

Spencer Earnshaw was guiding force in creation of art museum

EARNSHAW, SPENCER

By EVELYN BARBER

The note said: "Friends of Spence will attend a Eulogy Service at Sunland Memorial Chapel on Monday, Nov. 15 at 4 p.m." Between the lines of that brief announcement can be read the invaluable contributions that Spencer Earnshaw made to the Sun Cities.

Here was a gentle, unassuming man who had the quality of leadership that gets things done, that inspires the people around him to higher effort. He had a tremendous capacity for work — and a sense of humor that endeared him to a host of friends.

He was on the boards of Sunshine Service and Community Council, but the Sun Cities Art Museum was his driving interest. He was the guiding force in the building of the museum's present home at 17425 N. 115th Ave.

Preparing for the dream-come-true of an art museum for the Sun Cities, Earnshaw and his first wife, Bobbi, visited art museums and galleries across the country in 1983, studying all phases of museum operation. Their information and their ideas played a large part in the planning of the new building.

Earnshaw's dedication to the museum was so deeply involving that many of his colleagues referred to him as "Mr. Art Museum."

He began as public relations chairman in 1981, became president of the board in 1983, served on the board of trustees and as public relations director in 1985-86 and continued as public relations director in 1987-88.

As president of the museum board during the planning and

construction of the new building, Earnshaw spent hour upon hour working with the architect, the building committee and in negotiations with the Del Webb Corp. and Arizona State University for the site.

In a Daily News-Sun article in November 1983, Maricopa County District 4 Supervisor Hawley Atkinson said: "Spencer Earnshaw is to be highly congratulated for his excellent contribution in bringing our art museum into reality" and lauded the proposed educational outreach program for the Dysart and Peoria school districts.

When planning for the museum neared completion, Earnshaw made quite clear what he saw as its purpose. Its primary thrust was to be a part of the community: "If it doesn't represent the community, then we might as well fold up our tents and leave."

The building of a home for the art museum that had been organized in 1975 by a handful of people and a small grant was a signal event for both Sun Cities. The museum had grown in members and prestige, but had no permanent home. Under Earnshaw's leadership, the long-held dream of a building took shape and was completed in 1984.

Spencer Earnshaw was a laudable example of the kind of dedication that makes the Sun Cities special; his memory and his mark are indelibly printed on their cultural history. If there were an honor roll of volunteers, his name would be very near the top.

But his heart and soul already are in every inch of the Sun Cities Art Museum; it is his legacy to all Sun Citians now and in the future.

Double takes



DOERS PROFILE

**Carl
Easterbrook**

Hometown: Arcadia, Neb.

Inspiration: *I hope to continue helping people enjoy music in any way I can.*

Greatest accomplishment: *If I've been able to place people, in one way or another, deeper than they would've gone into music.*

Key to longevity: *Go not gentle into that good night . . . You have to rave a bit against the darkness.*

Music man passes on harmonies

By TINA SCHADE
Staff writer

To say that Carl Easterbrook has a passion for music would probably be an understatement.

As a former public school music teacher and a former professor of music at the University of Nebraska, Easterbrook spent nearly 45 years helping youngsters understand some of the world's most complicated music.

Now, in retirement, Easterbrook is helping seniors do the same in a number of ways.

"Music has been my life largely, and I center my interests around music," he said.

For the past two years, Easterbrook has facilitated music classes for the Rio Institute for Senior Education.

"I think it's a wonderful thing for seniors to have in their midst. It offers people the opportunity to learn about things they hadn't been exposed to before," Easterbrook said.

He has taught sessions at RISE on everything from keyboarding to his most recent course called "Mad About Opera."

And opera is definitely something that Easterbrook, himself, is crazy about. So much so, in fact, that he has written operas that have made their way to production in the Sun Cities.

But Easterbrook's operas don't have tragic themes written in other languages. What makes Easterbrook's productions so different and popular is that he has a knack for making the elusive nature of opera accessible through familiar settings.

Easterbrook has written 30-minute operas about some of the Sun Cities' most ubiquitous activities, such as golfing and condo meetings.

"We have this interesting byplay in the experiences of people versus the great traditional operas of 150 years ago," he said.

But his involvement in Sun Cities music goes beyond teaching and composing. Easterbrook is still heavily involved in the performance end of music.

Easterbrook organized a group about eight years ago known as the Balladeers and has performed with Sun Cities Symphonic Chorus for the past 10 years.

He is also a tenor at First Presbyterian Church and had been a singer with Church of the Palms for about eight years.

Even though Easterbrook has invested a lot of time in pursuing musical interests, he is involved in other organizations in the community as well.

He currently serves on the condo board for Desert Stone, where he helps with "all the little problems that arise" like reminding people of their rent payments.

Easterbrook also likes to play table tennis at Johnson Recreation Center.

"It's a kind of therapy. There's a lot of fun and laughter and that with the physical activity is a great outlet," he said.

And with the purchase of software that allows him to play musical scores on the computer, Easterbrook has become somewhat of a computer junkie.

"Whenever I'm missing for any length of time, my wife knows where to find me."

To nominate a Doer, call Tina Schade at the Daily News-Sun, 876-2514.

Easterbrook, Carl



Mollie J. Hoppes/Daily News-Sun

Beth Eighmey knits hats, booties, sweaters and blankets for the American Red Cross of Arizona. She says everything goes to families in this state.

Yarn of a volunteer

Handiwork leads woman to service

By TINA SCHADE
Staff writer



Beth Eighmey's volunteer career began one afternoon about four years ago when her husband, Keith, returned home from a successful round of yard-sale shopping.

Among the finds Keith picked up for himself was a large \$5 box of yarn, which he snagged for Beth.

Her first inclination was to toss the tangled mess, but the muddled strands of color and fabric presented a challenge Beth couldn't refuse.

The former school teacher slowly but surely began turning the motley piles of yarn into discernable handmade items that she decided

to distribute to local social service agencies.

Beth's handiwork and generosity became so famous that when the American Red Cross was looking for a coordinator for its Production Group, it gave Eighmey a call. She has been the coordinator for three years.

The American Red Cross Production Group is composed of about 70 women from the Northwest Valley who knit and crochet afghans, lap robes, shawls, baby blankets and sweaters for social

service agencies in the Valley.

"I just love to hear a woman say to me, 'I can make a lap robe and someone will actually want it? You mean I don't have to push it off on my cousin? You mean I don't have to keep making pot holders?'" Eighmey said with a laugh.

Some of the beneficiaries of the production group's handiwork are the Central Arizona Adult Shelter in Phoenix; New Beginnings Transitional Home, a shelter for victims of domestic abuse; the Arizona State Long Term Care Home; and Indian Health Services.

The demand is greatest for layettes, which are delivered and used in Luke Hospital for its First Steps Program.

Eighmey and her husband, along with other members of the production group, deliver all the creations to the agencies.

Last year, the group donated 16,452 hours and created 3,372 items for distribution. Each item bears the "Made by the Red Cross"

► See Knitters take, A5

Eighmey, Beth

Knitters take pride in helping families

◀ From A1

tag and is carefully inspected before being delivered.

"We have a lot of pride in what we send out," she said.

In addition to her work with the American Red Cross, Eighmey devotes about eight hours a week as a hospice volunteer.

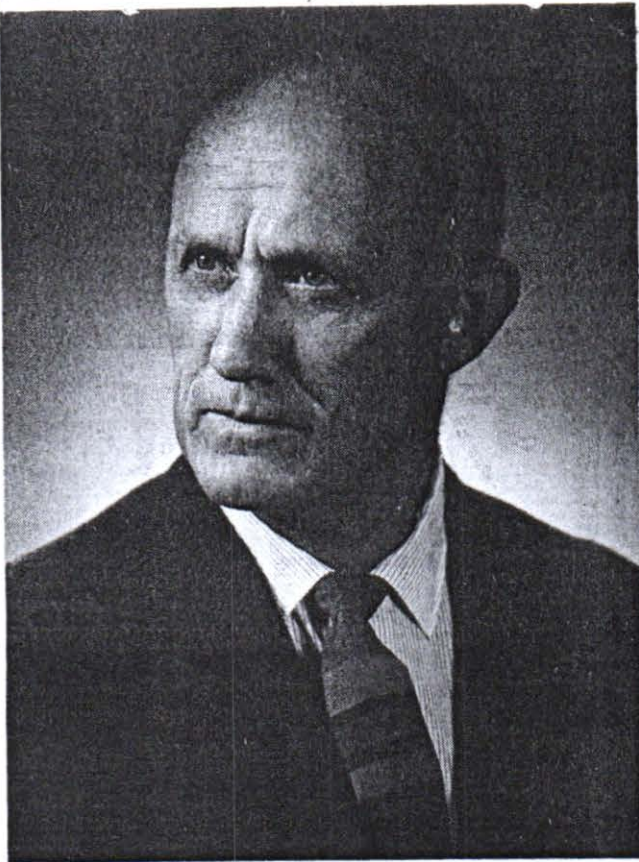
For information on how to donate time or materials to the American Red Cross Production Group, call Eighmey at 977-2736.

For information on other volunteer opportunities, call the Sun Cities Volunteer Placement Services at 546-1774.

1967

Profiles By Esther Morgan

Sun Citizen Profiles



JOHN E. "BUZZ" ELLIS

Hollett of Sun City
Sun City Photo Shop

Sun City's popular barber John Edward (Buzz) Ellis, resides with his wife Dorothy at 12213 Augusta Drive.

Coming from Knoxville, Iowa, to Arizona in 1957, then to Sun City in 1960 he became one of Sun City's first merchants.

Buzz (you had better use Buzz, or they won't know who you mean, was his comment) was born in the coal mining town of Pershing, Iowa, where he attended grade school. He graduated from the Attica High School, then enrolled in Barber School in Des Moines, and served his apprenticeship in several barber shops in Iowa.

He first owned and operated his own business in his home town of Pershing in 1928, and has been in business for himself since that date.

Ellis opened his Sun City Barber Shop in the shopping center in February, 1960, his second when the Plaza Del Sol Shopping Center opened in 1966. As business partners in these two shops, he has Roman Sebald and Harry Thompson. Buzz manages the shop in the north shopping center with three operators. Sebald is in charge of the Plaza Del Sol shop and also with three operators.

Ellis married the former

Dorothy L. Jones, in Okaloosa, Iowa, and the couple have one son, an air force career man, Capt. Larry G. Ellis, stationed at Whiteman, Mo. The captain and his wife Nancy have one daughter, Kristie Lynn, who was born in Okinawa, while her father was stationed there. (If 'Buzz's customers miss him in the shop one of these days, it is because granddad has taken his wife Dorothy back to Missouri for grandchild No. 2.)

Buzz is not only Sun City's favorite barber, he is also that voice usually heard on the PA system at the Sun City Saints softball games. He had 15 years experience announcing baseball and football games back in Knoxville during the school years.

In Iowa, he was a member of the Oddfellows Lodge and he is a Mason. In Sun City, Buzz is a member of the Square Club, and the Sun City Lions.

Buzz is a real Sun City booster, "Anything that is good for Sun City," he said, "that's for me." He follows this up through participation not only at the softball games, but by taking an active part in the Merchants Association, and is always on hand to help at civic affairs.

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Name to Know

Bill Ellsworth is not the type of person seeking accolades and awards for his efforts volunteering in the community.

A member of the Sheriff's Posse of Sun City since 1984, Mr. Ellsworth has volunteered over 21,000



hours with the organization.

"I've never been one to push myself (into the limelight). I just do my job and if I'm recognized great, if not, the sun's going to shine tomorrow anyway," Mr. Ellsworth said.

Despite having been named in the past as the Posseman of the Year and the Maricopa County Crime Prevention Posseman of the Year, his real satisfaction comes from the knowledge that he has helped out individuals in the community and Sun City as a whole.

"I've enjoyed my work in the Posse. It's been interesting ... and rewarding in many ways," he said.

Since its inception in 1991, Mr. Ellsworth has been involved with Sun City's Block Watch program.

Starting as a collaboration of the Maricopa County Sheriff's Office, the Sun City Home Owners Association and the Posse, the program is now solely under the auspices of the Posse.

Mr. Ellsworth is in charge of that program.

Sun Citians prove age is no barrier to staying in shape

By **KATHLEEN WINSTEAD**
Sun Cities Independent

Results of studies reveal physical activity can help people live longer and healthier lives.

The results of one recent study reveal that frail people in their 80s and 90s move around and climb stairs more easily and sometimes no longer need their walkers after they have spent a few weeks lifting weights to build their leg muscles.

Two Sun City residents likely to be fit in their 80s, 90s and thereafter are Richard DeBere and Richard Elton.

Mr. DeBere is an avid bicyclist and a golfer, while Mr. Elton is a jogger, hiker and backpacker. Neither one has experienced major health problems.

Mr. DeBere, 62, has been an avid bicyclist for about 10 years. He does not do a great deal of competitive bicycling, but took a silver medal when he participated in the Tour de Phoenix in mid-April.

"I completed (it) in less than seven hours."

Although a seasoned cyclist, he has had his share of spills.

"Yes, I took about three good crashes. The last one was about three months ago. I hit a 4-by-4-foot (board) in the road with my pedal."

He feels staying in good physical condition has improved his health and believes he's in better physical condition "now than when I was 40."

"I would imagine my blood pressure's better than it would have been (otherwise)."

The longest distance he's traveled in one day was 100 miles and "my first 100 miles I thought was a heck of an accomplishment."

He estimates he's bicycled more than 6,400 miles in the last year and about 15,000-20,000 over the years.



Getting into shape

The second of two parts on senior fitness and the benefits of staying in shape — regardless of one's age.

Mr. DeBere feels he is typical of the average senior citizen in the Sun Cities.

"Everyone here seems to be active."

All-around athlete

Richard Elton, 77, has been fairly active all his life, playing handball, jogging, running, hiking and backpacking.

Years ago, he also rode his bicycle to and from the East Coast college for which he worked. He also ran in high school and college.

"When I turned 60 is when I started the competitive running," Mr. Elton says.

The impetus for running was an injury he sustained playing handball. "I had a sore shoulder from handball, so I went to a race in Green Valley.

"I'd do two races a weekend. I'd go to Wickenburg for the 10,000-meter (10K) on Saturday and (race) in Scottsdale Sunday. I used to go to Irvine, Calif., before they started the Senior Olympics here. I trained hard and I (tried) to beat everyone 55 on up."

Mr. Elton, who has competed in 125 races over a 16-year period, doesn't race now as much as he did in prior years.

While running, he has experienced a few minor injuries but nothing serious or life-threatening.

"I had a knee that acted up," he

says.

He feels his greatest accomplishment has been walking 2,640 miles along the Pacific Crest National Scenic Trail from Mexico to Canada, which he completed Aug. 17, 1988. He walked 500 miles a summer over five summers beginning in 1982.

Mr. Elton also walked the 2,150-mile Appalachian National Scenic Trail from Georgia to Maine.

Not content to rest on his laurels, he has set a goal for himself of hiking to the highest point in each of the 48 contiguous states. He has completed all but two — one in Montana and the other in Wyoming.

He expects to complete them "probably when I am 85," he jokes.

Mr. Elton feels setting goals is important to his well-being.

"It's fun and gives you something to look forward to."

Although he is still active walking and jogging, Mr. Elton also weight trains.

"When I got to age 70 and I

looked at my legs, (they) were great and I looked at my arms and they weren't so great, so I started on weights."

For the past seven years, he has regularly lifted weights at Mountain View Recreation Center. Mr. Elton says his health is good, and believes keeping physically fit may be the reason why.

"I said to my doctor, 'I bet I'm one of the few people in Sun City who is not taking medication.' I don't take a thing."

"Last year when I turned 76, I started taking Vitamin E, zinc and a multi-vitamin."

He says he feels he's in better shape now than in his youth.

"I was playing soccer in high school and (participated) in college track and soccer. When I started running and playing handball, I lost weight right away. So I've lost about 30 pounds from the time I thought I was in great shape."

For the past 11 years, Mr. Elton

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ELTON, RICHARD

has participated in a Stanford University study for the Arthritis Foundation to determine the effects of physical activity and inactivity on the development of arthritis.

"(The study compares) sedentary people to very active people. Every year I do a questionnaire — 20 pages — (about the) food I eat, calcium (intake and) exercise.

"In my old age I select my cereal for the fiber and not the toys inside."

Some results of the study have been released, he says.

"They're beginning to find out that (exercise) doesn't wear you out. We're not developing any problems and are having positive results."

After a lifetime of participating in sports and other physically tax-

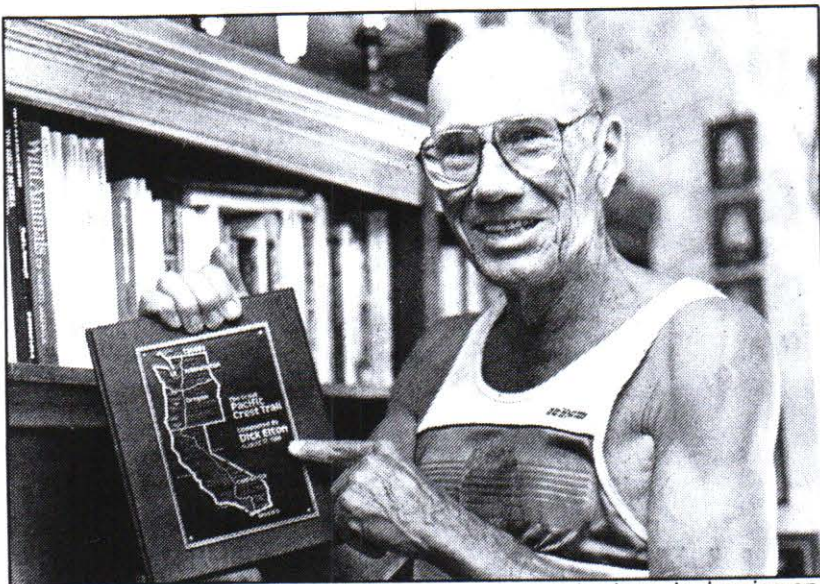
ing activities, Mr. Elton is convinced keeping active is the key to good health.

He doesn't believe he typifies the average senior citizen, but wishes he did.

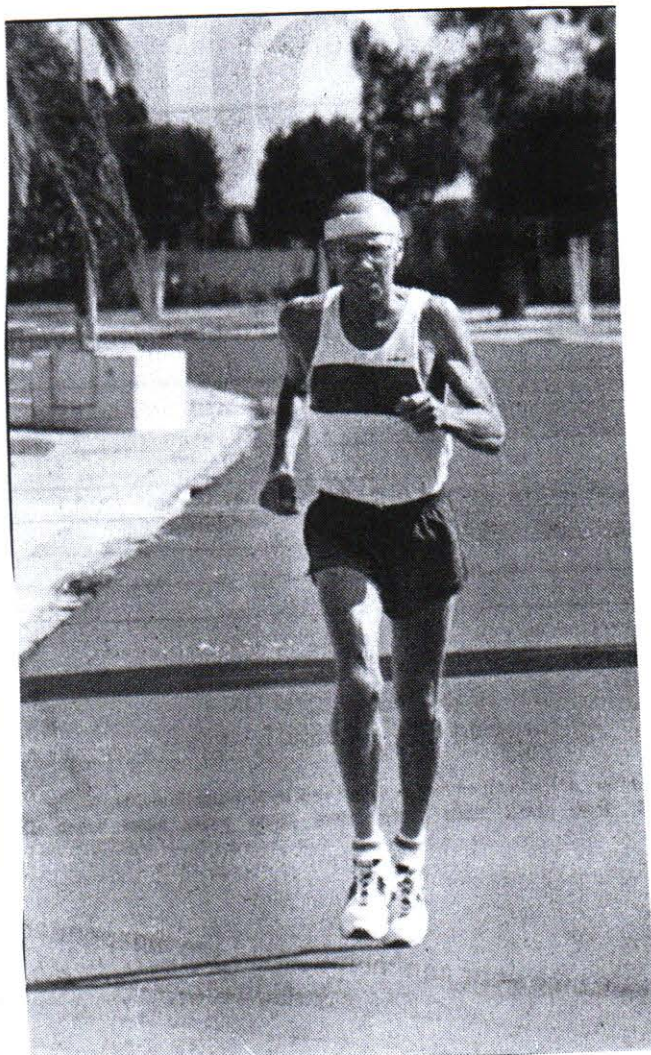
"I think I'm luckier, probably. Other people have taken care of themselves but a knee has given out or a hip has given out. I'm probably in better physical shape (than most).

"It is interesting to stand before a gathering of 500 adults and ask, 'How many want to die tomorrow or next week or this year?' I get very few who ever raise their hand in response to such a question.

"Yet only a small percentage are doing anything to strengthen and improve the functions of the lungs, heart or circulation."



Like many others his age, Dick Elton, above, stays in shape by jogging and playing various sports. But unlike others his age — or any age for that matter — the 77-year-old also enjoys hiking and backpacking and recently walked the entire Pacific Crest Trail — 2,640 miles from Washington to Mexico.



Mystique dogs hiker's trail

By **CONNIE STEELE**
Daily News-Sun staff

SUN CITY — Hiking is so popular the sport has become a fad, said Dick Elton, expert long-distance hiker and wilderness backpacker.

Elton has walked the length of the Pacific Crest Trail that stretches from Mexico to British Columbia in Canada. It took him five summers to hike the 2,600-mile trail.

"When a fad hits, a mystique emerges," Elton said. "I don't believe in the mystique, especially in walking."

The mystique involves manufacturers who "push certain things" and specialty magazines that appear overnight touting the proper clothing, gear and techniques.

Instead of getting out and enjoying themselves, he said, people begin to "worry about their pace, their stride, their clothes and their shoes, and it's all so unnecessary."

"I don't believe in a particular type of shoe or a particular type of clothing," he said.

The trail's elevation gain and condition are all that's really important, Elton said, unless you're involved in overnight backpack hikes and have to carry more supplies.

"Elevation gain is very important, because that's when the heart starts pumping heavily," he said. A trail's tread can also slow you down. Sand is much more difficult to walk on than a hard surface.

In the hierarchy of walking, long walks are the lowest level of difficulty, Elton said. Walks require only comfortable clothes and shoes.

The next level is hiking which requires boots for protection and comfort.

The highest level of difficulty is backpacking, when "you have to carry everything you need," he said.

Then, "You need to know when to rest, the food to pack and the drinking water to take," he said.

The amount of water you need has more to do with the heat of the day and how you perspire, than any prescribed ratio between miles walked and body weight, he said.

"Everyone perspires differently." However, if you're backpacking, he said at least 6 quarts are needed a day because "you have to carry or treat all your water."

On the trail, water might look clean but not be safe. "There's almost no good water left to drink in the country," Elton said. He advised boiling water to drink before thirst sets in. "If you wait until you're thirsty, you're already dehydrated," he said.

To prepare for a long-distance hike, "You get everything out and then cut it in half," he said. Wear layers of clothing "as many layers as it is cold," Elton said.

He suggested beginning hikers should start learning about hiking in the library and recommended a few books including "Backpacking," by Lee Schreiber; and the Sierra Club's "Walking Safely in the Wilderness, guide to backpacking."

Beginners should "try their feet at hiking" before taking on backpacking, Elton said.

Anytime the mood strikes, he said, hikers can go out to the White Tank Mountains, but backpacking takes planning. "You can't just say, 'Let's go out tomorrow,'" he said.

It takes several months to reserve trail space in the Grand Canyon and up to a year to reserve a climb up Mt. Whitney in California.

Elton took time to be interviewed in his Sun City condominium from preparing for a five-day hike along the Grand Canyon rims.

He plans to average 10 miles a day.

"It doesn't sound like a long distance until you factor in the elevation grade and condition of the trail," he said.

Elton said he plans to hike down the South Kaibob trail to the river and Bright Angel Campground, stay overnight at Phantom Ranch the first night and Cottonwood Campground the second night. He'll come out on the North Rim and return to Cottonwood.

OVER

ELTON,
RICHARD

SC man challenges Pacific Crest Trail

By KATHY GILLESPIE
Sports Editor

SUN CITY — For the past four years, Dick Elton has challenged the human spirit on a series of rugged hiking trails from Mexico to Canada, known collectively as the Pacific Crest Trail.

Since 1982, Elton has backpacked more than 1,800 miles of the 2,600-mile trail during the summer months and last weekend, he completed the longest stretch yet, 650 miles from Bucks Lake, Calif., to Willamette, Ore.

The hike took seven weeks to complete. Elton did it solo.

"Every year besides this one I have had people with me but they've always dropped out. So, I went alone just because I couldn't get anyone to go with me," he said.

Elton, 69, a Sun City resident and former dean of Glendale Community College and the State University of New York, is currently an instructor at Rio Salado Community College where he teaches "Walking, Hiking and Backpacking."

He is also a staunch individualist and avid outdoorsman.

"When I retired at 64 I decided there were two things I wanted to do; hike the Pacific Crest Trail and reach the highest point in each of the 48 contiguous states. Life is built backwards, you have to wait until you are retired to do these things," Elton said.

"I enjoy getting out and seeing things in these areas that other people aren't going to see. It's quite a thrill to have your whole house on your back."

Elton's "house" consists of a

70-pound frame backpack that allows room for only the necessities.

"Each time I lecture about the trip someone always asks if I sleep on the ground. I tell them if they go on a hike with me, they do everything on the ground," he said. "Most people don't understand how difficult the trail is. Much of it is rocky and overgrown and at high altitudes."

Elton averaged 16-17 miles daily. He said at one point there is a 11-day stretch through the Marble Mountain Wilderness in California that is spectacular, demanding and lonely all at once.

"Sometimes it's as lonely as the devil. Sometimes it's scary. But to go through all the planning and have it work is a great experience," he said.

To prepare for the hikes Elton said he runs, walks four miles a day, bikes and swims. And although he is very lean, Elton said he doesn't adhere to a special diet. In fact, when he hikes, he eats constantly.

"I eat all I can but I can't keep up. I only stop eating long enough to have lunch," he said.

Elton lost 10 pounds during his most recent hike; he estimates he burns about 3,500 calories daily.

"Sometimes I feel I am in the best shape I have ever been. When I am on trips I write down how I feel every day on a card. On this last trip I wrote how lucky I am and that I've had a good life," he said.

During the winter Elton and his wife, Elsie, plan his summer excursions. Each meal is written



DICK ELTON

down on sheets of paper Elton carries with him, in addition to notes he has gathered about the trail from trail guides he studies in the winter.

The lengthy preparation Elton goes through has probably saved him from even the minor injuries that have a way of becoming more serious when you're in the middle of nowhere and haven't seen a soul in seven weeks.

"One time I came upon a hiker who had decided to throw his boots across the river he was about to cross. The boots didn't make it and they were the only pair he had," Elton said.

But he admits it's easy to get

anxious and over-confident on the trail, especially as you near the end. In fact, on his last hike with two days left to go, Elton said he was feeling so good that he had to stop and remind himself that he had two days and about 30 miles ahead of him.

Elton has about 755 miles to go before he is scheduled to complete the trail in 1988 and once he does he will begin planning his next adventure: to hike the Appalachian Trail from Georgia to Maine.

"My wife will be there in Canada when I come out and we will experience the thrill of completing it together."



The Great Pacific Crest Trail, 2,600 miles long, extends through Washington, Oregon, and California mainly along the crest of mountain ranges in these states. The 1968 National Trails System Act established the trail. Sun Citian Dick Elton has completed over 1,800 miles of the trail since 1982 and plans to finish in 1988.



Profile of an Olympian

By Carol Ciocca

Dr. Richard Elton, 67, won two gold medals and one silver in the 1985 Arizona Senior Olympics, competing in the 10,000, 3,000, and 1500 meter races.

The Athlete

Dr. Elton runs, he bicycles, he backpacks, he hikes. When he is talking about his physical activities, it seems that must be the major focus of his retirement life. However, he says he consciously tries to avoid that over-emphasis.

Dick has become an active competitor as an athlete mainly since the age of 60. A few years ago he was running in 45 to 50 competitive races a year. Now after some physical problems he limits himself to six to ten annually and says that feels good.

He has set two very ambitious hiking goals for himself and has made significant progress toward the achievement of them. One goal is to climb to the highest elevation in each of the 48 contiguous states. He has met that goal in 31 states, including the three highest mountains in the country. The other goal is to backpack the 2,600 mile Pacific Crest Trail, which extends from the Mexican border in southern California to the Canadian border at the Washington state line. He has completed 1,000 miles from the Mexican border to Lake Tahoe and plans to add 400 miles to that log this summer, if he finds a hiking partner. He hiked alone for two weeks the first summer after his partners gave up. However, he knows that is too dangerous so is hoping to find one or more hikers of like interest and ability.

Dick has kept an activity diary for the past seven years, with an accurate log of where, when, and how far his physical activity has taken him.

He has impressive weekly, monthly, and yearly totals. His seven-year total for running and hiking is 10,239.5 miles, which averages over four miles per day. Tack on another 3,293 miles he's pedaled on his old three-speed bicycle.

Is this the physical activity pattern of a man who has been an athlete all his life? He says not. After some running in high school he did none in college until he was a senior and then helped organize a track team. They only had one meet before he graduated. He taught at the State University of New York for 25 years. For 17 of those summers he owned and operated "Ranger Camps," taking groups of boys across the country from National Park to National Park, hiking, fishing, and taking pictures. In pre-retirement years he was a hard-playing handball player.



Whether walking, jogging, hiking, biking, or traveling, Dick Elton is a man on the move.

The Retiree

Now Dr. Elton is successfully retired. He attributes that success to early and on-going planning. At age 55 he began to focus on a retirement blueprint by writing his thoughts about this life phase. Over the next nine years until retirement at age 64 he continued to clarify his thoughts about his impending retirement through writing. "Periodically over that period of time I'd summarize progress, feelings, plans, and ideas. I found the writing so effective in helping me to prepare that I have continued to express the realities of retirement on paper as I review and revise."

And how does he feel about it? "Retirement is a pleasure . . . a lot of

fun! There are so many things I want to do. I want to take more courses, learn more, read more. Sitting behind a desk in an office you are engrossed in one thing and miss a lot."

Dick is an active retiree by inclination but also because he wants to avoid the situation of those he sees floundering in retirement, with nothing to interest them. He feels that variety and a diversity of activity help to keep life interesting, challenging, an adventure. This retiree planned to play golf and even has a brand new set of clubs that are still in the box after eight years. He'd rather hike mountains and desert trails than fairways.

Other retirement activities and interests include his continuing involvement with Rio Salado Community College here in Sun City where he was Area Dean for 4 years before he retired. In addition to teaching a course on walking and hiking, and one on backpacking, he serves as a weekly volunteer.

Another of his interests is giving talks to various organizations. One popular speech is "Our National Parks," complete with photography and music background. Another is entitled, "The First 1,000 Miles," and in the planning stage is "I'm High on the 48."

This man is high on his retirement life. Is it partly a runner's high?

ELTON, RICHARD

Sun Valley Lodge recognizes senior leaders

STAFF REPORT

With May being Older Americans Month, and Sun City having more than its share of outstanding individuals, Sun Valley Lodge decided to honor the cream of the crop Thursday.

The lodge selected four individuals to be honored as Outstanding Older Americans during an awards breakfast featuring Maricopa County Sheriff Joe Arpaio.

Tireless volunteer **Jane Freeman**, often called the First Lady of Sun City, and professional athlete **William "Bill" Emmerton**, author of "Run for Your Life," were recognized as the top Outstanding Older Americans for their service. **Ken Lipp**, a 98-year-old who founded one of the community's Lions clubs, and **Dorothy Mills**, long-time manager of Sun Valley Lodge's Thrift Store, also were honored.

Freeman's recognition

came for her service since retiring as a dean of students. The 84-year-old has served on several Sun Health boards and committees, and has volunteered with Sun City/Youngtown Meals on Wheels and the Sun City Community Fund/Valley of the Sun United Way. She also serves on Valley of the Sun United Way Foundation's board of directors.

Freeman also helped found the Sun Cities Area Historical Society and Sun City Library. In 1992, she originated the Convenience Fair featuring goods and services for those facing physical or visual challenges.

Serena Sorensen, who nominated Freeman, stated, "She began volunteering in 1977 and for more than 25 years has been involved each day of the week in at least one of her numerous volunteer projects — most of which she has served in leadership capacities. She continues to volunteer approximately 30

hours per week."

Emmerton, 84, was recognized for his service prior to retirement.

"He is the undisputed monarch of ultra distance marathon running," said his nominator, Larry Daniels. "What began at 18 years of age as a daily exercise to improve his poor physical condition exploded into a running career, which attracted worldwide attention."

Emmerton, who immigrated to the states in 1964 from Australia, won 150 amateur long-distance running championships and represented Australia in international competition. He has run 100 miles non-stop in less than 18 hours, and earned world's record on the 12-mile run on a track and the longest run in one hour.

According to Daniels, Emmerton has clocked 138,000 documented miles in his life, enough to circle the Earth five times. He and his

late wife, Norma, also organized several charity runs throughout America.

Emmerton's story has inspired others to maintain their health through physical fitness, Daniels stated.

Mills, 84, was nominated by Toni Fisher for overseeing the thrift store's expansion. Mills began managing the store 14 years ago and has raised contributions for the expansion, as well as quadrupled sales to nearly \$50,000 annually.

"She trains her volunteer staff in sound customer service, and she receives accolades from the auditor every year," Fisher stated.

Lipp, a former insurance company regional manager, was nominated by John Bliss for "devoting his life to helping less fortunate people" since retiring to Sun City in 1970.

Lipp helped form a new Lions club, the Mid-Week Lions, in 1972, and has twice received The Melvin Jones



STEVE CHERNEK/DAILY NEWS-SUN

Nominees for Sun Valley Lodge's Older American Awards are Jane Freedman, left, Bill Emmerton, Dorothy Mills and Ken Lipp.

Fellowship, which is the Lions' highest honor. He also has held all offices in the club.

Lipp also helped create the Arizona Library for the Blind, and has championed the Recreational Reading for the

Blind Foundation.

"Today, at 98, he is the one that all club members would like to emulate," Bliss said. "He has also been a pillar of his church and has helped implement a lot of the fellowship programs there."

Engelhardt, Tom

Retiree's hobby is helping his fellow man

By Lori Baker
The Arizona Republic

SUN CITY — Tom Engelhardt's days as a CIA agent and as an attorney specializing in nuclear energy bear little resemblance to how he is spending his retirement.

Instead of working for a high-powered government agency, Engelhardt fills his days helping fellow Sun Citians.

The work he does behind the scenes benefits hundreds, perhaps thousands, of people. He spends countless hours at meetings serving on boards and committees for community agencies.

For example, he's raising money for a new stage for Arizona State University's Sundome Center for the Performing Arts in Sun City West so it can host bigger Broadway-type shows. He's helped organize a service offered by the Northwest Regional Community Council to assist elderly people who are moving into new homes.

And he's trying to encourage Dial-a-Ride system operators in the Valley to link their

JUST FOLKS

services together.

"The idea is to take people to where they want to go, not to the border of where a service is offered," Engelhardt said about his work for the Regional Public Transportation Authority's advisory committee. "It's challenging because you have both private and public funding involved."

A sampling of Engelhardt's volunteer positions include vice president of the Northwest Valley Regional Community Council, chairman of the Catholic Diocese of Phoenix's Sun Cities human service development committee; and chairman of the Sun City Prides audit committee.

The 72-year-old uses his years of organizational and leadership experience to guide agencies in launching programs and raising money.

His career with the federal government started as a CIA field agent between 1950 and 1958, during which he debriefed foreigners as well as American students who studied abroad.

He spent most of his professional life as an attorney specializing in nuclear energy law. He worked from 1958 to 1976 for the U.S. Atomic Energy Commission and then from 1976 to 1982 for the U.S. Nuclear Regulatory Commission.

When he and his wife, Elizabeth, moved to Sun City in 1983, they cut their ties from Washington, D.C.

While many retirees play golf or do crafts, Engelhardt prefers to devote his energy to helping others.

Just a few months after moving to Sun City, he joined Sun City Prides and trimmed bushes and pulled weeds along the community's medians. After hurting his ankle, Engelhardt put the rake aside, but he continues to serve on the agency's audit committee.

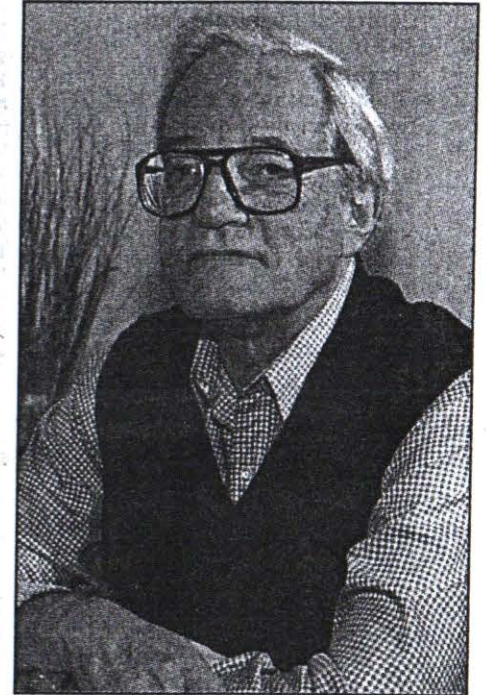
He is a past president of the Sun City Lawyers Club, the Sun City Community Fund, the Sun Cities Community Council and the St. Clement of Rome Parish Council.

Because of his years of dedication, Engelhardt was nominated by the Northwest Community Council as Volunteer of the Month for the Sun Cities Volunteer Bureau's contest. He won the honor in September, and he and his wife plan to take advantage of the prize — a seven-day cruise to Alaska — this summer.

Sylvia Cartsonis, executive director of the Northwest Valley Regional Community Council, said Engelhardt is a shining example of volunteerism.

"Tom is a true humanitarian," she said. "He's very practical, logical and to the point for the betterment of his fellow man. He's a very dedicated person."

Lori Baker can be reached at 444-7120 or at lori.baker@pni.com via e-mail.



Charles Krejcsi/The Arizona Republic

"Tom is a true humanitarian," one admirer says of Sun City's Tom Engelhardt.

'I am not a hero'

World War I vet honored by French

By Ryan Konig
The Arizona Republic

SUN CITY — Dr. Benjamin Erger gently corrects anyone who calls him a hero for serving in France as a U.S. Marine during World War I.

He was a teenager from Brooklyn when he enlisted, and his service in that war ended with the explosion of an enemy bomb that injured his leg and cost him an eye.

“
I am not a hero. I was a buck private, and as such, I did what I was told to do and I went where I was told to go.

BENJAMIN ERGER

FRENCH LEGION
OF HONOR RECIPIENT

“I am not a hero,” Erger said. “I was a buck private, and as such, I did what I was told to do and I went where I was told to go.”

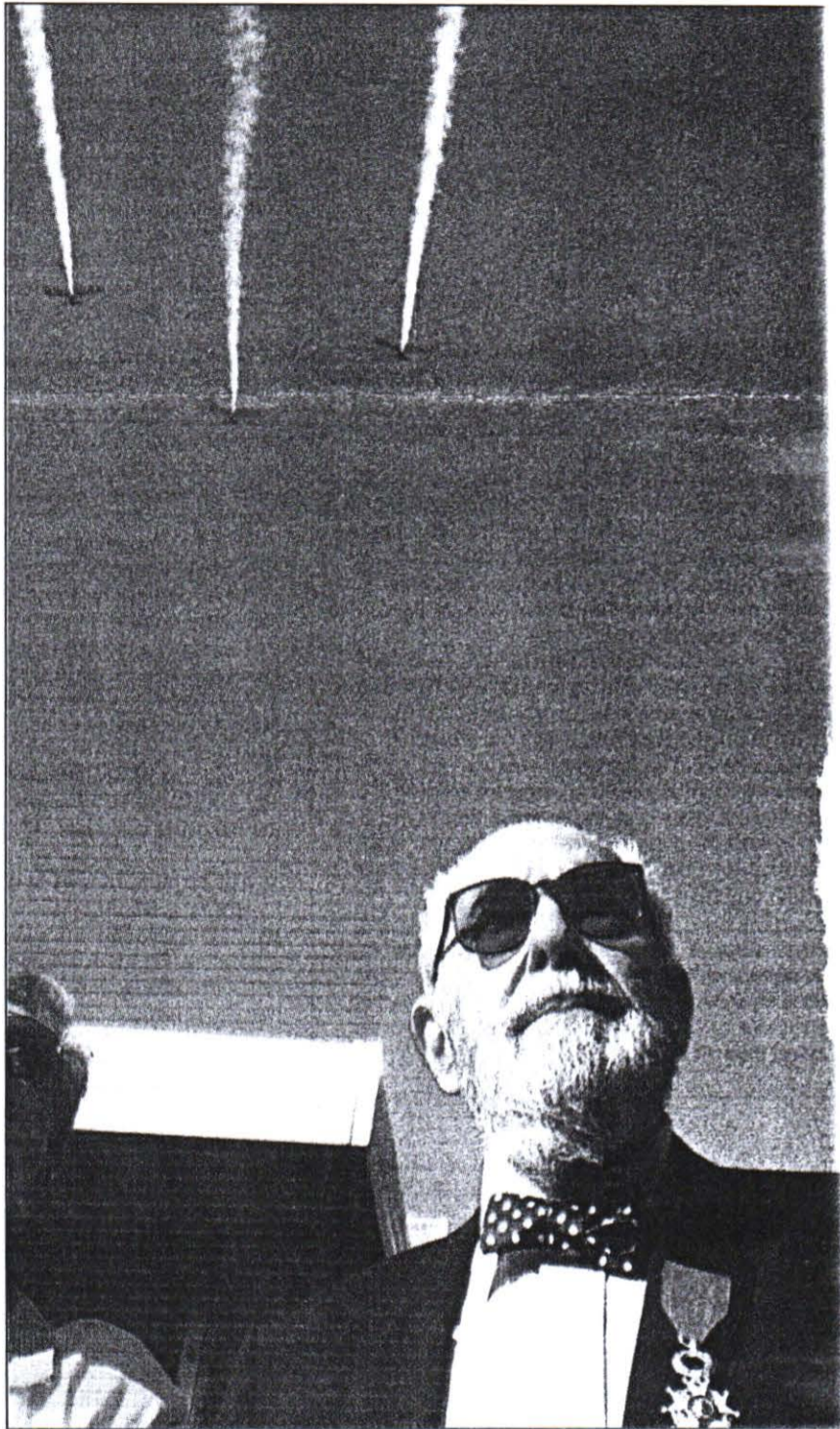
Even so, he freely chose to enlist a second time, soon after the World War II bombing of Pearl Harbor. This time, he enlisted in the U.S. Army Medical Corps as a 43-year-old doctor.

Still, he doesn't call himself a hero.

On Saturday, the 100-year-old Sun City resident didn't have to. Just before he was awarded the medal of the French Legion of Honor, dozens of people took turns calling Erger a hero.

The ceremony, held at the Sun City home of Erger's friends, Herman and Edna Baer, attracted more than 50 friends and family members from all over the country, including a dozen Marines and government representatives of the United States, France and Arizona.

Erger mingled in the crowded home, greeting old and new



Pat Shannahan/The Arizona Republic

As replica World War I planes flew overhead, Dr. Benjamin Erger, 100, was awarded the medal of the French Legion of Honor for his World War I service.

friends and trading one-liners.

When a woman kissed Erger, he turned to an ex-Marine and said, “See, this is what happens when you join the Army.”

And when someone praised Erger for his modesty, he adjusted the lapels of his dark-blue suit and said, “You are absolutely right about everything you just said.”

And when Erger was awarded a special recognition plaque from Gov. Jane Hull, a Republican, Erger quipped, “Well, wait until she finds out I'm a Democrat.”

Each time someone praised him for

his military service, Erger responded with a light dose of humor to protect his modesty, until later in the afternoon when the praise overwhelmed him, bringing tears to his eyes.

Erger's medal of the French Legion of Honor is the highest honor bestowed to a civilian by the French government. Soon after Claude Prosnier, honorary French consul for Arizona, presented the award to Erger, a squadron of replica World War I fighter planes flew overhead.

Prosnier said that Erger is among only hundreds of living U.S. veterans who served on French soil during World War I. French officials began working to locate and honor those veterans soon after the 80th anniversary of the end of that war.

Ryan Konig can be reached at 444-7123 or at ryan.konig@pni.com via e-mail.

DR. BENJAMIN ERGER

Community leader dies

Daily News-Sun staff

SUN CITY — Gordon Evans Sr., a former Coconino County supervisor, state representative and retirement community leader, died Wednesday in Sun Health Care Center. He was 89.

Mr. Evans, a Sun City resident, was born in Dargin, Ala. He moved to Arizona in 1924 from Birmingham, Ala.

Mr. Evans owned and operated a sporting goods store in Flagstaff for several years. He served on the Coconino County Board of Supervisors from 1941 until 1950, when he was elected to the state House of Representatives.

Mr. Evans served one term in the House and was the

chairman of the Arizona Game and Fish Commission from 1955 to 1958.

He moved to Sun City 29 years ago.

In 1978, Mr. Evans was appointed to the Maricopa County Parks Commission. He served as a commissioner until 1983.

Mr. Evans was past president of both the Arizona Supervisors Association and the Arizona Wildlife Federation.

In Flagstaff, Mr. Evans was a member of Masonic Lodge No. 7 and Elks Lodge No. 447.

In Sun City, Mr. Evans was founder of the Sundial Men's Club and a past director of the Sun City Community Fund, the Sun City Men's Golf Asso-

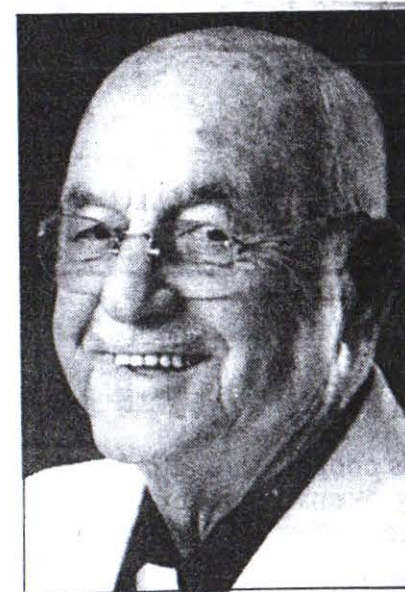
ciation, the Recreation Centers of Sun City, the Sun City Taxpayers Association and the Sun City Shrine Club.

He was also a member of El Zaribah Shrine Temple in Phoenix, the Sun City Square Club, Sun City Hi-Twelve Club, Oakmont Men's Club, Sun City Elks Lodge, and the Sun City Conservation and Sportsmen's Club.

Mr. Evans is survived by three sons, Gordon Jr. and Milton G. of Flagstaff and Marvin of Ahwatukee; nine grandchildren, 14 great-grandchildren and one great-great-grandchild.

Service will be in Flagstaff at 11 a.m. Friday in Citizens Cemetery.

Memorials may be sent to



Gordon Evans Sr.

Shriner's Hospital for Crippled Children, Fairfax Avenue at Virginia Street, Salt Lake City, Utah 84103.

AZ. WILDLIFE NEWS APRIL 1977

Gordon Evans Followed Doctor's Advice

by Jim Cullison
News-Sun Staff Writer

For a man who once expected to die young, Gordon Evans has led a full and active life.

During his more than 50 years in Arizona he has owned and operated two different businesses, served on a county board of supervisors, the state legislature, and another major state agency, organized two of Sun City's largest clubs, and served offices in a long list of others, including Recreation Centers of Sun City and the Community Fund.

None of his accomplishments could have taken place if he had not taken the advice of his doctor when he was a young man in his twenties.

EVANS was born and reared in the industrial city of Birmingham, Ala. His mother died of tuberculosis when he was five, and Evans himself grew up with a chronic bronchial ailment that was aggravated by the grimy air in Birmingham.

His doctor warned him the condition could be fatal in a short

time and, borrowing a line from Horace Greeley, advised young Evans to go West.

Evans gathered up train fare West and, during a short stay in Los Angeles, heard an acquaintance describe a little cowboy town in Arizona that was surrounded by expansive, game-laden forests and clear, exhilarating air.

The description prompted him to board the Santa Fe for Flagstaff in the dead of winter in 1924.

"WHEN I got off the train, the snow was deep to a tall giraffe," he recalls, "but I saw those tall pines and breathed that fresh air and I knew I liked it there."

Evans got a job as night manager of the bowling alley in the little town of 800, even sleeping there to eliminate the expense of renting a room.

He soon got a second job by day in the grocery department of the Babbitt Brothers Store, an institution founded by Attorney General Bruce Babbitt's grandfather and operated then by his father and uncles.

AS EVANS' health improved in Flagstaff, so did his prospects. He became assistant manager,

then manager of a lumber company there, and in 1926 moved to about 30 miles south of Flagstaff to Mormon Lake, where he became part owner of Tomblor's Lodge, a summer resort.

"It was a summer playground for people from the Valley," he said. "This was before anyone ever heard of the White Mountains. A lot of prominent people had summer homes there."

That was in 1926. Nine years later Evans scraped up \$15,000 and became sole owner of the 320-acre resort, which included campsites, boats, riding horses, dance hall, gas station, grocery, and post office.

THERE were a few drawbacks. He had to supply his own electrical power with generating equipment, the only accessible phones were those of the forest service, much of the water had to be trucked in because of inadequate wells, and in the winter "We were snowed in, period," he said.

In 1944 he sold the lodge and grounds for \$25,000, moved back to Flagstaff, and opened a sport-

ing goods and package liquor store. An avid outdoorsman, fisherman, and hunter himself, Evans not only had the equipment sportsmen needed, but could offer knowledgeable advice.

It was shortly before he sold the lodge that Evans became involved in government work. He was elected to the Coconino County Board of Supervisors in 1941 and served 10 years. He is proud of the fact that during that tenure the county operated without the need for a property tax and there was a large treasury surplus when he left office.

HE NEXT served two years as a state legislator and later was appointed to the Arizona Fish and Game Commission, serving four years, including a term as chairman.

He also has been a member of the Arizona Highway Planning Committee and the Coconino National Forest Advisory Board, and is a past director of the Flagstaff Chamber of Commerce and past Arizona Wildlife Federation president.

In 1967 the wildlife association presented him with its Thomas E. McCullough Award, its highest honor for conservation to a non-professional.

EVANS and his wife moved to Sun City in 1964, and he brought with him his keen interest in community affairs and people.

Since arriving in the retirement community, he has helped organize the Sportsmen's Club, the largest of its kind in the state, and is its current president. He also is the founder and first president of Sundial Men's Club.

He has been president of Recreation Centers of Sun City and the Men's Club of Sun City and served offices in the Community Fund, Men's Golf Association, Youngtown-Sun City Shrine club, and 61 Club, in addition to having membership in several other organizations.

STILL AN active outdoorsman, Evans recently returned from a weeklong stay with friends on a houseboat on Lake Powell.

From his hunting trips he has bagged nine of the Big 10 game trophies, with only the bighorn sheep eluding his efforts. Oddly enough, drawing for bighorn sheep permits was instituted during his tenure on the fish and game commission, but his name was never drawn during the 15 to 16 years he tried for a permit.

"I guess that shows that the drawings are not fixed," he said.

HE IS philosophical, too, about the good fortune experienced by a later owner of Tomblor's Lodge.

The lodge was resold for \$40,000 three years after Evans left, and the new owner was able to find an adequate supply of well water where others had failed.

"He sold 50 acres and the lodge for \$150,000 and got about another \$150,000 for selling some of the lots, and he still owns some of the land there," Evans said. "The place is so popular now that they are building everywhere."

"I have no regrets, though. I've been very fortunate myself," he added.

(Reprinted from Sun City News-Sun)



GORDON EVANS recalls outdoor experiences beneath one of many game trophies in his Sun City home. Photo and story courtesy of News-Sun paper in Sun City.

EVANS, GORDON

Posse member looks out for Sun City

John Evans is on the lookout. He looks for the unusual, for things that are out of place. And, for this, the residents of Sun City can be thankful.

"You need to be alert," said the 10-year Sun City Posse veteran. "You need to know what's happening around you when you're out on patrol. I am constantly asking myself questions. What's different about this scene? Was that car parked here 30 minutes ago? Why is it parked over there now?"

These were some of the questions that John was asking aloud as we drove through a strip mall parking lot off Bell Road. It was a late May, Sunday evening and I was a C.O. (Civilian Observer) sitting in the passenger side of Patrol Car 15.

"When I drive by a handicapped parking space," he said, "I automatically look to see if the car in the spot has tags in the window. If it's after dark and I see a woman by herself at a bank ATM, I'll stop until she gets back into her car. Since joining the Posse, I've become more watchful. 9-11 may have heightened it, but I've always been observant."

For John, who just turned 76, vigilance is second nature. He was the Superintendent of Maintenance for Wisconsin Electric Power for 40 years.

Conducting safety inspections was a vital part of his job.

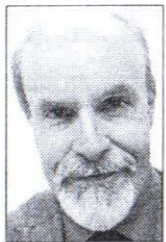
"Maybe it started back there," he surmised. "I watch people and what they do. You do that to keep an environment safe."

John's observational skills also aid him in another area. He is a Posse instructor for directing traffic.

"I tell the new recruits it is one of the most dangerous things they will do in the Posse," he said. "I tell them when you're in that intersection, treat that intersection as if it's your living room. Nothing happens in your living room you don't want to happen. Nothing happens in that intersection that you don't want to happen. You must control the intersection."

John paused for a moment to listen to the radio dispatcher read off an address code for a "503." Someone had left a garage door open. He pulled into a drugstore parking lot to look up the address in a directory. When we got back onto the road, he continued with details on the importance of directing traffic.

"And I also tell them that if



Rich Kenney Jr.

someone blows their horn at them, or if somebody rolls down their window and yells something that upsets them, I tell them they may want to think twice about getting into the Posse. Because if you lose your train of thought, you lose control of the intersection. You've got to stay focused."

He paused again, this time for effect.

"It can be very intimidating. You've got two tons of steel hurling at you and, inevitably, a car will run through. You've got to think about what you're doing out there in the intersection."

John and his family moved to Sun City from Racine, Wisconsin in 1992.

"Winters didn't get any better after my first five years of retirement in Racine," he said. "We came here for the sunshine. But more importantly, we came here to get involved and not just sit the house."

A Posse member since 1993, John has more than 13,000 hours of volunteer time. He logged 2,000 hours alone the year he was Commander of the Sun City Posse in 1997.

"That was a full time job," he said of the former post. "I've scaled back since then to about a 100 hours a month."

For all his hours of work, John does not get paid. He and his colleagues are volunteers. The Sun City Posse does

not receive county, state or federal funds to carry out its programs.

"We rely solely on donations," John said. "And sometimes, the ways we get them surprise us. We helped a lady one time who had driven her golf cart up over a curb. I had to go back to the garage for special equipment to lift it off. When we finally did, she said, 'I have something for you.' It was a check for \$200."

As we drove south along 99th Avenue, I asked John about the "Code 670" we heard over the radio.

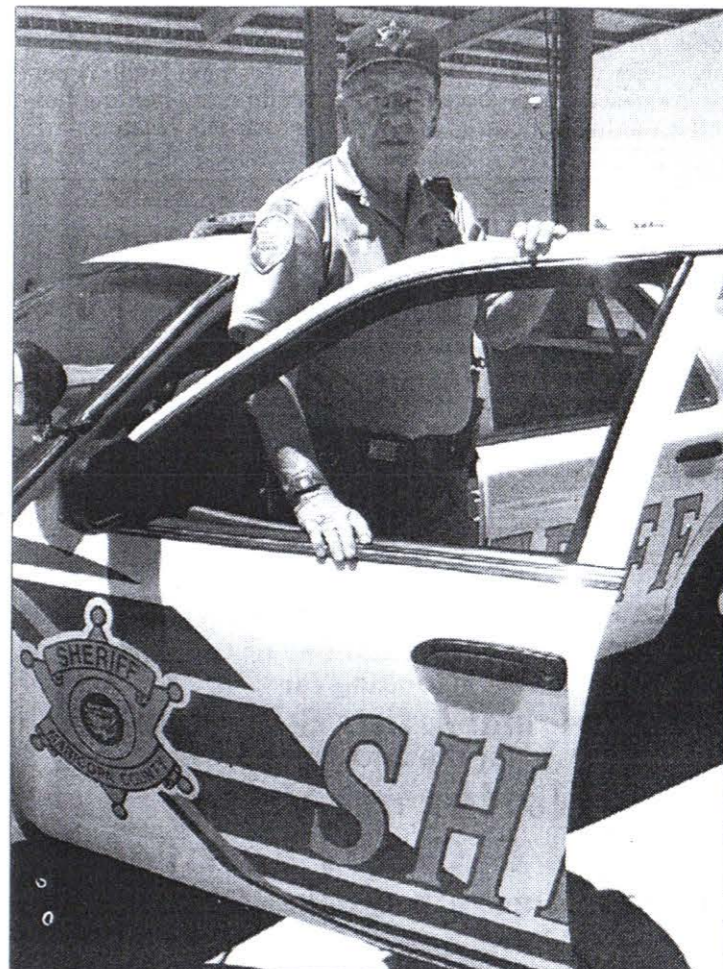
"It's what we call a welfare check, and no, it's not something we hand out," he said with a chuckle. "We check on the welfare of people. It's one of the most important things we do."

John's helped a number of people while performing welfare checks, including contributing to saving the life of a woman who had been on the floor of her kitchen for two days after falling from her wheelchair.

"Helping people," he said. "That's what it's all about."

Before dropping me off at the base, John made a stop at a retirement center. Driving through the parking lot, I watched him at work.

"What I'm looking for here are car lights left on, open trunks, maybe broken glass," he explained. "Sometimes,



MOLLIE J. HOPPES/DAILY NEWS-SUN

Sun City Posseman John Evans volunteers almost 100 hours per month to the Sun City Posse, and was commander of the agency in 1997, logging 2,000 hours of volunteer time.

someone has even fallen and might be lying next to the car. A little later tonight I'll come back when it's dark during shift change to make sure staff members get to their cars safely."

John Evans - he's

watching, working for the residents of Sun City.

If you have a column idea, e-mail Rich at Rhkenneyjr@aol.com or write him at the Daily News-Sun, 10102 Santa Fe Drive, Sun City, AZ 85351.