



# The Pacesetter

*14th National Veterans Golden Age Games*

A daily production of the National Veterans Golden Age Games

Sunday, September 3, 2000

## *Hometown Heroes*

As hundreds of Golden Age Games competitors began their trip from the airport to the hotels and ExpoCentre on Saturday, most had thoughts of the coming days of competition. They watched the beautiful countryside pass with admiration of its beauty, just as they would for the gold, silver and bronze metals they each hoped to win.

But for those local athletes from the Topeka area, it is not just the beauty of their land but the pride in their hearts that make this year's event especially meaningful to them.

Just ask Glenn Sheridan and Capes "Cappy" Burnett what it means to be among the hosts of the 14th National Veterans Golden Age Games. They'll not only tell you what they are proud of, but what the Games mean to them personally. They have learned that being with other veterans, sharing their military experiences, and talking about some of the same combat action are, for them, the true beacons of these Games.

Sheridan and Burnett are examples of how the sharing of combat experiences cannot only build friendships; it can open the doors for healing well-hidden psychological wounds. Burnett and Sheridan met six years ago while both were seeking treatment at the Colmery-O'Neil VA Medical Center (VAMC) in Topeka. Both veterans

had been receiving care at other VA facilities, but decided to move their families to the Topeka area to receive what they believe to be the specialized care they needed.

Sheridan, a combat-wounded veteran of WWII and the Korean War, is competing in the Games for the fifth time this year, while this is Burnett's second time participating. The competition is exciting, they both agree, but the Games also give them that golden moment to visit with the friends they've made throughout the years. "That is something that you can't put a value on," Sheridan says.

As for Burnett, a former Marine, swimming (both freestyle and backstroke) are events that not only help his body but his mind as well. Through his therapy at the VAMC, he has developed an enjoyment for ceramics and leather crafts. He says that swimming helps strengthen his back—problems that have resulted in major surgery—but the ceramics and leather crafts helped strengthen his mind. Both of these local veterans hold in their hearts the sincere desire of

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**Weather  
Corner**

Hot, Hot, Hot!  
High: near 105 Low: mid-70's



# Today's Schedule: Sunday, Sept. 3, 2000

- 6:30 - 8:30 a.m. Breakfast at your hotel
- 11:00 - 1:30 p.m. Lunch in the Expocentre, Sunflower Room
- 1:00 - 2:00 p.m. Opening Ceremony in Exhibition Hall
- 2:30 - 4:45 p.m. Alternate Activity: Railroad Days
- 3:00 - 5:00 p.m. Pentathlon and Wheelchair Pentathlon, All Ages.  
 . Air Gun and B-Ball Free Throw - Exhibition Hall  
 Shot Put - Landon Arena  
 Discus - Outdoor Area (South)  
 Softball Hit - Outdoor Area (South)
- 4:30 - 6:30 p.m. Dinner in the Expocentre, Sunflower Room
- 6:00 - 8:30 p.m. Pentathlon and Wheelchair Pentathlon continues  
 - All Ages
- 6:00 - 9:00 p.m. Dan Kozak Jazz Quartet and Refreshments,  
 . Exhibition Hall

# Tomorrow: Monday, Sept. 4, 2000

- 8:00 - 9:00 a.m. Swimming Non-Ambulatory, All Ages
- 9:00 - noon Swimming Ambulatory, All Ages (Swimming events held in Washburn University Natatorium)
- 10:00 - noon Nine Ball - Wheelchair, All Ages, Exhibition Hall
- 1:00 - 3:00 p.m. Nine Ball, Ages 65-69, 80+, Exhibition Hall
- 3:00 - 5:00 p.m. Nine Ball, Ages 70-74, 75-79, Exhibition Hall
- 6:00 - 8:00 p.m. Nine Ball, Ages 55-59, 60-64, Exhibition Hall
- 1:00 - 3:00 p.m. Table Tennis, Ages 55-59, 60-64, Exhibition Hall
- 3:00 - 5:00 p.m. Table Tennis, Ages 65-69, 80+, Exhibition Hall
- 6:00 - 8:00 p.m. Table Tennis, Ages 70-74, 75-79, Exhibition Hall

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the entire Topeka area team that, as the athletes make their way back to the airports and homes at the end of the Games, they will carry with them the pride and hospitality so willingly shared all week.

- By Jenny Tankersley  
PAO Hampton, Va.,  
VAMC

## More Kansas Fun Facts

- Local efforts to challenge segregation cast a national spotlight on Topeka in 1954 when the Brown vs. Board of Education Supreme Court case instigated school integration.

- Topeka covers a land mass of 57.6 square miles. A 1998 census estimate placed the city's population at 118,977, the third largest city in Kansas.

- Ft. Leavenworth, located approximately 60 miles from Topeka, was established in 1827 and is the oldest fort in continuous operation west of the Mississippi River. George Custer's brother Tom, who received the Medal of Honor, is buried there.

# Who's in Charge Around Here?

Have a question about an event, alternate activity or anything else going on at the Games? Stop by the Information Desk located in the long hallway between the Expocentre and the Manor Conference Center. Or ask the experts:

National Program Advisor - Dewayne Vaughan  
Local Site Coordinator - Karen Glotzbach  
National Meet Director - Dave Krueger  
Local Meet Director - Dave McGinnis  
Volunteer/Fund Raising Coordinator - Bob Marling

## Today's Alternate Activity

Experience a living tribute to the railroad, Topeka's Railroad Days. Following the Civil War, Topeka grew into a commercial center by tapping into the national expansion of railroads. The first Union Pacific train reached Topeka on New Year's Day, 1866 and in 1868, one of the town's original founders began laying tracks to the southwest. At the annual Railroad Days festival, you'll find everything from railroad memorabilia, arts and crafts and top notch entertainment, and you can even take a ride on the railroad. Buses will depart from the Expocentre at 2:30 and 3:30 p.m., and will leave the festival at 3:45 and 4:30 p.m.



## On The Menu

**Lunch 11:00 a.m. - 1:30 p.m.**

Get your grub on with Mixed Greens, Potato Salad, Baked Beans, Hamburgers, Hot Dogs/Bratwursts, Tuna Noodle Casserole, Chips, Desserts and more.

**Dinner 4:30 - 6:30 p.m.**

Dinner is served. Mixed Greens with Dressing, Tortellini Salad, Carved Ham, Smothered Chopped Steak, Garlic Roast Potatoes, Sweet Candied Yams, Fresh Veggies, Cool Ice Cream and more.

## Famous Lines

As the Games get underway, let's take a look at what some competitors had to say.

"Participating in the Games helps me stay physically strong and mentally alert. I practice for the events all year, and it helps me feel much younger." – Arthur Uggla, Fresno, Calif.

"This event has provided me with many of my most memorable experiences. Especially last year when I had the opportunity to play golf with baseball legend Maury Wills." – Floyd Van Buskirk, Oakfield, N.Y.

"Participating in the Games has made for a happier, more meaningful life. Being a Marine, I love the competition—especially the Pentathlon." – Joyce Horen, Northampton, Mass.

"This is my eleventh year competing at the Games, and it's just like a huge family reunion. These are great people, but they cut you no slack in competition, God bless them all." – Clair "Scotty" Otis, Pentwater, Mich.

"This is the only time of the year that I feel 18 ... it's a wonderful event and I look forward to competing every year." – Robert White, Baltimore, Md.

## Word Scrambler

See if you can unscramble this word. (Some claim it's the toughest event in the Games!)

**NTEPOLHATN**



## Medical Needs

The heat is on! With temperatures pushing the 100 degree mark, everyone needs to take steps to avoid heat-related injuries. So, what should you do? We asked Val Ramones, a registered nurse with the VA Eastern Kansas Healthcare System, for some tips on beating the heat:

- Drink plenty of water, at least 8-10 glasses per day.
- Wear a hat with a wide brim and loose, light-colored clothing.
- Rest often in the shade.

She says the signs of heat-related injuries include: dry mouth, dark yellow urine, weakness, nausea, dizziness, clammy skin or confusion. If you feel any of these symptoms, get out of the sun immediately, slowly drink water and request medical assistance.

**Medical Needs** - Medical assistance is available at both hotels. At the Ramada Inn, the medical room is located in room 833. To call, dial #7 and then 833 from any hotel (house) phone. At the Capitol Plaza, the medical room is on the second floor in room 203—dial #7 and then 203.

## Lost & Found

Lose your glasses or favorite baseball cap? Don't fret, just stop by the Lost and Found. The helpful guys at the information booth, located in the long hallway between the Expocentre and the Manor Conference Center, will collect lost items during the day and then turn them in to the Command Center each night.

Alcoholics Anonymous classes will be held at 11:00 a.m. daily in the Expocentre, Pioneer Room.

## Transportation

Don't miss your ride! Buses will run between the Ramada Inn and the Expocentre from 6:00 a.m. to 10:00 p.m., daily. The schedule is as follows:

- Buses will pick up passengers at the Ramada Inn at the hotel's front entrance (the south side, facing 6th St.) and depart for the Expocentre at the top of the hour - 6 a.m., 7 a.m., 8 a.m., etc.
- Buses will pick up passengers at the Expocentre on the north side of the building and return to the Ramada Inn every hour on the half-hour - 6:30 a.m., 7:30 a.m., 8:30 a.m., etc.

The Transportation Coordinator is Gregory J. McCrimmon. To check on transportation during the Games, call the Command Center at 350-4546, or just stop by. They are located in the Emerald Room.



## Performance Report

**Medal Presentations** - Find out who wins the gold medal in each event at the nightly award ceremony being held in the Expocentre, Shawnee Room, from 6:00 - 7:00 p.m.

**Wheelchair repair** - If you need help with wheelchair repair, visit the River Room in the Expocentre, where skilled professionals can get you back on track.

## Game Room Schedule -

Located in the Expocentre, Pioneer Room, the Game Room is open on Sunday from 2:30 - 5:00 p.m., and Monday through Thursday from 12:00 noon to 5:00 p.m.