### Rito

# Athletes remember the fallen

Deadly attacks around globe stir emotions in Rio

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RIO DE JANEIRO French tennis player Alize Cornet fought back tears. It had nothing to do with her Olympic victory.

Cornet is from Nice, the city in southern France that was plunged into mourning July 14 after a man drove a 20-ton truck into a crowd of Bastille Day revelers, killing 84 and injuring more than 200.

Hours before the attack, Cornet had flown out of her homeland bound for a tournament in California.

"When I just landed, I had 100 messages on my phone asking me if I was OK," Cornet, 26, told USA TODAY Sports. "So then I knew something was wrong, and then I saw..."

Suddenly Cornet, who had just won her first-round match here, stopped talking. Tears welled up in her eyes. "I'm sorry," she said.

Other athletes at the Rio Games have experienced similar emotions.

Turkish swimmer Viktoria Gunes was in the resort town of Antalya in July when she heard the horrific news filtering out of her hometown. Turkey's biggest city, Istanbul, was awash with blood and confusion after military factions staged an unsuccessful coup against President Recep Tayyip Erdogan.

She immediately tried to contact her family, was unable to connect right away and spent a nervous and surreal hour before receiving word they were safe.

"I was getting messages on Facebook from people around the world in the swimming community," Gunes said. "Everybody was so worried about me, and that



ANDREW P. SCOTT, USA TODAY SPORT

Alize Cornet, above, who lost to Serena Williams in the Rio Games on Monday, is from Nice, France, site of the horrific July 14 attack that killed 84 and injured more than 200.

was great, but I was most worried about my family and my friends and everybody in Istanbul."

American athletes have not

American athletes have not been immune, either, in a summer filled with violence. A gunman killed 49 people in a mass shooting at an Orlando nightclub, five Dallas police officers died in an ambush and three officers in Baton Rouge were killed in an attack that came two weeks after police there shot and killed a man as he lay on the ground.

Baton Rouge native Seimone Augustus, a starting forward on the U.S. women's basketball team, still sounds unsettled by the events in her hometown. The shooting of Alton Sterling by police occurred outside a store Augustus said she knows well.

"I used to go to that store all the time as a young girl to get snacks and candy and stuff," she said. "So it's still kind of surreal

#### "It's not possible that a guy in a truck is going on the Promenade des Anglais (street) and killing people. It sounds just crazy."

Alize Cornet, on the July attack in her hometown of Nice, France

for me to think it could have been a family member, a classmate, a neighbor. ... I could have been going home to deal with a funeral or the loss of a loved one."

Amid the national debate about the use of deadly force by police in incidents, Augustus and her teammates on the WNBA's Minnesota Lynx wore T-shirts that read, "Change starts with us, justice and accountability."

"When this stuff starts getting close to home, you can't help but say what you feel," she said. "We're not just athletes. I'm a human being as well. Change has to start somewhere, so you figure

the platform we have, we need to be able to utilize it to provoke some kind of change in the world."

Cornet lost to American Serena Williams on Monday, but there were no tears after the defeat. Such emotion is reserved for moments when she is recalling how she checked the list of 84 dead to see if it included any of her friends or relatives. "There was nobody I knew,"

she said, but of her friends and relatives who were in Nice, she added, "They're injured mentally"

Cornet says she will head back



GEOFF BURKE, USA TODAY SPORTS
Seimone Augustus' hometown
of Baton Rouge was rocked by
violence last month.



JULIAN FINNEY, GETTY IMAGE

Viktoria Gunes is from Turkey, where a military coup attempt failed in July.

to Nice in September for the first time since the Bastille Day tragedy, still unsure of how to make sense of it all.

"Like everybody, I'm totally speechless in front of this violence, in front of this violence in the name of religion, and it's like I have this feeling sometimes it's sci-fi," she said. "It cannot exist. It's not possible that a guy in a truck is going on the Promenade des Anglais (street) and killing people. It sounds just crazy.

"Personally, I try to do my things the best that I can. I try to keep playing tennis, I try to give some joy, some pleasure to the crowd. That's the only thing I can do against it.

"The rest I really hope that someone or something is going to find a solution, because it has to stop."

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## Pain Away – Relief at Last



Wouldn't you be interested in a product that could ease or even eliminate your aches and pains? I've had chronic pain for 20 years. That's why I tried an innovative new product, the Oska Pulse.

Oska is a wearable pain-relief solution developed to reduce muscle stiffness and inflammation, help ease chronic pain and increase mobility. It optimizes pulsed electromagnetic fields (PEMF), allowing people to live a more active, pain-free lifestyle. It's small (the size of a cell phone and just as light), portable, drug free and has no side effects. To ensure the finest quality control, it's made in the USA. Oska was designed for convenience; people use it while working, relaxing at home or on a leisurely walk. I even wear it when I play golf!

Oska's unique method of delivery mimics the electrical currents we produce naturally. Decades of research has shown that PEMF signals pass through bone and all other tissue virtually unaltered, opening cells to receive more nutrients and oxygen. Oska was designed to

address specific areas of the body, especially the major joints most susceptible to injury or degenerative issues.

Though the technology isn't new, the configuration Oska uses definitely is. "Sequential Protocol Programming," is a unique delivery method utilizing four frequencies specifically related to muscle ease, bone repair,

capillary dilation and pain reduction. By helping release the body's natural endorphins, Oska reduces pain, promoting increased range of motion. By dilating blood vessels, it helps reduce inflammation. The increased oxygen rich blood flow promotes muscle recovery.

Dr. Joseph Shurman (Chairman of Pain Management at Scripps Memorial Hospital) began by using Oska on a variety of patients to see what type of relief they might experience. "Surprisingly, the majority of these patients got relief. I have found it to be beneficial for the hand, elbows, knees and backs. It also works with other areas such as hips and shoulders."

Dr. Shurman indicated that at least 70% of his patients who used the product found relief. He adds, "I don't know of any other product of its kind that has this kind of literature behind it, more than I've ever seen for an alternative form of therapy."

Prominent athletes have had spectacular results. Rod Dixon's highlights include taking a bronze medal at the Munich Olympics and winning the 1983 New York City Marathon. Rod says, "Oska works with the synergy of the body and helps you to heal. I don't have to go to a physical therapist or be hooked up to wires. Oska is something you can add to your routine and it complements anything you do. I find that my hip, lower back and my knees all require support from Oska. If I go out for an hour and a half or two-hour bike ride, I don't hurt like I used to. Every step of the way, Oska is with me. Over the course of time I've been using Oska, I've noticed an improvement in my recovery time and a noticeable lessening of pain, absolutely!"

Boris Said won the 24 Hours of Daytona in 1997 and 1998 and won his first NASCAR Nationwide Series race at the 2010 NAPA Auto Parts 200 in Montreal. Referring to racing for 30 years he relates, "It beats you up and twists the body. Since last year I've had a

By helping to release the body's natural endorphins, Oska helps reduce pain, promoting increased range of motion.
By dilating blood vessels, it reduces inflammation. The increased oxygen rich blood flow promotes muscle recovery.

really stiff neck, where I could barely turn. I could never get it fixed. A friend gave me an Oska. I put it on three spots on my neck for 30 minutes each and the next day my neck was 90% bet-

ter! I couldn't believe it. Now I use it on everything that hurts and my neck is 100%. It's pretty amazing. The product speaks for itself."

Oska has worked especially well on my knees, hips and back, though everybody's experience could be different. If you're experiencing pain of any kind, Oska is definitely worth trying. The company is offering an unconditional, 90-day money back guarantee. If you're not completely satisfied, return the product. The company will even pay the return shipping. The only thing you risk losing, is your pain.

For a limited time, purchase an Oska Pulse for \$319, a 20% discount and get free shipping.

**To order visit:** OskaPainAway.com or call 844-317-4433 . Mention PainAway to receive your discount. Offer ends August 31, 2016.

#### **TESTIMONIALS**

#### Prominent MD Talks Pain Relief

"I have found Oska to be beneficial for the hand, elbows, knees and backs. Hip and shoulders are other areas it's successful with. At least 70% of my patients who used the Oska product found relief."



Dr. Joseph Shurman, Chairman of Pain Management, Scripps Memorial Hospital - La Jolla, CA



#### Support from Oska Lessening of Pain, Absolutely!

"Oska works with the synergy of the body and helps you to heal. I don't have to go to a physical therapist or be hooked up to wires. I contribute to 50% of my recovery and Oska takes care of the other 50%.

Oska is something you can add to your routine and it complements anything you do. I find that my hip, lower back and my knees all require support from Oska. If I go out for a two-hour bike ride, I don't hurt like I used to. And when I do my cross training, I'm not feeling sharp pain down my hamstrings or in my glutes. Over the course of time I've been using Oska, I've noticed an improvement in my recovery time and a noticeable lessening of pain, absolutely!"

Rod Dixon, Olympic Bronze Medalist & 1983 New York City Marathon Winner

#### Lessening of Pain Absolutely

"I got an Oska Pulse as a gift, but really didn't believe it would work. Then I got back spasms which forced me to stop playing golf. That's when I decided to try the Oska. I was shocked that it actually eliminated my pain!



Now I use the Oska whenever I have any aches or pains, it's magical! I highly recommend it to everyone."

Herb Meistrich, Founder – TaylorMade Performance Labs

### & CEO – Ultimate HD Golf Oska Featured on Forbes.com – "Minor Miracle Worker"

In an article on Forbes.com, the author writes, "This thing aims to be a minor miracle worker for pain relief. You can press it directly against the affected area of your body or insert it in the included adjustable strap and wrap it around the sore spot. I tend to leave it on for 10 or 15 minutes before removing it — and realize somewhere along the way that the pain has subsided." Read full story: http://bit.ly/298Z6dZ



#### PAIN AWAY -RELIEF AT LAST

Oska™ Pulse is a wearable pain relief device intended to help you live an active, pain-free lifestyle. Limited time offer: \$319 plus free shipping Reg. \$399. To order: OskaPainAway.com or call 844-317-4433
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