad, take a glacier-viewing cruise, try some gold mining, see Denali National Park or a take flight seeing tour. Anchorage is home to several museums featuring Alaska history, wildlife exhibits, aviation history, Native fine arts and glacier

history. There is a wide variety of dining that includes fresh Alaska halibut, salmon, shrimp and crab. Shop for unique gift items such as ivory carvings, native crafts, furs, jade products, gold nugget jewelry and other items of “Alaskana.”

This will be the trip of a lifetime to the “Last Frontier,” so invite your friends and family to join you. While Anchorage is a very large and modern city, you will experience the friendliness, warmth and open arms of a small town atmosphere welcoming you as special guests for your entire stay.

Before we go to Alaska, however, plan on attending next year’s 25<sup>th</sup> Annual Games in Minneapolis, where lots of special events and commemorative activities are already being planned. Stay tuned to Saturday’s edition of the “*Rolling on the River Review*” for more details.



Veterans History Project interviews continue through tomorrow in the VHP taping room at the America’s Center (Room 113) from 8 a.m. – 5 p.m. Special arrangements can be made if you would like to be interviewed in the evening. Sign up for your interview with Butch Miller in the VHP taping room.



Thanks to all participants who have already recorded their stories and shared them with our VHP program staff this week. You have helped make history! Please be sure to keep your appointments.

## Shuttle Schedule

| Time      | Departure Site         | Ramps | Venue/Destination                    |
|-----------|------------------------|-------|--------------------------------------|
| 6:00 a.m. | Washington Street Side | 1     | Handcycling - Forest Park (Muny Lot) |
| 6:00 a.m. | 7th Street Side        | 2     | Motor Rally - Zoo                    |
| 6:00 a.m. | 7th Street Side        | 3     | Archery - Science Center             |

*Our Chef's Selections for...*



**Thursday, June 17**

Breakfast:

- Country French Toast with Warm Maple Syrup
- Country Sausage Links
- Fresh Sliced Fruit
- Served with Assorted Juices
- Fresh Muffins
- Assorted Cereals
- Coffee or Hot Tea

Lunch:

- Yankee Pot Roast with Gravy
- Oven Roasted Potatoes
- Vegetables
- Roll
- Cookie
- Iced Tea or Lemonade

Dinner:

**Note: Dinner will only be served at the Block Party.**

- Brats, Hot Dogs, Hamburgers
- Ribs, Chips, Cotton Candy
- Snow Cones, Cookies
- Ice Cream Novelties
- Beer and Soft Drinks

Mealtime Hours:

- Breakfast: 6 a.m. – 8:30 a.m.
- Lunch: 11 a.m. – 1:30 p.m.
- Dinner: 4 p.m. – 6 p.m.

**Reminder: You must have a meal ticket to enter the dining area.**

## Medical Assistance

**Convention Center:** A medical suite is fully operational in the America's Center, Rooms 116-117, until the Closing Ceremonies conclude on Saturday, June 19. The room is open for treatment of minor injuries and illnesses from 7 a.m. until each event is over, at approximately 10 p.m.

**Hotel:** Medical support at the Renaissance Grand will be located in room 1531, and will be open through 20, from 7 a.m. to 10 p.m. There are no 'house calls' to participants' rooms. A Games physician and registered nurse are on call each night (for participants only) at the hotel and can be reached by calling the hotel operator. In the event of a life-threatening emergency, ask the hotel operator to call 911.

**Events:** Medical staff are also present at each Games venue. They can easily be identified by their red shirts with the white cross on the back.

Questions concerning wheelchair repair or durable medical equipment are not addressed by personnel in the medical suites. Please check with staff working in those areas. Medical personnel can care for minor injuries only. Severe injuries/illnesses will be referred to the St. Louis VA Medical Center.

## Let's Party Tonight!

Don't forget the Block Party this evening from 5 - 9 p.m. on Washington Avenue (between Tucker and 13th Street). Enjoy the music of Johnny Johnson, food, games, drinks, and a German beer garden with an authentic German band.



Remember that this is the dinner meal for tonight, and no meals will be provided at the America's Center.

If you are competing in the 7 p.m. basketball or air guns events, come early to the block party to allow enough time to eat and get to your event.



See you on the Midway!

## Awards Ceremonies for the day...

|                     |               |                   |
|---------------------|---------------|-------------------|
| <b>Swimming</b>     | <b>ALL</b>    | <b>11:00 a.m.</b> |
| <b>Bowling</b>      | <b>ALL</b>    | <b>11:00 a.m.</b> |
| <b>Table Tennis</b> | <b>II-III</b> | <b>4:00 p.m.</b>  |
| <b>Slalom</b>       | <b>IV-V</b>   | <b>4:00 p.m.</b>  |
| <b>Table Tennis</b> | <b>IV-V</b>   | <b>4:00 p.m.</b>  |
| <b>Slalom</b>       | <b>II-III</b> | <b>4:00 p.m.</b>  |



# Kid's Day

The fourth annual "Kids Day at the Games" takes place tomorrow, June 18. Kids Day will offer local children with physical disabilities from the St. Louis area, the opportunity to learn from and interact with wheelchair athletes competing in this year's National Veterans Wheelchair Games. More than 70 local children are expected to participate in this year's event, along with a group of 10-12 Wheelchair Games participants.

Kids Day activities will take place outside of the track and field area at the East St. Louis Sr. High School from 10 a.m. to 2 p.m. Please come to cheer

on the track and field competitors as well as the participating children from St. Louis.

Kids Day provides an opportunity to introduce the wonderful world of adaptive sports and recreation to children with physical disabilities. Attendees at tomorrow's event will include children from Camp Variety, Easter Seals, the St. Louis Society and the St. Louis Wheelchair Athletic Association, as well as other local youth and Boy Scout volunteers. After the kids meet some of our athletes, participate in some demonstration events and watch the veterans com-

pete, a closing celebration includes athletes presenting children with autographed photos and their own Kids Day medals for participating in the activities.

An evening Kids Day session will also be held at the slalom and softball events at the America's Center from 7 to 8:30 p.m. We welcome athletes and their children, and also staff and volunteer families to attend!



## Daily Bulletin Board

### Handcyclers

#### Remember to Arrive Early This Morning

Athletes participating in Handcycling, please arrive at the upper Muny parking lot by 7:00 a.m. *today*. This will also provide enough time for registration, to perform any last equipment checks or repairs, set the starting grids, and for race officials to position the racers in starting order. Don't forget to allow time to stretch and warm up too! Since it is a three loop course this will ensure a smooth transition between later start waves and racers already on the course.



### St. Louis Fun Fact

Did you know? The custom of placing chocolates on hotel pillows began in St. Louis when actor Cary Grant stayed at the Mayfair Hotel and used chocolate to woo a woman friend.

### Celebrate 2004 Ferris Wheel

Climb aboard a giant Ferris Wheel like the one that wowed guests at the 1904 World's Fair in Forest Park for a bird's eye view of the park and the St. Louis skyline. Monday through Thursday from noon - 6 p.m.; Friday through Sunday noon - 9 p.m. Cost: \$2 ages 12 and over; \$1 ages 3-11; under 3 free.

For more information call: (314) 436-2004



### Closing Ceremony Ticket Sales On Sale

Closing ceremony tickets will be on sale at the hospitality desk in America's Center. You won't want to miss the scrumptious dinner, fabulous ceremony, and fun entertainment on Saturday, June 19! Get your tickets ASAP!!

### Today's Weather

