

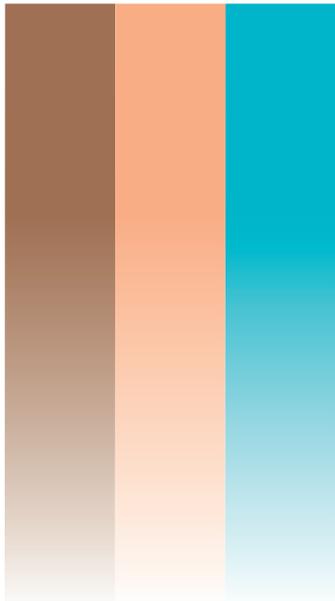


PRESCOTT  
ARIZONA  
2001  
NATIONAL  
VETERANS  
CREATIVE ARTS  
FESTIVAL

OCTOBER 15-22

HOSTED BY

THE NORTHERN ARIZONA  
VA HEALTH CARE SYSTEM



# arts • gram

A Daily  
Production of the  
National Veterans  
Creative Arts  
Festival

Wednesday, October 17

## Art from the Heart by Susan Fishbein, VA, Los Angeles

Yesterday was a special day for the Festival artists as, one-by-one, they shared their personal pain and joy in the healing process that was part of the creation of their individual medal-winning artwork. For those present, it was a special treat to hear the artists' interpretations of the symbolism, meaning and process that make their pieces unique. Here are a few examples:

### Learning to Never Quit

Jolene Peterson of Minneapolis, Minn., was an accomplished artist and worked as an art director, marketing manager and designer prior to her military service. Once in the Navy, she again worked as an artist and created important diagrams and maps for NATO. She had a promising art career, but that was lost after she became ill, went into a coma, became paralyzed and suffered damage to her brain. As a result, her skills as an artist were lost and doctors told her she would never walk again.

Fast forward to October 16, 2001, and Jolene is walking—on her own—to her art piece on display at the Prescott VA Medical Center explaining what it represents to the other Festival artists. Her gold-medal winning string art dream-catcher called “Heavenly Dreams” is symbolic of her road back to recovery.

“I had to retrain myself to do everything again,” Peterson explained. “The kits that I got in the hospital helped me to heal. Making the dream catchers helped me to be able to dream better at night, put some of my demons aside and let the good stuff through. You guys are the ones that encouraged me not to quit.”

### Artwork is His Personal Victory

The Best of Show winner in the Korean War experience category is Donald Taylor’s “Blood, Death, Electroshock and Confinement,” a minimalist wood piece comprised of three black columns, one red column, and sections of natural wood pieces.



Jolene Peterson of Minneapolis, MN, standing beside her award winning creation.

“This piece represents my victory over the electroshock torture I endured in the 1950’s by U.S. Army psychiatrists,” Taylor said. “This is a symbolic social statement—the only piece I’ve ever done for this purpose. It is symbolic of the torture I suffered.” Taylor went on to explain that he has brain damage and is missing years of memory as a result of the medical procedures.

“Creative woodworking gives me a reason to look forward to getting up every morning knowing something good will probably happen. Winning this competition has increased my sense of worth ten-fold or more.”

Continued on page 2 ...

# Get to Know Old Prescott



More interesting tidbits about the town of Prescott:

- The first rodeo in the West is said to have been held in Prescott on July 4, 1888. As such, Prescott is the site of the oldest continuous rodeo in the country.
- Prescott elevation is 5,347 feet above sea level.
- The pitched-roof frame houses, two and three-story turreted Victorian houses, green lawns and the white granite courthouse reflect the midwestern and New England background of Prescott's pioneers.
- "Whiskey Row", located downtown, is one of Arizona's best-known avenues. At the turn of the century there were 40 saloons side by side stretching along Montezuma Avenue.
- The families of Wyatt Earp and Doc Holliday may be linked to Tombstone in the 1880's, but they made Prescott their temporary home in the late 1870's.

## Art from the Heart

(continued from page 1)

### My Life

Kiyoshi Yamamoto of Fresno, Calif. initially didn't have a title for his medal-winning piece of leather artwork. "After looking at it a while, I realized the symbolism in the piece and knew it was my life—so that's what I called it... 'My Life.'" The piece depicts a cowboy trying to break in a black stallion. "It seemed to fit since my life has had a lot of ups and downs. The cowboy is me, riding life."

### Keeping Her Mind Off the Pain

Diane Grady admits she is in pain all the time—constant pain. But you can't see it on her face especially when she talks about her winning

entry, "King of the Beast Costume", a cleverly knit and crocheted costume that would make any child look like the king of the forest.

"I create my own designs and made the pattern for this piece," Grady said. "I learned to do this after my Navy medical discharge."

Grady previously taught special education in New Mexico and showed many young people with challenges to crochet. "I remember teaching one boy with cerebral palsy to crochet. He went home and taught his parents how to do it too!"

## Feeling Good at High Altitudes

Prescott is at a high altitude—5,347 feet above sea level! When you reach for your toothpaste, it may erupt from the tube! Because air pressure falls at high elevations. It can also cause altitude sickness (AMS).

If you have a headache, insomnia, weakness, poor appetite, dizziness or light-headedness, swelling of the ankles or feet, shortness of breath and/or nausea, you likely have AMS.

Here's some tips to combat AMS:

- Boost your water intake. Shoot for a minimum of 10 glasses per day. You lose more water at high, dry altitudes, and dehydration alone can produce headaches and nausea.
- Don't take sleeping pills, as they can unduly slow your breathing. Higher altitude levels are already slowing your breathing rate and lowering your blood oxygen. Tranquilizers and antihistamines can also cause a slower breathing rate. At bedtime, a bath or shower, makes for a safer relaxant.

- Don't overstress yourself with exercising, swimming, or other movement. Try to get the sleep you need.

- High altitude can cause you to sunburn faster because there is less atmosphere to filter out ultraviolet rays. Use sunblock if you plan to be outside for any length of time.

- Some people may experience nosebleeds due to the dry air, especially early in the morning. To stop the bleeding, try pinching your nose for five to ten minutes. If that doesn't work, seek medical help.

- Take aspirin or Ibuprofen for headache relief. If the headaches continue, or if you feel sick, tell your Team Leader and seek medical help.

Taking a few sensible precautions can help you to avoid or minimize any effects of AMS.

## Need to Know...

Bud Abare of Albany, NY has items from the Albany Convention Bureau. If any veterans out there would like to swap, give him a holler!

If you missed being checked in by the public affairs team during registration, please stop by the Media Center in room Verde A. Hours are from 8:30 a.m. to 6:00 p.m.

**Medical Room:** Located in room 326/328. If you need to contact the medical room, call 273-1354.

**Lost & Found:** Located in the Host Room (Verde B).

**Hospitality Room:** Located in room 219/221 and open from 9:00 a.m. to 11:00 p.m.

If you want another denim event shirt, they will be for sale on Wednesday for \$20.

## Today's Workshops

### Weaving

Given by volunteers, this workshop will give an overview of basic weaving on a four-harness loom. Participants will be able to make a rug, placemat, or a belt.

<b>Teams 6 &amp; 7</b> (Finish from Tuesday) 9am - Noon Prescott VAMC OT Clinic, Bldg 14	<b>Teams 8 &amp; 9</b> 1:30-4pm Prescott VAMC OT Clinic, Bldg 14
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## Show Notes from the Director's Chair



By  
Paul Dieke

### Don't Be Speechless!

This week, you will be asked to sing a great deal more than you usually do. If you are careful, you won't tire your voice. Strain (and the hoarseness that follows) comes when you don't follow some of the basic points of good singing. Most voice teachers agree with the following, even though they may have different terms or approaches. Here's some tips that I offer my voice students:

#### Use Hummy Intensity

Italian singing masters years ago talked about "singing into the mask of the face." Today, we don't encourage that kind of control, but we do suggest that you feel a kind of openness in the front of the face. Some air should always escape through the nose during singing. Try humming on an "n" with the jaw down and lips apart (back of tongue high to close off the mouth) to feel this hummy intensity.

#### Keep an Open Throat

While singing, you should feel at the top of the throat as if a high arc were there to make room for the sound to resonate. Do not try to direct the sound there, just open up the space. It feels like the height of a yawn, just

before you let go of the air you take in. Another example is that it is like the lift you feel after you inhale a breath just before you sneeze.

#### Use Deep Breathing

Most athletes and wind instrument players are taught to "deep breathe." This means that you feel that you are inhaling breath deeply into the body, around the waist area or below. If your chest heaves up when you breathe, try to redirect the breath lower. Try lying on the floor with a hand on your chest and the other on your waist. The hand on your waist should rise up when you take a breath, not the one on your chest.

You should integrate these into a uniform approach to your singing. Singing should be natural and free, with a minimum of tension. By using the breath to "create" and support the sound, your throat will not tense up and cause vocal problems.

Take care of your voice! We need you in top condition for the show!

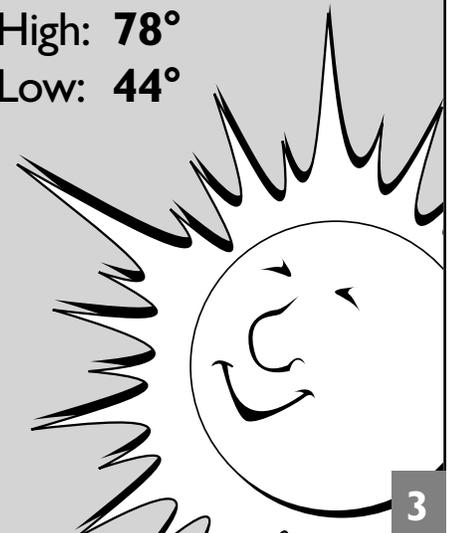
## Weather Corner

Today:

Sunny, Breezy in PM

High: 78°

Low: 44°



# National Veterans Creative Arts Festival Schedule Wednesday, October 17

Performer's Schedule	6am	Artist's Schedule
7-8:30am Breakfast Cottonwood/Sedona Rooms	7	7-8:30am Breakfast Cottonwood/Sedona Rooms
8am Team Leader Meetings - Prescott/Chino Rooms	8	8am Team leaders meet with national art chairperson
8:30am Team Leaders meet with performers	9	9am - Noon Teams 6 & 7 Weaving Workshop, VAMC Bldg 14
9-10am Chorus member rehearsals - full ensemble Granite Mountain Room	10	Teams 7 & 8 Art Exhibit at VAMC for VA staff & patients
10-11am •Selected Acts Rehearsals-Green Mountain Rm •Continue rehearsal of audition numbers/chorus music-Precott or Chino Rms •Continue costume fittings-Jerome Room	11	
11:15am-Noon View Art Exhibit at VAMC, bus departs at 11am	Noon	12:15pm BBQ at VAMC with special Ft. Whipple history
11:45am BBQ at VAMC with special Ft. Whipple history	1pm	1pm - 4pm Teams 8 & 9 Weaving Workshop, VAMC Bldg 14
1:30-4:30pm •Individual acts continue rehearsals Granite Mountain Rm •Continue rehearsal of audition numbers/chorus music-Precott or Chino Rms	2	Teams 6 & 7 Art Exhibit at VAMC for VA staff & patients
	3	
	4	
5 - 10:30pm Outing to Blazin' M Ranch in Cottonwood for dinner and show	5	5 - 10:30pm Outing to Blazin' M Ranch in Cottonwood for dinner and show
	6	
	7	
	8	
	9	
	10	
	11	

## Today's Menu



### Lunch 11:30am-12:30pm

BBQ at VA  
Hamburger or Hotdog (Beef, Turkey, or Soy)  
Cold Bean Salad  
Macaroni Salad  
Melon tray  
Frozen Yogurt  
Beverages

### Dinner 5-10:30pm

Blazin' M Ranch  
BBQ Beef, Chicken or Veggie Burger  
Baked Potato w/fixins  
Cowboy Beans  
Chunky Applesauce  
Homemade Biscuits  
Spice or Ginger Cake  
Beverages

### Tomorrow's Breakfast

7-8:30am  
Stuffed French Toast  
Scrambled Eggs  
Breakfast Meats  
Breakfast Breads  
Cereal  
Milk or Juice  
Hot Beverages