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RISE Above & Beyond

A monthly publication by RISE Adventures
PO Box 141122, Irving, TX 75014-1122

August 15, 2008 Edition

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RECOVERY - INSPIRATION - SUCCESS - EMPOWERMENT
"To help persons with physical challenges gain independence through a learning experience in adaptive outdoor adventures and sporting programs"

VOLUNTEER OPPORTUNITIES

LIFT-AIDS End of Summer Bash 2008

This is the 4th Annual End of Summer Bash. There will be over 20 adaptive activities for a large constituency of physically challenged individuals.

Volunteer Requirements:

16 years old and up to any age that would like to participate. Under 16 if accompanied. Orientation and supervised training is provided. Individuals, families, and groups are welcome. This is an outside event so summer wear is advised. A TEAM RISE Volunteer t-shirt will be provided. Water and snacks are provided on Friday and lunch is provided on Saturday.

Please [click here](#) for complete volunteer details for End of Summer Bash!

RISE Programs

Our mission is to acclimate our members to adaptive outdoor sports and activities. Most of what we do is outdoors but we do offer indoor opportunities like rugby or sled hockey.

Volunteer Requirements:

16 years old and up to any age that would like to participate. Under 16 if accompanied. Orientation and supervised training is provided. Individuals, families, and groups are welcome. Most programs and events are outside so summer wear is advised. A TEAM RISE Volunteer t-shirt will be provided.

Please [click here](#) for complete volunteer details for

weekly RISE programs!

MAJOR EVENT ANNOUNCEMENTS

LIFT-AIDS End of Summer Bash 2008

Presented by RISE Adventures

Written by [Paul Gray](#) on August 11, 2008

[CLICK HERE](#) FOR COMPLETE EVENT DETAILS
ON OUR WEB SITE!



RISE Airplane Rides - Challenge Air

Written by [Paul Gray](#) on July 13, 2008

RISE is collaborating with [Challenge Air](#) to **provide FREE 30 minute airplane rides on September 20 at [Dallas Love Field](#)**. Any child or adult (under 25) living with a physical or mental disability or life-threatening illness may [pre-register](#) for the event by [clicking here](#). Make sure you tell them RISE sent you! Each participant can take two friends or family on the flight. There will also be free food and drinks!

Visit the RISE Adventures Booth the day of the event for information on all of our programs. We are also helping organize the event and the TEAM RISE Volunteers will be out in force.

For a map and directions to this event, [click here](#).

If you need additional information you can visit the Challenge Air website at www.challengeair.org or call their office at 214.351.3988. You can also email Paul Gray, 469.762.5075.

Challenge Air

C&R Medical's Accessible Haunted House

Presented by RISE Adventures

Saturday, October 4, 2008

[CLICK HERE](#) FOR COMPLETE EVENT DETAILS
ON OUR WEB SITE!



RISE Advocacy

Written by [Paul Gray](#) on August 12, 2008

RISE was asked by [Texas Parks & Wildlife](#) and [Cabela's](#) to get involved with their Archery Event for Children. TEAM RISE will be out in force. Please join us for a great day of fun!

Event Info:

Saturday, August 23, 2008

9a - 12p

Ages 16 and under

* [Click here](#) for all the event details!

PROGRAM SCHEDULE

Upcoming RISE Programs

RISE Sailing

Sunday, August 17th - 7-11am

Saturday, September 6th - 7-11am

* Starts early so we can *beat* the heat.

RISE Hand Cycling

Sunday, August 24th - 7-10am

Sunday, September 7th - 7-10am

Sunday, September 14th - 7-10am

* Starts early so we can *beat* the heat.

** [Click here](#) for a quick FAQ about Rise Hand Cycling

RISE Quad Rugby/Murderball

Thursday, August 21st - 6-10pm

Thursday, August 28th - 6-10pm

Thursday, September 4th - 6-10pm

Thursday, September 11th - 6-10pm

Thursday, September 18th - 6-10pm

RISE Kayaking

Thursday, August 21st - 6-9pm

Thursday, August 28th - 6-9pm

Thursday, September 4th - 6-9pm

Thursday, September 11th - 6-9pm

Thursday, September 18th - 6-9pm

Thursday, September 25th - 6-9pm

RISE Sled Hockey

It has been very difficult to find quality ice time once a week over an extended period of time. RISE has been able to get hit

and miss ice time but until we get a long term guaranteed commitment from the centers we will not begin this program. RISE will announce the full schedule once an agreement is reached.

RISE Advocacy

Life Without Limits 5K Run & Fun Walk & Roll

Benefiting United Cerebral Palsy of North Texas

Saturday, August 16

[Reverchon Park](#), Dallas

8am - 5k

9am - Walk & Roll

[Click here](#) for more details ...

LAST MONTHS PROGRAM RECAP

RISE Quad Rugby/Murderball

Written by [Mike Peters](#) on August 15, 2008

Quad rugby has been a really popular weekly program for RISE. We would still love to see more faces playing and cheering the players on from the stands. If you're paralyzed or in a chair, you should definitely come check it out and possibly play. Quads do have first priority because the program was designed for them but anytime a sub is needed or we're short a player, YOU'RE IN! So bring your family and friends and let's get out there and play!

RISE Sailing Special Thanks

Written by [Paul Gray](#) on August 11, 2008

Don Rickerhauser, a TEAM RISE Volunteer, deserves a special thank you from all of the participants in the RISE Sailing Program. Don has taken over as skipper and handled the duties for a variety of physically challenged individuals on a great sailing experience. His professionalism and willingness to teach make each outing a special occasion. **THANKS DON!**

RISE Sailing on Lake Lewisville

Written by Rafael Flores on August 6, 2008

Not one of us in our family had ever been sailing, as much as we love the water and water-sports; we just never had the opportunity to do so. For a brief moment, I didn't think that we were going to get to go due to scheduling conflicts but it all

worked out and my wife, Juana and our two daughters began to get excited about the idea the closer it got to the date.

I don't know who to thank first but we had an awesome time. The night before was a little hectic making sure that we had all of the necessities and basics covered including the directions, drinks, spare clothing, swimsuits and the alarm clock set to "Dark Thirty" (4:30 am). Getting enough rest was hard to do but we managed to get up and get out the door without a hitch. The weather at that time of the morning was warm but very bearable and cooperated the whole time that we were on the water. The sun finally started beating down when we were done so it worked out great.

Arriving to Pier 121 at Lewisville Lake with the directions we had didn't quite work; we had to make a couple of calls to our gracious hosts due to the fact that our turn-off no longer existed. When we arrived we were greeted with smiles and a well prepared group that included Paul Gray, Joel Hendrix and one other volunteer. We were escorted to the pier and while boat preparations and inspections were completed we filled out the necessary paperwork (hopefully it is placed on-line so that individuals can arrive with it already completed). Our daughters, Cassandra and Alondra were shown some huge, huge fish that ate just about anything. Once the boat was rigged, the fun began.

First on the boat were our daughters who sat out of the way and then it was Juana's turn. She parked her electric "Chair-Man" about as far to the end of the dock as you could and as close to the boat as possible, leaving just enough standing room to grab her and step across unto the starboard abaft side on what felt like the lazarette. To make her more comfortable, a portable cushion was positioned and she was secured to a grab rail with a Gait Belt (These come in handy for so many things), "knot" what we had envisioned but functional and although we don't recall reading about that in the paperwork, it appeared to be fairly safe or at least no more dangerous than any of the other activities that we've participated in and we were already there so off we went. We moved slowly past an opening and then spent the next few hours relaxing. Our daughters got to stand at the stem then took turns steering for a while. Before we knew it, one of our daughters fell asleep below then woke up for a light snack.

Most of the morning had passed and we had just enough wind, not too much sun and an open lake with very little interference, noise or traffic. Just before docking, we stuck into some sand for a little while until we got dislodged and then the day came

to an end. I don't know whose idea it was to get out on the water early but it made our first experience truly enjoyable and as you can see from the photos that we took, memorable. We are very grateful for the opportunity and to the time that our volunteers gave so that we could sail, something that we probably would never otherwise do. We look forward to participating in many RISE activities and we share them with friends, family and other individuals who really just don't know or haven't heard about them.



RISE Hand Cycling

Written by LaTonya Menefee on August 13, 2008

RISE Adventures has changed my life. My name is LaTonya Menefee. I am a recent transplant from Louisiana. I have been paralyzed for 10 years. Since I have been here, I have done and seen more activities than I ever thought possible for people with disabilities. I knew there were activities out there, but they were not available or "accessible" in my home town.

Before moving to Dallas, I conducted an internet search to find out if there were activities available in the area for wheelchair users. I found the website for "RISE Adventures," called Paul Gray and the rest is history. The first day I talked to him on the phone he told me to call him when I made it to town and he could get me set up with tons of activities. During my paralysis I have heard many promises of a different way of life or different claims of possibilities of making life better. This time I have to say, what Paul and the volunteers at RISE Adventures say is possible and available is true. I have only been in town now for a little over a month and I have gone hand cycling each time it is available, gone to watch quad rugby, been offered the opportunity to go sailing and am excitedly anticipating the opening of the swimming pool with the Irving Recreation Department.

I have wanted to become more active for longer than I can remember. Since my paralysis I have put on more weight. I realize that this is not healthy and could possibly hinder by independence in the long run if I don't get a handle on it. Now that I have a new hobby and a beautiful well paved trail I am sure to get active again and hopefully loose weight. Not to mention, if Paul doesn't hear from me in a while I am sure to get a phone call, asking where I am and if I am ready for some new adventure.

I can't say thank you enough, but my husband and I are both very thankful for Paul Gray, Joel Hendrix, and the volunteers of RISE Adventures.

You wouldn't believe that I am so excited about getting outside in the sun to go hand cycling, when I used to hate PE in high school. I used to get notes from my mother to excuse me from PE.



RISE Speaking Bureau

Written by Wayne Holt on August 12, 2008

[One Legged Wonder](#)

It has certainly been my pleasure to promote and speak for RISE Adventures. For the last couple of months I've had the opportunity to speak with Charles Moses, also a RISE Board Member and Paul Gray, RISE CEO. We have recently spoken to the Dallas Blind Ambitions Group and the Dallas Amputee Network. The common response from these groups are that they are inspired and want to be apart of the fun.

Sometimes, deep down within ourselves we lose the desire to get out and experience the opportunities of outdoor activities. Sometimes we don't know what those joys are for they have faded from our lives. I do believe in living life to the fullest. Part of my joy is sharing and inspiring my fellow brothers and sisters to come along. It's a lot of fun to experience what life has to offer and experiencing them as a group can be even better.

I can tell that our presentations are bringing hope, joy and love back into broken lives. By presenting in positive spirits, life is a choice, life is an attitude, we are building the desires to reach out and get a taste of full life. It might be the first time or it might just have been a long time, but it is something they want.

When I spoke to the Blind Ambitions about hand cycling, water skiing and just having outdoor picnics there was a common

smile. They want to live and enjoy the other six senses the world has to offer. There was a young man named Bill who was blind and he said to me, Wayne I want to hand cycle, I want to ski; I want to have fun like you. My heart went out and I wanted to lead him to the joys he could also enjoy. Sometimes in life, we have to give back and it feels so good.

It's not the man with the ability; it's the ability within the man. Wake Up & Live, for tomorrow may never come. Seize the opportunities as they come your way and you may find yourself on Top of the World enjoying outdoor activities. Remember when someone says you can't do that, don't let them steal your life and dreams. Get RISE Adventures involved and we will help make dreams come true.

Thanks and Live Life to the Fullest!

SPECIAL STORIES

Charlotte Keith Donation

Written by [Paul Gray](#) on August 13, 2008

Charlotte recently lost her husband and donated over \$12,000.00 in almost new, state of the art, lift equipment that will help RISE transfer participants in and out of a variety of adaptive equipment. **THANK YOU CHARLOTTE!**

Shanika Ware, Texas Women's University

Written by [Paul Gray](#) on August 13, 2008

RISE received an in depth "Trainer's Guide and Volunteer Manual" for Wheelchair Basketball from Shanika Ware. She developed the manual as a part of her Graduate Degree from Texas Women's University. Thanks for the great work Shanika!

Judie Moffett Story, Power Inc.

Written by [Paul Gray](#) on August 13, 2008

I have been honored with the title of "Everyday Hero" by our KLTV Channel 7 News Station after being nominated by my dear friend, Shelly Taylor. Please share in my excitement by clicking on the following link (or copy and paste it into your browser) and check it out! This is just one more testimony of how blessed I truly am.

<http://www.kltv.com/Global/story.asp?S=8797517>

Reaching for the Sky

Written by Christopher Foster

Most of us believe that our society is slowly but gradually growing more sophisticated. For example, in recent years we have learned to better recognize the accomplishments - and value the talents - of our young people. It is no different for children with special needs. We've come a long way toward understanding that, like all children, they lead more rewarding lives by challenging themselves and having the opportunity to grow into their full potential.

It wasn't always like this. Just a few generations ago if a child had a physical or mental disability, or suffered from a life-threatening illness, we expressed sympathy and then quietly moved on, trying not to think too deeply about society's norm of hiding these children away. No more. Youngsters living with such challenges are just as valuable as everyone else, and we recognize that they possess their own unique talents and motivations. We tell them, "The sky's the limit!"

Today, thanks to a remarkable non-profit organization called Challenge Air, this is literally true - the sky is the limit!

[Click here](#) to read the rest of the article ...

Studied Indifference

Written by [Rick Frame](#) on August 13, 2008

Merriam-Webster describes "studied" as carefully considered or prepared. Synonyms include: deliberate, willful, conscious, calculated, purposeful. Studied indifference is a figurative expression, meaning that you want to display indifference, whether or not you really feel indifferent. "Studied" means that you're having to work on showing it rather than it being natural. It is commonly used to describe someone trying to hide something. So what do you think a federal judge means when he says that a local historical society with \$5 million in assets showed studied indifference when they wouldn't put in a wheelchair ramp so a little girl could go inside and see Santa Claus?

They claim they had been told and believed they were exempt from the ADA, they said they couldn't really get a lot of direction on what they needed to do. I've heard the same things many times before and a simple Internet search for -- ADA consultants Texas -- returns page after page of

consultants available to give them the direction they need. As far as thinking they were exempt, this is an organization with \$5 million in assets, you don't have those kinds of assets unless you're very professional and knowledgeable in your field so it would be hard to believe that they were ignorant on the subject of federal accessibility laws.

I'm not singling out this historical society, the problem isn't "this incident", the problem is this attitude is systemic throughout the business community. I have actually been told by business owners that they were advised not to worry about ADA requirements because chances were nobody would ever say anything and if they did they probably wouldn't follow through and do anything about it. Unfortunately this is true and the business owners are willing to gamble on it. When they lose that gamble they pay substantially more because on top of the modifications they have to make they now have to pay a lot of legal fees which can be in the tens of thousands of dollars.

Business owners never seem to understand the cost associated with building a facility in compliance with the ADA is cheaper than having to renovate it later. In a study by Schroeder and Steinfeld, different types of existing structures were compared in regards to the cost increases due to renovation as opposed to the cost increase to originally building a barrier-free design. In that study it showed that to build a shopping center barrier free would cost an additional 0.006% and having to renovate the same facility after it was built would cost an additional 0.22%. That's 35 times the cost to renovate as opposed to building in compliance in the first place. Though neither amount is really significant business owners are still willing to gamble and not comply with the law to begin with.

When a business owner is called to task to correct a non-compliant property the first thing they do is complain about the cost and that it will put them out of business. The ADA addresses this under the subject of "financially infeasible" which was included to ensure that the financial cost of complying would never be so burdensome as to put them out of business.

Why is the disabled community still so openly and acceptably discriminated against? Why is it when a disabled person has to force a business owner for accessibility and compliance with the law somehow they are the villain and the business owner is the victim? They say when something would be really difficult to accomplish that it would take an act of Congress, well the ADA is an act of Congress yet it is still acceptable by many to

purposely choose to ignore it. A studied indifference.

ALL ABOUT RISE

[RISE CEO](#)

Letter from the CEO

Written by [Paul Gray](#) on August 14, 2008

I would like to welcome Lift-Aids as the Title Sponsor for the 4th Annual "Lift-Aids End of Summer Bash" presented by RISE Adventures. We worked very hard at finding quality sponsors for the event and had great success. We also formed new collaborative partners in the process. With Lift-Aids, The City of Grapevine, Grapevine AMBUCS, and all of the other sponsors coming aboard, the event will be larger with over 20 activities for participants.

This year's event will also feature the Grapevine AMBUCS Hospitality Tent. The tent will host a number of local bands throughout the day. It will also be the place to eat burgers and dogs from the AMBUCS Chuck Wagon. Our goal is to have something for everybody so we can all have fun and celebrate the end of summer!

And then there is the 2nd annual "C & R Medical ADA Haunted House" presented by RISE Adventures on October 4th. This is the largest ADA Haunted House in North Texas. We tested it last year and had a great time. A special thanks to Randy Smith and C & R Medical for stepping up to the plate to host this awesome night of scary fun!

We also added another nice event in collaboration with Texas Parks and Wildlife and Cabela's. I hope to see all of you kids at the "Youth 3D Archery Shoot" on the 23rd of August.

Don't forget about the RISE Airplane Rides - Challenge Air event on September 20th at Dallas Love Field Airport. If you haven't signed up yet you need to do so. A thirty minute flight behind the controls of an airplane is an exhilarating experience!

Wayne Holt kicked off the RISE Speakers Bureau with four speaking engagements in the last month. Wayne is a RISE Board Member and a great speaker. We are looking for others with great stories and speaking abilities to get involved in this new RISE Program. If you have an interest in speaking please let me know. If you need a speaker for your next occasion we would be more than happy to assist you.

Texas Parks and Wildlife came aboard to sponsor the RISE Kayaking Program. We will be moving this program to Joe Pool Lake this fall and a new schedule will be out in September.

We will be moving most of our recreational programs to a newly remodeled Therapeutic Recreation Center in Irving this fall and spring 2009. The new center is just two blocks from the DART Rail Line. Along with our existing programs we will be adding golf, basketball, volleyball, tennis, swimming, scuba diving, and x games. This is a work in progress but I am very excited about the potential.

Please give your support to our sponsors for funding these RISE Events so we can continue to provide all of our programs FREE for participants.

I hope to see all of you soon at these exciting events and at our numerous programs!

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