



THE FINISH LINE

Arizona's Leader in Senior Fitness



Don't Miss Albuquerque's Old Town Fun

It may now be only the spring of 2018, but the National Senior Games will take place in just a little over a year. Whether you're going as an athlete, a relative of an athlete, or a tourist, you'll want to start planning now to make the most of the time you'll have in this delightful city.

Throughout the summer, Albuquerque's Old Town is alive with music, dance and wonderful arts and crafts unique to the Southwest. Colorful folklorico dancers will surprise you with their enthusiasm and skill. Mariachis

will sing and play songs, both old and new, that will have your feet tapping and your heart singing along. There is a pride in their heritage that will make you want to learn more about this enchanting place and its people.

In addition to watching the wonderful entertainment, take a stroll through the delightful stores, where you will find some of the best handmade jewelry and art available. The wonderful plazas and the friendly people will make you glad you made time for Old Town.

We Need You on a Committee

Arizona Senior Olympics is a volunteer organization. Our programs are supported by fees and donations which go directly into the programs that we offer. Here is a list of those committees that we encourage you to join. These are the things you will need to be an effective volunteer:

- A car so that you can get to meetings and events.
- A desire to spend some time doing something that will have

a positive impact on the lives of others.

- A positive, "can do" attitude.
- Enthusiasm for the mission of ALFF/ASO.
- Attention to detail and follow-up.
- Achievement-oriented.

Our committees are: hospitality, sports, registration, public relations, awards, events and ambassadors. For a detailed description of a committee in which you have an interest, call our office at 602-274-7741.

Sports Commissioners: Where Are They Now?

The dictionary defines the word "commissioner" as "the administrative head of a sport." In Arizona Senior Olympics, "commissioners" take on the responsibility of planning and implementing the competition for that sport at the Annual Arizona Senior Olympic Games. So now that the 2018 games are over, where are the sports commissioners? Where do they go and what could they be doing?

First of all, every sport commissioner is a volunteer, chosen because of their passion, expertise and ability in their sport. They know the sport, the rules and various aspects for creating a successful event.

Here is a snapshot view of several of our commissioners and a few tidbits about them.

1. Judy Gillies, longtime swimming commissioner, introduces a key volunteer. Judy is known throughout Masters Swimming as one of the best certified officials in the nation and is in high demand for her skills. She is devoted to

her sport and to ASO.

2. Tom Stillwell, attorney, ASO Board Chair and powerlifting commissioner. He has been an active volunteer for all 37 years of the games.

3. Shuffleboard commissioner Rob Robinson, shown here with two key volunteers, was a well-kept secret until a few years ago. Since that time, Rob's reputation for his ability, skill and enthusiasm have put him in demand by other states as well as the National Senior Games.

4. Marci (in blue) and **Larry Welton** are commissioners of trap and skeet and sporting clay shooting. Besides being leaders in several Arizona shooting organizations, Marci is an expert grant writer and Larry works in the world of forensics.

Each month, we will feature a few more of our great commissioners. These people work throughout the year to make the ASO Games a success. ASO thanks them for their great service to seniors.



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FREQUENTLY ASKED QUESTIONS

It seems that every website on the net has a section for "FAQs." That, of course, is because every organization knows that some questions seem to be asked over and over again and there is hope that answering them once - in print - will suffice. That may be futile, but we've decided to give it a try, and this column will appear each month in the hope of answering all your questions about the Arizona Lifelong Fitness Foundation or Arizona Senior Olympics.

Q Why are there different registration systems in different states for the senior games?

A Each state is an independent entity. The games in that state are usually members of the National Senior Games Association (NSGA). Each state chooses their own registration system based upon 1) the needs of their state games, 2) the cost of the software (typically \$3-\$5 per person who registers), 3) whether or not the program is "user-friendly" for the athletes; 4) whether the program is capable of producing the needed reports required by the number and complexity of the sports being offered.

In larger states such as Arizona where 30+ sports are offered, the problems are complicated by the fact that each sport is unique, with different information required to make for a successful competition.

Those who create software make their living by the number of people who purchase their system. Software programs such as Word, Quickbooks Excel, etc. have millions of users, making millions of dollars for their creators. Senior Games, on the other hand, is a very limited market and consequently, there are less than a dozen multi-sport programs available. Hopefully, software can be obtained that meets the needs of the games so that it can be retained until familiarity makes its easy to use.

Q Why are registrants charged a fee for a paper registration?

A There are many reasons some people want to do a paper registration rather than registering online. For some, it's due to the way they feel about technology in general. Many people have very little experience using computers because their line of work did not require it. Others have a strong aversion to sharing information about themselves online, due to feelings of mistrust about their security being compromised.

On the other side of the equation is the additional work placed upon volunteer staff, who have to enter the data into the ASO computer system. Many of the paper registrations that are received are unintelligible or incomplete, requiring a call to the registrant for clarification or additional information. This often requires several phone calls and waiting for answers. Some have asked why their data must be put into the software system at all, but sorting thousands of registrations by sport, gender, age, and nearly 200 events is literally impossible to do by hand. The \$5 fee enables us to recover the costs that are incurred due to the additional cost.

Q Why do I have to have my own email address in order to register?

A The computer software uses only your email address to identify you. People must register as individuals using their unique email so that they can be sorted the same way they compete: as individuals. For those without computers, we suggest that they ask a relative or friend who has a computer to help them obtain a free email address and then be willing to accept the few emails they will get confirming their registration. Those with smart phones can create a free Google email (gmail) account even if they use it only once a year for registration. The ASO office is happy to help those who need it to establish those accounts.

Vacation Time! Watch Out for Falls

It's that time again! Seniors all over the country are planning vacations. If they are Arizona "snowbirds," then they may be going back home. Others may be planning to take grandchildren to a National Park, to the beach or maybe to Disneyland. No matter where they plan to go, it's likely that a vacation will actually be more physically rigorous than activities they practiced throughout the winter months. At the beach, there is the sand and the unpredictable ocean waves. In the mountains, there may be hiking or boating. At a theme park, there will be lots of walking and getting on and off of rides and exhibits.

Wherever seniors go this summer, one thing is sure and that is the presence of fall hazards. Unless you intend to spend your summer in bed, it is a good idea to give some thought to some simple ways to plan not to fall.



Shoes should be a major consideration to traveling seniors. Many think that the best shoe is an athletic shoe for those long vacation days. Or you might opt for sandals or the ever-popular zorrries or flip-flops. Whichever you choose, be sure that they firmly support your foot and the front toes will not drag when you walk.

Begin now to start strengthening your legs and you will be in great shape for your summer vacation.

Puzzle Answers

FROM PUZZLES ON PAGE 24

King Crossword

answers

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

Go Figure!

answers

6	x	1	+	7	13
-		+		+	
2	x	8	+	1	17
x		x		x	
5	x	3	+	4	19
20		27		32	

SCRAMBLERS

solution

1. Endow; 2. Feature;
3. Draped; 4. Scowl

Today's Word

SEAFOOD

Even Exchange

answers

1. Letter, Litter
2. Thick, Think
3. Theme, Thyme
4. Scroll, Stroll
5. Border, Bolder
6. Cameo, Camel
7. Major, Manor
8. Wiggle, Giggle
9. Awake, Aware
10. Marvel, Marcel

Weekly SUDOKU

Answer

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