



Lift Lines to Warm the Spirit —from our veterans—

"The adrenaline rush going downhill in a bi-ski is wonderful. Life is full of obstacles...the Clinic allows me the freedom to overcome these, and I leave revived and ready to encourage others to live a full life."—**Rhonda Akers, Fairland, OK**

"Snow is no longer a barrier or a reason to stop going outside. The great thing about this event is that it gives veterans the chance to observe others who have mastered the technique. That causes them to believe they can master it too."—**Timothy Doyle, Erie, PA**

"I've never had more fun in my life. The Clinic shows that you're never too old to do anything with or without sight."
—**Chester Golembiewski, Largo, FL**

"This event gives me the chance to enjoy the mountain, just as if I were able-bodied. The thrill of skiing is indescribable."
—**Michael Wynegar, North East, MD**

"The Clinic is one of the most dynamic things that can happen to anyone. In my case, it made me feel an overwhelming sense of accomplishment and well-being. This is truly rehabilitation in the purest sense of the word."—**Lee Williams, Antioch, CA**

"Without this event, I might still be sitting home doing nothing and just waiting to die. I love life now and I live each day looking forward to my next adventure."
—**Jackie Franklin, Vina, AL**

"To me, the most wonderful thing about the Clinic is the spirit of all my fellow veterans who come together for the challenge and to make a difference."—**Marie Henry, Plant City, FL**

"For me, not only learning how to ski, but learning to excel, is just as powerful a feeling as the day I was injured. The difference is that one the day I was injured, I was at the bottom of life. Being at the top of the mountain opens my eyes to everything possible."—**David Stewart, San Antonio, TX**

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Bo Rates Clinic a Perfect "10"

The Winter Sport Clinic got a touch of class this week when actress Bo Derek joined the event yesterday. Derek, famous for her role in the 1979 smash hit "10," was invited to the Clinic to witness the "Miracles on the Mountain," meet veterans, experience a ride down the hill in a bi-ski, and help award medals. After her maiden voyage on a bi-ski, she said, "It was fantastic!" She talked with participants as they were coming down the hill as well. "All the vets have big grins and are so happy. That's what it's all about."

—“Lines” con’t—

“Seeing how everyone overcomes their particular disability gives me confidence that I will be able to handle anything that happens to me.”

—Elaine Sabraw, Ogden, UT

“I get tears in my eyes seeing the other veterans skiing down the slopes with smiles on their faces.”

—Arthur Ugkla, Fresno, CA

“The greatest thing about the Clinic is the chance to be around others with similar disabilities and enjoy the new experiences we have in spite of our injuries.”

—Don Escobosa, Vallejo, CA

RACE DAY SCHEDULE

6:45 - 8:45a	Breakfast
7-7:30a	Ski Instructor Mtg.: El Dorado Room, Silvertree Hotel
8-11:30a	Downhill Ski Race: Spider Sabich Race Center
8:30a	Cross Country Ski Race
11:30-3:30p	Bar-B-Q: Snowmass Village Mall
1:00p	Downhill Ski Race: Spider Sabich Race Center
1:30-4:30p	Medal Presentations: Snowmass Village Mall
7:00p	Closing Ceremonies: Conference Center Ballroom.
9:00p	Victory Celebration: Conference Center Ballroom.

“My disability, along with pain, gives me a sense of bondage, fear for the future and depression. The Clinic helps me to refocus. I see others conquering their personal mountains and it encourages me to do the same.”—Gergory Smith, Escondido, CA

“Without the Clinic experience, I feel part of my life would be missing.”—Kevin Kuddes, College Station, TX

“The Clinic is fun, frustrating, tiring, enlightening, spiritual, and amazing. But most of all, it shows a most wonderful quality of humankind.”—Anita Shorb, Aurora, CO

“Skiing gives me confidence and a natural high or rush that I’ve never experienced before in my 56 year of existence.”—Gamaliel Olmedo, West Palm Beach, FL

“Because walking on an artificial leg with an above-the-knee amputation is always very slow, I feel a high level of exhilaration, excitement and freedom when moving very fast down those slopes”

—Michael Horta, Redlands, CA

“The Winter Sports Clinic opened up many doors in my life. I overcame fears, and at the same time I conquered the mountain.”—Cindy McIntosh, Brandon, MS

“Having the opportunity to participate in ‘normal’ activities takes me one step closer to a feeling of wholeness.”

—Tom Lopeman, Prescott, AZ

“I believe in life after injury.”—Michael Horta, Redlands, CA

—See “Lines” page 4—



Pretty much the same kind of weather we’ve been having all week, but what the heck...you’re going home tomorrow.

**Today’s High: 45
Tonight’s Low: 21**



Mountain Medical School 101

Wow! How time flies...seems like the semester just began and now it's time for finals. Here's the full review so you can study for your final exam (P.S. If you don't pass, you have to clean the medical clinic bedpans).

Lesson #1: First ice, then heat.

Lesson #2: Wear sunscreen in the mountains.

Lesson #3: (I gave this class when you weren't looking):

Fluids—Low humidity and strenuous exercise can make you very dehydrated. Always carry water and drink, drink, drink! I suggest you even drink a glass of water between your martinis, beers, and gin & tonics.

Lesson #4: (I gave this class when you were busy doing shots of tequila): Warming Up Quick—If you looking for a quick warm up, don't drink alcohol. Although the image of a St. Bernard with a jug of liquor is provoking, you will definitely flunk if you do it. Most of you already have. Alcohol causes blood to go to the surface of the skin, which does give a sensation of being warm for a short time in cold weather. Unfortunately, this also causes the body temperature to drop. Stick to hot chocolate (and don't forget the marshmallows).

Lesson #5: (Fooled you...I never gave you this one): Dry eyes & noses—Your eyes and nose are dry this week for good reason. The humidity is much lower due to the cold air which holds less moisture than warm air. Use moisturizing eye drops and nose sprays to keep burning and stuffiness to a minimum.

Congratulations to all my new students. Those of you who flunked out of Mountain Medical School know who you are. You are doomed to repeat this course again next year. Until then, happy recess! Your teacher, Dr. Cullen Matthews.

Odds & Ends

- **Airport Information for tomorrow:**

There will be 5 buses in front of the Silvertree Hotel ready to take you to the airport, beginning at 5:00 a.m. The hotel will take your luggage to the airport separately, so you will need to have your luggage outside your door 3 hours before you are ready to leave. Make sure your luggage is tagged or the hotel won't take it. Remember you need to be at the airport 2 hours before departure time!

- Found: More goggles, gloves and room keys...see the Host Room to claim your stuff.

DAV National Commander is "Tops" at the Wall

For those of you who witnessed the activity at the climbing wall earlier this week, it was hard to miss the DAV National Commander, Armando Albarran, ringing the bells as he topped the wall. With thumbs up, Albarran was beaming after pulling himself all the way up. "It was tough," he said after braving the climb without gloves. "It reminded me of jump school!"

His own challenge that day relates to the challenges other veterans faced this week. "This is a life changing event," Albarran said. "When I first came to the Clinic, it gave me the courage to try new things."

National Commander since July of last year, Albarran would like to see the Clinic grow and bring new people into the experience. From the veterans perspective, he simply states that the Clinic is a "rebirth of life" event. We agree and we think you're tops, Commander!

Challenges & Changes

by Bruce Gibbings, Participant, Visalia, Calif.

“Abandon all hope, as you will never be the same again.” These were the feelings that overwhelmed me after the accident that left me a T-12 paraplegic five years ago. My lifetime of sports activities seemed to be over, and the prospect of life in a chair loomed before me as a chilling reminder of my own inabilities.

When I first came to realize that there was another path to take, it was as a result of the efforts of friends I hadn't met and sponsors that cared about me more than I did about my picture of the future. Those efforts were those of the National Disabled Veterans Winter Sports Clinic.

On a mountainside I was lovingly guided to face my fears and found the only real disability I possessed was self-imposed. I found out that first year that all I ever gave away in my own mind was given back a hundred-fold with success after success leading to confidence and accomplishment. If asked to write my most outrageous wish for myself before that first Clinic, I would have fallen far short of the actual results that came.

After attending more Clinics and finding the pleasure gained in helping fellow vets, I have come full-circle to where the lesson is confidence and comradeship. By giving to the others who are attending for the first time, they are now finding out that the world is still there for the taking.

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—“Lines” con’t—

“During the very first breakfast, the song overhead started playing ‘It’s a wonderful world’. At that moment, we felt Joe’s presence here at the Clinic.”—Derek, Thomas, San Diego, CA (speaking of long-time Clinic participant, Joe Jackson).

“I thought skiing was over for me when I was told I would never walk again. Nothing could be further from the truth.”
—Holly Koester, Walton Hills, OH

“All the participants are in ‘Seventh Heaven’ as we accomplish things we never thought were possible to do again.”
—William White, Hinsdale, IL

“The Clinic has been a great motivational factor for me. Seeing veterans with a multitude of disabling conditions far worse than mine has inspired me to attempt things I want to do instead of saying ‘I can’t’.”—Jimmy Hopkins, Redmond, WA

Psychoscope

Aries —You’ve been very energetic all week. Bring back that spirit next year!

Taurus —You love physical pleasures, which you’ve made quite clear. We’ll remember you.

Gemini —As always, you’ve been the life of the party...and we’ve got it all on video.

Cancer —Don’t retreat to your shell. You don’t leave ‘till tomorrow. Cracked crab, anyone?

Leo—You’ve made a big impression this year...now get out of the snowbank.

Virgo—How can they say you’re modest. You’ve defied all stereotypes, you **wild** thing!

Libra—You sure love to have fun. And we’ve loved you...all of us...repeatedly. You must be tired.

Scorpio —Stop issuing orders unless it involves margaritas. We order you back next year!

Sagittarius —For you, knowledge is key. And we know where your keys are. Do you?

Capricorn —Stop working so hard unless it involves raising money to come next year. (Any surplus goes to Clinic horoscope writers).

Aquarius —Okay, no more jokes. You’ve made the Clinic a better place. Now go party!

Pisces—You are living in a dreamworld...a good dream filled with snow, smiles, and fun. Sweet dreams.



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Gossip Goodies

Tattle-Trails



by Spilzie Beans

If you were anywhere near Buttermilk yesterday morning, you know the folks at Buttermilk earned the praise, "We're Number One!" Instructor Larry Riches and participant Jerry Thompson (from Reno, NV) were the first ones on the lift in the very first chair to go skiing. Who says these guys are not enthusiastic?

Congratulations to VVA Chapter 57 Commander, Glen White! Spies at the Talent Show saw White receive the Sandy Trombetta Miracles on the Mountain Award. This is only the second time the award has been given. The VVA Chapter does soooo much for the Clinic...they deserve the award and we salute them all.

Miracles happen on the mountain, but magic does too...at breakfast yesterday, participant Cliff McDowell from Silver Springs, MD, proposed to his long-time girlfriend, Ivonne. My spies say you'll need sunglasses to view the engagement ring. Congratulations, you two!

More magic...Yesterday, when a veteran participant needed to be transferred to the Grand Junction VAMC, the spirit of the Clinic came through by way of several people. Since the medical team couldn't transfer the veteran with his chair, fellow participant John Peterson donated his specially equipped van; Becky Ballard, a coach at the Clinic, traveled with the participant; Kelly Anderson, a team leader who trains people in handicapped vehicles, drove the vehicle; and Barb Radis-Conroy, a nurse here, donated her day off to care for the veteran on the trip to Grand Junction. Thanks to all of the above, and the amazing medical team for making sure the veteran was taken care of and safe. This must be heaven, because there sure are a lot of angels here...

Sky Alert

Look up in the sky at 4:30 p.m. today, over by the Cirque Cafe. Local Aspenite, Joel Zane, is going to sky dive with a 20x32 foot American Flag while the Cafe plays the National Anthem. When he lands at Fanny Hill, four of our participants will catch the flag.

...And More Quotes

"I got up on the mountain and I couldn't believe the rush."
—Bill Cuffe, Seneca Falls, NY

"The freedom from the everyday challenges of being in a wheelchair pales by comparison to the exhilaration of a downhill run."—Erin Cavit, Lake City, CO

"Being able to participate in the Clinic is an honor. When I came to the event last year for the first time, I had a lot of excess baggage, fears, and a lack of self-confidence. Skiing makes true winners out of all who try."—Frank Harmon, Prescott, AZ

"This event has given me something to look forward to when there has so often been little reason to go on another day."
—Steven Sanderson, Hesperia, CA

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...And Even More Quotes

“Skiing provides me the chance to test myself. The Clinic challenges me in many ways and helps me deal with the constant challenges of daily living. ”

—Clinton Hale, Mary Esther, FL

“The camaraderie and fellowship here can’t be equaled in anything else I do.”—Christine Treiber, Martinez, GA

“Attending the Winter Sports Clinic helps me get my attitude back on track and energizes me for another year.”—Terry Livingston, Seminole, FL

And Now Some Words From Our Sponsors...

“The Clinic offers congratulations on the opportunity to directly impact the lines of disabled veterans. Each year I am amazed by the personal challenges the participants”—Rich Tucker, Baxter

“Seeing people overcome great difficulties and seeing them turn their disabilities into abilities has given me a new perspective on life.”—Ryan Tucker

“You can go anywhere there is snow to ski, but you can’t get the friendship and emotional rewards that come with the National Disabled Veterans Winter Sports Clinic.”—Lettie Blackburn, 3M

Last Year’s WSC Survey

If you were here last year, you might remember being part of a study attempting to document change in life perceptions, coping skills, and level of community reintegration that occurred after participating in the 2000 Winter Sports Clinic. For those of you wondering what the result of the study was, here are some of the results:

1. First-time participants appeared to be a well-adjusted, confident group that uses a variety of coping strategies.
2. Participants tended to be physically active before the Clinic.
3. Participants rated their health slightly higher than national veteran norms. Participants rated their bodily pain slightly lower than the national norms.

For more information, contact Leigh Anderson, M.D., Denver VAMC, (303) 399-8020 ext..2820 or e-Smail him at Leigh.anderson@mail.va.gov.