



THE FINISH LINE

Arizona's Leader in Senior Fitness



Want To Have Some Fun?

Plan now to be a part of the 2018 Arizona Olympic Senior Games!

32 Fun Sports: Alpine skiing, archery, badminton, basketball, basketball throw, billiards, bocce, bowling, cycling, fun walk, golf, handball, pickleball, powerlifting, racquetball, race walk, road races, high power rifle, pistol, sporting clays, trap, skeet, shuffleboard, softball, swimming, swim relays, table tennis, tai chi, tennis, track and field, triathlon and volleyball.

- Make new friends!
- Compete for gold, silver and bronze medals!
- Qualify for the National Senior Games!
- Improve your fitness and health!
- Get out! Get fit! Get going!

Join the thousands of people 50 and better who are finding the active life is the best life!

Games take place **February 17 through March 11, 2018** at venues throughout the Valley of the Sun. For more information, see our website at seniorgames.org or call us at **602-274-7742**.

ASO adds basketball throw to the 2018 games

OK, so you watch NBA games and cheer for your team to put it in the basket! In fact, you probably think you could sink that basket if you just had the time to practice.

Now is your chance to dust off your basketball and use that hoop in your driveway to practice, because basketball throw will be a part of the Senior Olympics for the first time this year. Come on out and have a great time making friends



and competing for a gold, silver or bronze medal. Be the first among your friends to win!

Like all the Senior Olympics sports, basketball throw will be in 5-year age groups starting with 50 – 54, 55- 59 and so on. The event will be open to both men and women.

For more information, look for the Basketball Throw Sports Information Sheet on the ASO web site at seniorgames.org.

Arizona Senior Olympic Games registration opens in October

Don't miss the opportunity to register for the 2018 Arizona Senior Olympic Games when registration opens October 1. Improvements have been made to simplify the online registration process, which will once again utilize the TopScore software.

The 2018 Games will be the qualifiers for the 2019 National Senior Games that will be held in Albuquerque, New Mexico.

Irene Stillwell, ASO Executive Director, says,

"We are urging everyone to register early this year and save the \$5.00 late registration fee. It is important for us to know early how many athletes will compete so that we are fully prepared to have excellent games."

Registration will be online but those who do not have computers can call the ASO office for paper registration forms, which must be completed and post-marked by November 23rd (Thanksgiving).



Everybody can be in the fun walk

WALK, WALK, WALK! We all know that walking is good for us, but getting started isn't always easy. What you need is a reason to walk, nice people to walk with and a reward at the end.

The Arizona Senior Olympics FUN WALK has all of that and more! You'll have a great time, your times will be recorded so that you can improve and every finisher will receive a medal! This is not a race. It's a walk where you set the pace that is comfortable for you. Wear comfortable shoes and clothing and enjoy Arizona's beautiful March weather. You'll love it!



The Finish Line Newsletter is produced by Arizona Senior Olympics, founded by:



City of Phoenix

PARKS AND RECREATION DEPARTMENT

in partnership with the cities of Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe and the communities of Sun City, Sun City West and Sun City Grand

Arizona Senior Olympics

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Swimmers take the lead in record-breaking for 2017 games

BY ELLIE KALLAL

This year was not a qualifying year for the Arizona Senior Olympics. Attendance is always a little lighter in the odd-numbered years when the athletes are not trying to qualify to compete in the National Senior Games. However, that does not mean that they were not exciting.

Twenty-nine athletes set new records in 40 events. Yes, that means eight athletes broke multiple records for times and distances.

Ardy McLeod is a swimmer. She is good at earning medals and this year she set three new records for Women 80-84 in the Butterfly and the Individual Medley For those of you who are not swimmers, the Butterfly is that really tough stroke that catapulted Michael Phelps to fame in the 2004 and 2008 Olympics. That's the one in which our own Ardy McLeod set records. The Individual Medley requires a swimmer to select four different strokes in specific order: the Butterfly, the Backstroke, the Breaststroke and Freestyle, what used to be called a Forward, or Australian Crawl.

Robert Sears set four new records in the Men's 90-94 category in the Backstroke, the Breaststroke and Freestyle.

Our other athletes setting state records in swimming were Wilma Goldman, W90-94; Daniel Vargas, M55-59; Cynthia Clutter, W55-59; Yenny Van Dinter, W80-89; Samantha Martoni, W55-59; and Steve Hammond, M60-64, with two records each, and Gloria Tolaro, W85-89; Craig Shaffer, M70-74; Doug Springer, M60-64; Al Worth, M80-84; Dave Stranger, M60-64; Joseph Bolze, M75-79; Pam Speer, 65-69;

and Susan Roemer, W75-79; with one record each.

Swimming proved the theory that competition makes everyone better. There were a lot of records broken this year.

In Track & Field, Betty Gaudy W90-94, set another record for the 00 Meter Dash (00:35.97). Curtis Woody M55-59, had a great Running Long Jump (16'10"), Lydia Woods W60-63, scored in the Triple Jump (18'25"), and Chris Wallace M60-64, soared 29' 03.5" in his Triple Jump.

The Triathlon saw Anne King, W60-64; Sally Evans, W70-74; Beverly Linnihan, W75-79; Edward Navarro, M55-59; Robert Underwood, M65-69; and James Noonan, M70-74; set new records combining their skills in swimming, cycling and running. (I have done one of our Triathlons and it is very difficult to get out of a swimming pool, put on some clothes and ride a bike in cold wind when you are still wet from the pool. ARGH!)

Of course, not everyone sets records and some of us don't even win medals, but the excitement of the competition and the fun mingling and mixing with the other athletes makes it all worth the time and effort we put in training. As an added bonus, all that training and exercise keeps us fit, healthy and active mentally. That's a sort of triple-crown win.

The Arizona Senior Olympics webpage has all of the results back to 2011 online. Simply go to www.seniorgames.org and click on RESULTS. Soon we will be updating and adding our ASO Records book and you'll be able to see all the records. Some go way back. ■

New view of a worrisome problem

Around the world, more than 47 million people suffer from dementia, and seven million new cases develop each year, according to researchers at the Albert Einstein College of Medicine in New York City.

The number of cases of dementia is projected to double every 20 years, and to reach 115 million by 2050. The number of people suffering from Alzheimer's disease, the most common cause of dementia, is expected to climb to 106 million by 2050, investigators said.

Dementia, an impairment of brain functions marked mainly by memory problems and personality changes, is still one of the most expensive chronic conditions, with a huge impact on patients and families.

James Hendrix, director of global science initiatives at the Alzheimer's Association,



believes living a healthy lifestyle might help prevent dementia. In fact, a recent study found that if people exercised, ate a healthy diet, stopped smoking and kept chronic medical conditions such as diabetes at bay, 35 percent of dementia cases around the world could be prevented, he said.

Article from Medline Plus – a newsletter of the National Institutes of Health U.S. National Library of Medicine.

Puzzle Answers

FROM PUZZLES ON PAGE 37

King Crossword

answers

R	A	F	T	S		N	I	L		S	P	A
U	N	I	O	N		U	R	I		Y	E	T
M	I	S	D	O		C	A	B	I	N	E	T
		H	O	O	P	L	E			N	O	V
W	A	N		T	E	E		A	D	D	E	R
O	R	E	M		R	I	F	L	E			
O	C	T	O	P	I		R	A	B	B	I	T
			V	A	L	V	E		T	A	C	O
U	N	T	I	L		I	S	M		Y	E	W
N	O	O	N		S	C	H	I	Z	O		
D	R	A	G	N	E	T		D	O	N	E	E
E	M	S		B	R	O		S	N	E	E	R
R	A	T		C	A	R		T	E	T	R	A

Go Figure!

answers

9	+	4	×	2	26
÷		+		×	
3	-	1	×	8	16
×		+		+	
7	-	2	×	5	25
21		7		21	

Even Exchange

answers

- | | |
|-------------------|--------------------|
| 1. Ballot, Ballet | 6. Lather, Latter |
| 2. Dover, Diver | 7. Fable, Table |
| 3. Motel, Model | 8. Glass, Gloss |
| 4. Arcade, Arcane | 9. Older, Odder |
| 5. Elmer, Elder | 10. Bikini, Biking |

SCRAMBLERS

solution

1. Ascend; 2. Alter;
3. Gyrate; 4. Erudite

Today's Word
SALARY

Weekly SUDOKU

Answer

3	8	4	2	7	6	9	1	5
2	7	1	4	9	5	6	3	8
5	9	6	8	1	3	4	7	2
7	3	9	5	2	4	1	8	6
1	2	5	7	6	8	3	9	4
4	6	8	1	3	9	5	2	7
8	5	3	9	4	2	7	6	1
6	1	2	3	5	7	8	4	9
9	4	7	6	8	1	2	5	3



There's a goblin at my window,
A monster by my door
The pumpkin at my table
Keeps on smiling more and more.
There's a ghost who haunts my bedroom,
A witch whose face is green.
They used to be my family,
Till they dressed for Halloween.

– By Sandra Liatsos