



Veteran of the Mountain

by Jose Llamas, VACO OPA

For Gus Sorenson, the National Disabled Winter Sports Clinic is not just an annual event, it's a part of his life. Sorenson has attended seven Winter Sports Clinics and had the honor last year of receiving the Linnie Howard Spirit Award for his *can do attitude*.

The Linnie Howard Spirit Award is one of two special awards given to participants each year at the Clinic. The recipient of this award must demonstrate the ability to strive for the best with the ability he or she has. To receive this award, you must be nominated by fellow participants.

"Being in the middle of the majestic beauty of the Rocky Mountains lets me forget about my disability," says Sorenson. "Life is too short. One day I'm not going to be able to do these wonderful things, so I am going to enjoy my life today."

Sorenson believes that every veteran who is eligible to attend the Clinic should take the opportunity now. "There's so much to do! You don't have to like skiing - learn how to scuba dive or take self-defense classes."

"The Clinic has come a long way in the last 17 years," said Sorenson. "The equipment we're using today far exceeds the stuff we were using in the beginning years. The volunteers and staff at the Clinic can handle all levels of disabilities and truly make the whole experience heart-warming."

Of the many events offered at the Clinic, Sorenson reveled in his cross country skiing experiences and the beauty of the mountain.

A native of Wisconsin and an Army combat veteran of the Vietnam War, Sorenson resides in Sturtevant Village, Wisconsin. A member of the Wisconsin Paralyzed Veterans of America (PVA), Sorenson serves as the Director for Government Relations for PVA.

Sorenson takes pride in assisting fellow paralyzed veterans and showing them that there is life after becoming disabled.



TODAY'S SCHEDULE

- 6:30 - 8:30a **BREAKFAST:** Conference Center
- 7:30- 8:30a **Yoga Warm Up:** Wildwood Hotel, Max Park Rm
- 8:00a - 4:00p **Horseback Riding:** Carbondale
- 8:30 - 11:30a **Downhill Skiing:** Gray Wolf, Naked Lady, Sunnyside
- 8:30a - 3:00p **Cross Country Skiing, Snowshoeing:** Conference Center Circle for Ashcroft
- 9:00 - 11:00a **Scuba Diving:** Silvertree Hotel Pool
- 9:00 - 11:30a **Snowmobiling:** T Lazy 7 Ranch
- 9:30 - 11:30a **Sled Hockey:** Aspen Ice RInk
- 10:00 - 12 noon **Rock-Climbing & Hand Cycling:** Conference Center Circle
- 11:30a - 1:00p **LUNCH:** Conference Center
- 11:30a - 4:00p **Shooting Sports/Archery:** Basalt Trap Club
- 12:30 - 3:30p **Downhill Skiing:** Bonzai, Free Fall, Sheer Bliss
- 12:30 - 6:00p **Trip to Aspen & Dinner at Elks Club:** Conference Center Circle
- 1:00 - 3:00p **Rock-Climbing & Hand Cycling:** Conference Center Circle
- 2:00 - 4:00p **Scuba Diving:** Silvertree Hotel Pool
- 3:00 - 4:00p **Yoga Cool Down:** Wildwood Hotel, Max Park Rm
- 4:00 - 5:15p **DINNER:** Conference Center
- 4:30p **Ski Instructor Meeting:** El Dorado Room, Silver Tree Hotel
- 4:30p **Team Leader Meeting:** Stonebridge Inn, Council Meeting Room

CEU Opportunities

6:00 - 7:30p **CEU Educational Workshop:** Exercise & Mobility in Primary Care & the Implications of Physical Disabilities; Kearns.

7:30 - 9:00p **CEU Educational Workshop:** Teamwork & Team Play; Kearns Room

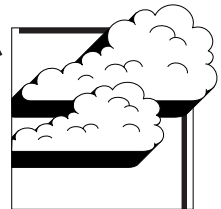
8:00 - 9:30p **CEU Educational Workshop:** Blind Mountain Climber Erik Weihenmayer's Documentary: "Everest - Farther Than the Eye Can See"

The Massage Bunch is Back!

Massage therapy will be offered from **9 a.m. to 4:30 p.m.**, Tuesday thru Friday, at Cowboys in the Silvertree Hotel. Call 913-908-0434 for an appointment (remember, it's long distance, so use your calling card!)

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**WEATHER
CORNER**



Partly Cloudy
UV Index 6 - Moderate
Precip - 0%

Today's High: 57
Tonight's Low: 31



Health Watch

Welcome to the Altitude

It's your first day on the mountain. If you live at lower altitudes (as most of us do), here are some tips to keep you healthy and feeling great in a high altitude environment:

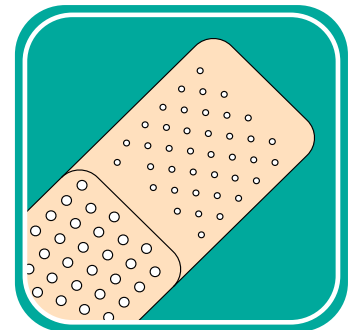
- Drink lots of water--coffee and soft drinks don't count and can dehydrate you even more.
- Take some down time. Rest and let your body get acclimated. Don't try to do too much all at once.
- If you have any shortness of breath, ask for help.
- Wear sunscreen. The air is thinner up here and your chance of getting sunburn is much greater.

Stay tuned for more medical information in this column.

Prosthetic & Wheelchair Repair

Carroll Room, during meal hours, thru Friday.
6:30 a.m. - 8:30 a.m.
11:00 a.m. - 1:00 p.m.
4:00 p.m. - 5:15 p.m.

Saturday
6:30 a.m. - 8:30 p.m.
11:00 a.m. - 12:00 noon



Medical Information for Participants

PHONE: 970-923-2000 Ext.381

Medical Emergencies:

- Call 911 for an ambulance for transport to the local emergency room.

Non-Emergent Care, 8:00 a.m. - 9:00 p.m.:

- Bedford A conference room, one level below mall, across the street from Mountain Chalet Hotel. Stairway access from mall is next to Christy Sports.
- Wheelchair access must use elevator at far end of mall above main bus terminal to get to medical room level.

Transport:

- Van transport is available from Silver Tree Hotel to medical room. Find medical van in front of hotel, or call medical room for transport.

After Hours:

- Call medical room for recorded instructions for contacting "On Call" medical provider. If unsuccessful, call hotel operator.

Veterans History Project

The Department of Veterans Affairs and the Library of Congress invite you to help preserve the heritage of America's men and women who served in uniform. Help us educate future generations by telling us the story of your military service. The interview will be tape recorded, should take less than 50 minutes, and will become part of the archives of the Library of Congress. If you would like to participate and literally become part of recorded American history, please sign up in the Media Center (Erickson Room), or in the 2nd floor Registration Room.



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Menu for Wednesday, April 2

Breakfast (6:30 a.m. - 8:30 a.m.): Fresh Fruit; Oatmeal; French Toast; Bacon and Sausage; Home Fries; Coffee, Tea, Juices.

Lunch (11:00 a.m. - 1:00 p.m.): Potato Salad; Fruit Salad; Hamburgers, Bratwurst and Hot Dogs; Sauerkraut; Potato Chips.

Dinner (4:00 p.m. - 5:15 p.m.): Caesar Salad; Penne Pasta with Meatballs; Meat Lasagna; Four Cheese Lasagna; Zucchini and Peppers; Roasted Potatoes; Italian Bread.

Don't Forget to Vote!!!

At the Closing Ceremonies, six individuals will be recognized for unique contributions to the Clinic. How are they selected? YOU choose them! Ballots should be available, beginning today. Stop by the lobby of the Conference Center and the Host Room to vote for your candidates to receive the following awards:

- * Team Leader Award
- * Downhill Ski Instructor Award
- * Nordic Ski Instructor Award
- * Judy Shawo Commitment to Excellence Award
- * Sid Ford Award for Service Above and Beyond the Call of Duty
- * Linnie Howard Spirit Award

Voting ends at NOON on Friday, so be sure to cast your vote for your favorites now!