

Dance steps keep this senior beauty on her toes

By YOLANDA MUHAMMAD
Sun Cities Independent

The Mona Lisa is no less beautiful in her antiquity and Liz Taylor is still a hot ticket.

One of the things all Sun City males know is that there are plenty of attractive women over the age of 50. Beauty shines from a woman because of her attitude and carriage. It can happen at three or 73.

Knowing that there was a wealth of senior beauty out there, Carol Gibson, owner of Carol's Pretty Things dress shop in Peoria, organized a Ms. Senior Citizen of Arizona Pageant.

Sun Citian Thelma Ward took first place in the pageant ... and deservedly so. She is a vivacious, poised and lovely woman who finds life just divine and worth the living.

"I always like a challenge and I always like to do something I have never done before," Mrs. Ward says of her decision to enter the pageant. "Friends suggested I enter."

She has been a member of the Sun City Pom Poms for six years. It keeps her in shape and keeps her traveling, she says. The Sun City Pom Poms have been invited to participate in shows and parades all over the country and in Canada.

They went to Victoria, Canada to celebrate Queen Victoria's birthday. "They had a parade ... we are big on parades," she says of the Poms.

"We have been to Milwaukee for six years running. This is a festival of parades. Every week of the month they have a different theme, but it is all ethnic. We go there the last week in June for the big finale and they

Pom Poms is performing for First Lady Nancy Reagan. It was during a big fund-raising dinner held in New York to spotlight President Reagan's physical fitness program.

"Nancy Reagan was the honorary speaker. The President didn't make it, but she was very nice. We had a chance to meet her and have our picture taken with her.

"She just couldn't get over how agile we were," Mrs. Ward says.

In addition to a trophy to mark her reign as Ms. Senior Citizen of Arizona, Thelma Ward was awarded certificates for Ms. Poise, Ms. Personality, garnering the most advertising and Ms Photogenic.

These additional honors are not surprising in light of one her other activities -- she is a model, with an agent, who does commercials and other advertising promotions, such as newspaper ads and magazines and brochures.

Mrs. Ward is in the newspaper advertisement for Emerald Homes and the promotional brochure for Ventana Lakes.

"Look at that sunset," she says of the photograph in the brochure. "And that is a real fire on the barbeque. We burned up steaks and potatoes and everything else, but we had a wonderful time!"

She has done four commercials for Turf Paradise and appears in the brochure for Sunflower RV park in El Mirage.

Most of the contestants in the pageant were from Sun City. "I had expected that they would be from all over, so when I won I was surprised ... genuinely surprised," Mrs. Ward says.

She has two daughters and four grandchildren, who are all very proud of her title of Ms. Senior Citizen of Arizona.

"And my husband, Charles, is very supportive. I have to have a good husband, because not just every husband would put up with a routine like I have. Gone a lot. But he never complains. He fixes a lot of his own meals.

THELMA WARD, of Sun City, has been chosen Ms. Senior Citizen of Arizona for 1989.

Bret McKeand/Independent



Sun Citian

Profile

Portraits Of Our Residents

mother, so I guess he feels it is my turn."

Mrs. Ward says she has always liked dancing and when she joined the Pom Poms it made her happy to have an opportunity to dance, while projecting a positive image of the active life in Sun City.

One of the questions Mrs. Ward was asked during the Ms. Senior Citizen Pageant was: If you had a chance to choose a new career and live your life over, what three things would you do?

"My answer was: dance, dance, dance! I have never danced professionally, but I have had a beautiful time with the Poms. To win the title of Ms. Senior Citizen is like icing on the cake."

This was a beauty contest with emphasis on beauty from within. There was a sports outfit competition and an evening gown competition -- no bathing suits.

The women were judged on their personality and poise in the question and answer period and there was a cookie

baking contest.

"I felt like a piece of meat hanging up there to be judged," she says of the pageant runway experience. "We were escorted to center stage by the Moon Valley High School ROTC Honor Guard, and then they left us there.

"They were nice looking young men," Thelma says, but even this was not quite enough to take the sting of embarrassment out of that first walk on stage. "I died a million times, standing there.

She says the highlight of her work with the Sun City Pom Poms is performing for First Lady Nancy Reagan ... "She just couldn't get over how agile we were..."

"We had to wear our own clothes to reflect our own style. For the evening dress competition I wore a straight black satin skirt and a black and silver knitted sweater that had a boat neck and came to a "V" in the back and had rhinestones. Not too elaborate, just enough," Thelma says.

She says she and her husband, Charles, live a very casual life. They like buffets when they entertain and she prefers casual dress. But even in jeans and a simple shirt, Thelma Ward is elegant.

She also runs her own estate sales business, T&M, with partner Marion. "That takes up a lot of time," Mrs. Ward says. "And I am a life time member of Beta Sigma Phi sorority."

One of the other joys of her life has been traveling the world while her husband was in the Air Force.

They discovered Sun City while her husband was stationed at Luke Air Force Base in the late sixties. Military life led them to England and Norway and all over Europe. After a five-year tour in Tehran, Iran, they returned to Sun City to retire.

Duties as Ms. Senior Citizen will begin in 1989 and will include charity work and radio interviews to promote a positive image of healthful and vigorous senior living.

Thelma Ward - Sun Citian, Pom Poms, model, business woman -- is a proud representative of how senior women of today need not get older but they can get better

Sun Citians continue Senior Olympic excellence

SC cyclist grabs triple gold

By MARK CASSIO
Independent Newspapers

Sun City's Louise Girard added to her medal collection.

Many other Sun Citians also captured medals in various Arizona Senior Olympics events held throughout the Valley.

Girard swept the 65-69 age bracket for cycling with gold medals in 5K (10 minutes, 55 seconds) and 10K (21:00) time trials and a 20K (41:17) road race held Feb. 27-28 at Ahwatukee's Pecos Road.

"I'm pleased. My times weren't stupendous, but they aren't far off from last year. So I'm maintaining pretty well," she said.

Other area ASO medalists include Sun City West's James House, gold, two silvers; Clinton Dahlstrom, gold; Arkadij Oceretko, gold; Clark Newman, gold; Jo Splistiser, gold; Henry Splistiser and Eugene Wilson, gold; Al Van Der Schyff, gold.

From Sun City, Donald Johnson earned a silver medal; Henry Moeller, bronze; Mary Jane Hoff, two golds; Calvin Pepper, silver, gold; Elizabeth Troup, gold; Elmer Leonard, gold; Arthur Greenwood, silver; Bill Marr and Bernard Zamzow, gold; Neil Swezey, gold; Jack Tanner, gold, silver; Shirley Henry, gold, silver; Dorothy Irving, gold; Robert Bons, gold; Youngtown's Cruz Sagasta, gold.

Girard also landed a special "medal of honor" for a 10K cycling time that placed third in the 60-65 bracket — one below her actual 65-69.

In time trials, competitors attack the bicycle course individually, leaving the starting line in one-minute intervals, Girard explained. Each rider, therefore, races against the clock. The 20K road races featured a "mass start" allowing riders to employ techniques like drafting.

Girard does not train too serious-

ly for competition, but logs three recreational rides per week. Each ride with friends covers 40-50 miles.

She has competed in ASO cycling events annually since 1988 and less frequently in Tucson and Flagstaff senior Olympics. In her only National Senior Olympics, at Tucson last year, Girard placed third in the 20K race.

"I was very proud of that. The girls that finished first and second are very good," she said. Girard has qualified for the nationals every year, but elected not to compete at locations far from Arizona.

Girard rides with the West Valley Bicycle Club, a Greater Arizona Bicycling Association chapter. The club plans its second Vulture 150, an overnight ride/camp to start and finish at Wickenburg. Riders will cover 100 miles the first day, camp at White Tank Mountain Regional Park and return 50 miles the next day to Wickenburg. Call Girard for more information at 977-3652.

House topped the 70-74 5K cycling field and finished second in the 10K and 20K events. Hoff earned top honors in 70-74 women's singles horseshoes and in women's intermediate table tennis. Sagastas won 50-54 men's horseshoe singles.

Pepper was second at 70-74 singles and first in doubles with partner Leonard. Troup took first in 70-74 women's doubles. Marr and Zamzow combined to win men's 80-84 doubles. Greenwood took second in 75-79 men's doubles.

Johnson and Moeller placed second and third, respectively, in men's 70-74 pistol shooting. Dahlstrom topped a 70-74 shooting event field.

Jo Splistiser and Henry finished first and second in 65-69 advanced table tennis. Swezey (55-59), Tanner (60-64), Oceretko (70-74) and Newman (80-84) medaled in men's intermediate table tennis.

V-ball group: age no factor

By MARK CASSIO
Independent Newspapers

The Sun Cities Volleyball Club spikes its competition — and enjoys it.

While most retirees choose less strenuous sports, a dedicated local group meets several times each week to sprint, jump and even dive on surfaces ranging from hardwood to hard-packed dirt. Each player strives to drill the round ball past opponents on the opposite side of the seven-foot-plus high net.

"A bunch of us have played volleyball primarily all our lives," Sun City West's Roy Handwerk said. "We got a few people interested here and they've developed into good volleyball players."

The club hosts informal practices, generally six-on-six games, 9 a.m. each Monday and Friday at R.H. Johnson Recreation Center's outdoor court located between the pool and upper-level bocce courts. All interested Sun Cities area players of all ability levels — especially women — are welcome to participate.

Players span the age spectrum from 50 to 82. Fred Anderegg, 82, the club's "senior member," has enjoyed volleyball for many years.

"I think it's great," he said. All members agree you're never too old to play volleyball and it's a great way to not only stay fit, but to make friends.

Other club practices are held at Paradise R/V Park and indoors at a private Phoenix gymnasium. No indoor volleyball facility exists in the Sun Cities.

For competition, the shortage of local female players prompted some area women to join Tucson counterparts to form teams in different age brackets.

The age 60-plus squad — represented locally by Sun City West's Gint Clifford and Faye Beck, Sun

City's Norma Whiffing and Diane Thompson of Litchfield Park — landed a silver medal in the recent Arizona Senior Olympics and qualified for the Senior National Games at Disney's Wild World of Sports Complex, Orlando, in October.

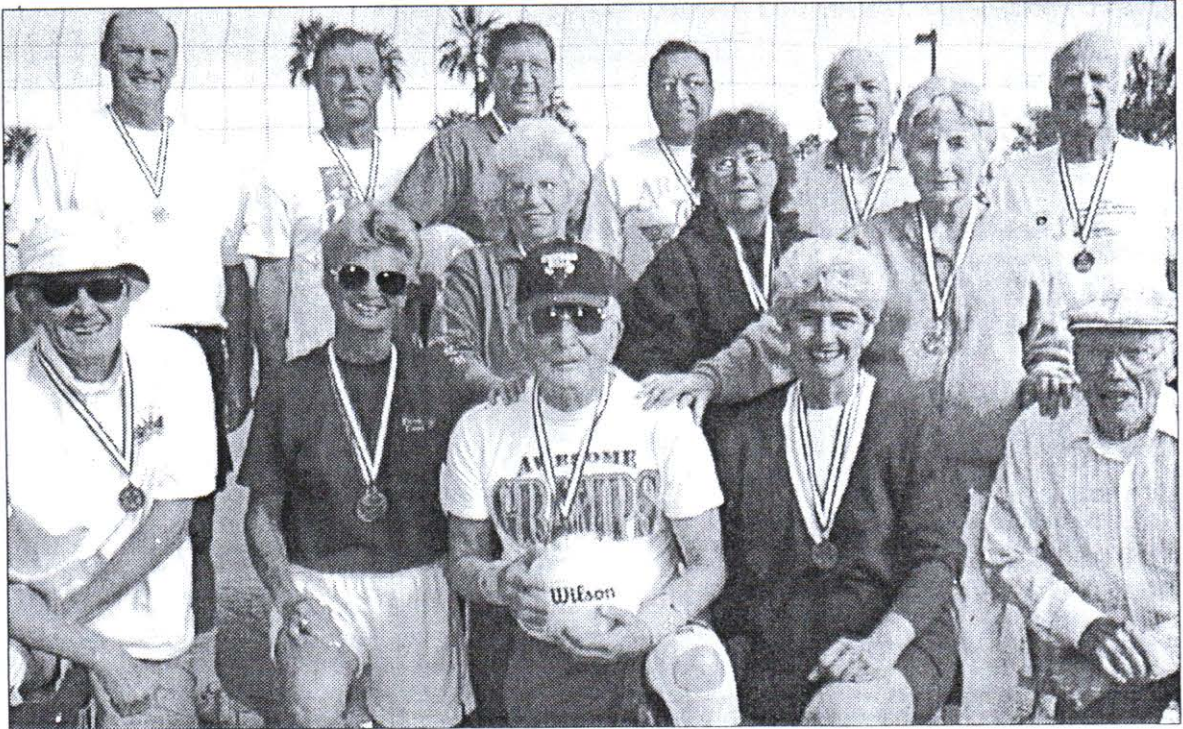
"We just love to play volleyball," said Thompson, the only barefoot player in a recent club practice on the R.H. Johnson court.

The women have also combined to compete in the Huntsman World Games in St. George, Utah, and Sierra Vista Senior Games.

Thompson, Whiffing, Clifford and Beck anchored the ASO gold medal performance by the Paradise Playmates, a 60-65 co-ed team, with help from Doug Towers, Bob Whiffing, Bob Laren and Ron Pearson. It marked the team's fifth straight ASO gold.

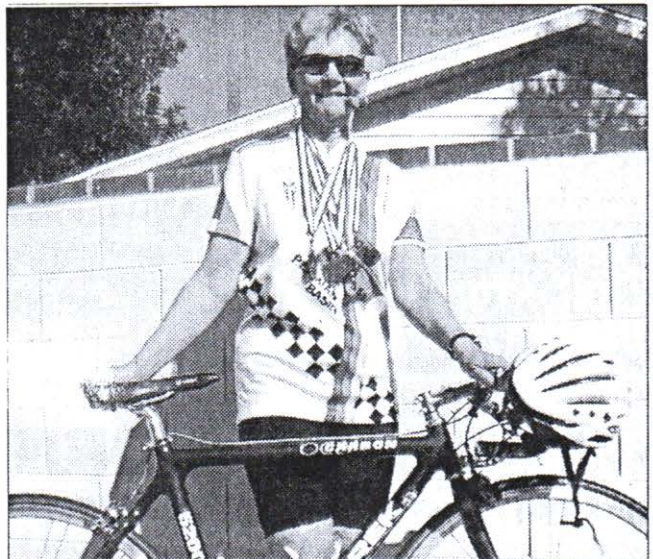
Other club members enjoyed strong ASO team outings, including George Carter, Wally Liggett, Don Johnson, Bud Neidhamer, Roy Handwerk, Jerry Fleishman, Arne Larson, Bob Laren, Bob Lawder, Bob Mooney, Fred Wilson, Jim Willette, Russ Krueger, Andy Larsen, Jim Rabbot, Dave Rostoker and Gene Sutter.

To join the fun and competition, call Handwerk at 584-6416, Basta at 876-8519 or Thompson at 935-3244. The teams headed to the Olympic nationals this fall seek sponsorship to help defray costs. Interested businesses are encouraged to call Basta.



Above, Sun Cities Volleyball Club members display medals won at the recent Arizona Senior Olympics in several age brackets. Kneeling, from left, Arne Larson, Gynt Clifford, Joe Basta, Carrie Solsei, Diane Thompson, Faye Beck, Lois Anderegg and Fred Anderegg. Back, from left, Jim Willette, Bob Laren, Bob Mooney, Peter Folch, Bud Neidhamer and Roy Handwerk. At right, Sun City's Louise Girard poses with her three ASO gold medals and the machine she pedaled to cycling victory. She rides an average 40 to 50 miles, three times per week for recreation.

Photos by MARK CASSIO/Independent Newspapers



Competitive fire rises in Olympic women

By BECKY BRACKEN
DAILY NEWS-SUN

Estelle Shuer, 72, of Sun City represents a growing new force in athletics — the senior female competitor.

Shuer began swimming competitively 12 years ago. She is now preparing to compete with thousands of other women in this year's Senior Olympics which begins today and continues through March 7.

In the past 10 years, the number of women who participate in the Senior Olympic games has increased by more than 25 percent. This year's games have the largest number of women competitors in its history, comprising more than 35 percent of the athletes.

"My children were competitive swimmers and it seemed like a good way to keep young and fit," Shuer said.

Helen Gregory of Sun City will be 87 next month. She began playing pool 25 years ago when the Lakeview Recreation Center put in the first billiard tables.

"My husband taught me how to play," Gregory said. "Last year I won a gold medal in pocket billiards. It's a lot of fun. I started in the Senior Olympics when a friend sent in my name. I've been in ever since."

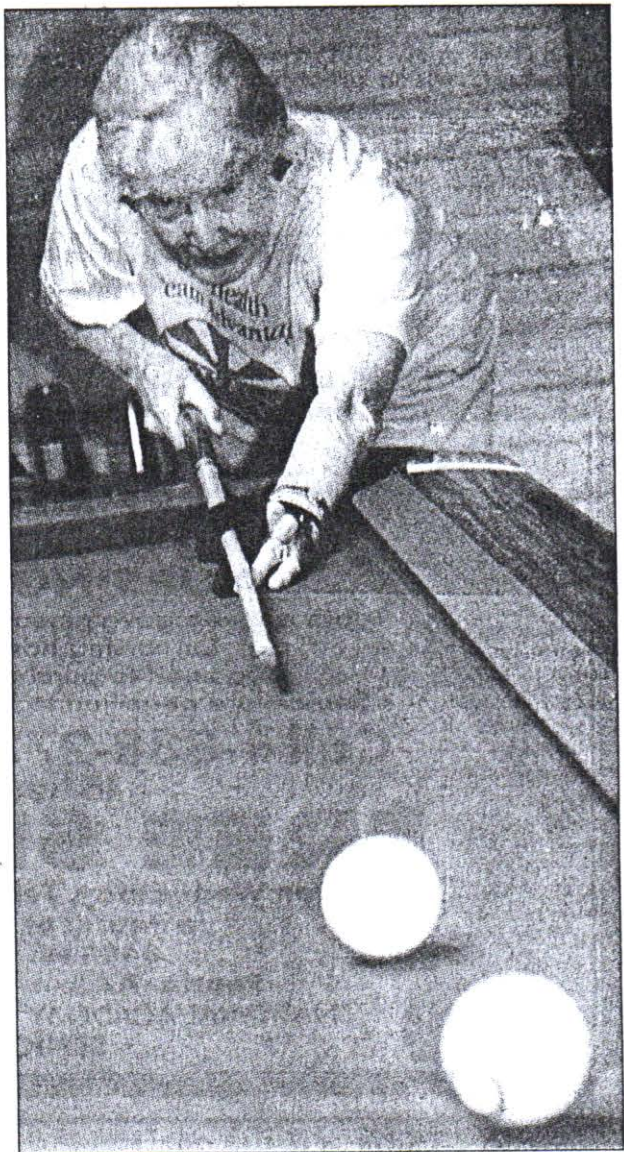
Jeanee Moody, member services coordinator for Sun Health Advantage, said that more women are staying physically active longer.

"It makes them feel good both mentally and physically. Not only does it help with physical well being but it fights depression and all sorts of other problems."

Sun Health Advantage is a program developed to encourage seniors to lead more active lives. Free health screenings and health education classes are available to its more than 27,000 members. Membership is free.

Sun Health Advantage has more than 90 of its members participating in the Senior Olympics, 50 of which are women.

Shuer said that she exercises not only for



Mollie J. Hoppes/Daily News-Sun

Helen Gregory lines up her shot in preparation for Senior Olympic competition next weekend in Sun City West.

► See Olympians hail, A5

◀ From A1

fun but because it makes her feel better and gives her something to do other than sit on the couch.

"It makes me feel good and it helps me to build strength in my bones," she said.

Don Willes, manager of Sun Health Advantage, said exercise is crucial for the prevention of osteoporosis.

"Strength training and building is the very best thing for osteoporosis," Willes said, adding that since women are more vulnerable to bone deterioration, exercise is necessary for good health.

Moody said she thinks that women know more than ever about the benefits of exercise and so more senior women are finding fun ways to get exercise.

Willes said that there are some things that women can do to insure a successful workout program.

"Set measurable short-term goals," Willes said. "Have a good idea of what you want to

accomplish before you start."

Willes also said that it's important to let your doctor know if you are about to begin an exercise program.

"It's just safe to let them know so that they can alert you to any potential health problems before you start," he said.

Robbie Draghi, a registered nurse for the Sun Health center for cardiac and pulmonary fitness, said she has seen a growing trend of women exercising as well.

"Women are really gung-ho to get their husbands in here and then they have a cardiac episode," Draghi said. "Women are beginning to realize that dusting and other stuff they do around the house just isn't enough. Now you see women walking with their husbands and couples going to the rec centers together."

Sun Health Advantage offers fitness assessments for \$25. For information about Advantage call the Sun HealthLine at (602) 876-5432 or (800) 815-0115 to request an Advantage application.

OVER



Estelle Shuer holds some of her many Senior Olympic swimming medals. The Sun Citian will dive into competition this Sunday at Arizona State University.

Steve Cherek/Daily News-Sun

Area athletes shine at Senior Olympics



Photo by MAHK CASSIO/Independent Newspapers

Sun Sity Aqua Suns members proudly display medals won in Arizona Senior Olympics Synchronized Swimming competition. From left front, Peggy Kaems, Marcia Gatzke, Mary McBain and captain Inge Natoli. From rear left, Shirley Muise, Barbara Swanson, Dorothy Keller, Marj Evans and Phyllis Ilten.

21EB

Sun Citian Charles Obye continued Arizona Senior Olympic dominance in three events and many other local athletes also medaled during the first weekend of the statewide competition.

Obye, 77, captured gold medals in javelin, high jump and running long jump Feb. 21 in the 75-79 age group at Arizona State University's Sun Angel Stadium. His 98-foot, three-inch javelin throw topped runners-up Dale Buysse of Mesa and Robert Broadbent of Gallup, N.M. He also soared four feet, two inches in the high jump and 13 feet in long jump to top all age-group challengers.

"We had a good meet with a number of participants," Obye said.

In 1997, Obye held the U.S. indoor long jump record for 75-79 year olds.

John Walsh and Frank Welch, both of Sun City West, won three ASO medals apiece. Sun City's Bob Osterhoudt and Stanley Sadofsky and Robert Fisher — both of Sun City West — each medaled twice.

Louie Gay (SCW) and Elizabeth Troup (SC) each won a medal.

With four gold medals, Inge Natoli led the Sun City Aqua Suns in Synchronized Swimming competition Feb. 22 at Mesa's Taylor Pool. Team members captured 16 gold and six silver medals total. Mary McBain had three gold medals and Dorothy Keller won two golds and two silvers.

Competing in the 65-69 group, Welch earned a 50-meter dash gold medal and silver in the 100m and 200m dash events. Walsh, captured powerlifting gold for age 70-74. He also earned 50m dash silver and 100m dash bronze.

Osterhoudt, an age 55-59 competitor, took discus silver and shot put bronze. Sadofsky landed silver in both discus and shot put for the 75-79 age group.

Gay earned a bronze for men's

50m dash for age 60-64 competitors and Troup took gold for women's badminton at 75-79.

For the Aqua Suns, Natoli, Keller and McBain earned gold in figures; McBain and Natoli took solo gold; Peggy Kaems, Shirley Muise and Natoli took trio gold; Marj Evans, Marcia Gatzke, Phyllis Ilten, Keller, McBain, Muise, Natoli and Swanson earned team gold. Evans took figures silver; Evans and Keller won pairs silver; Ilten, Keller and Swanson got trio silver.

Sun Cities volleyball teams earned two gold medals, two silver and a bronze in six-on-six competition Feb. 21 at ASU.

Paradise Playmates, a co-ed

team at 60-65, won its fifth consecutive ASO gold medal. Norma Whiffing, Diane Thompson, Gint Clifford, Faye Beck, Fred Towers, Doug Towers, Bob Whiffing, Bob Loren and Ron Pearson landed top honors.

Sun City West men's 60-64 also captured gold, defeating Mesa 10-15, 15-6 and 15-9 in the championship round. Team members are Pete Folch, Bob Laren, Bob Lawder, Bob Mooney, Ron Pearson, Doug Towers, Jim Willette and Fred Wilson.

The West Valley Vultures, a 70-plus team — Fred Anderegg, George Carter, Don Johnson, Arne Larson, Wally Liggett, Bud Neidham, Bob Whiffing and Jerry

Fleishman — were awarded gold.

In women's 60-plus, SCW Clifford and Faye Beck, Sun City Norma Whiffing and Litchfield Park's Thompson teamed with some Tucson women to capture gold.

"We all really love to play volleyball," Thompson said. "It's more fun if you win, but we enjoy playing anyway."

The Agua Fria River Rats' gold streak ran bronze in men's 65 and over competition. In a three-team format, the Rats — Joseph Bast, Roy Handwerk, Russ Krueger, Andy Larsen, Jim Rabbot, Dan Rostoker and Gene Sutter — won its first match, but dropped its next two.

Starrstruck

INDEPENDENT

March 3, 1999

Sun City swimmer Lee Starr continues to set the pace in Senior Olympics

By CHRIS RASMUSSEN
Independent Newspapers

As Lee Starr stepped onto the starting platform at Arizona State University's pool for this year's state Senior Olympics, he stood alone in front of the sparkling blue waters.

Just nine days before the competitions were set to begin, Lee turned 90, pushing him into an age bracket no one else occupies.

A pioneering Sun City swimmer for the past 28 years, Lee's competitive days are almost over, but he was determined to compete in one more Olympic event.

Senior Olympic officials allowed Lee to swim in the 50-meter backstroke against four other men from three lower age groups: 89-85, 84-80 and 75-79.

Most wouldn't bet a dime on Lee's chances to take the gold medal against men several years his junior. But when the starting gun blasted, so did Lee, as he uncoiled from the platform into the water.

"I told those guys I would beat the pants off them, and I did," Lee joked, with a broad smile.

Lee was presented by Olympic officials with a Medal of Honor for his age-defying feat.

The victory, Lee said, may have been his last, culminating a senior swimming career in Sun City that placed him among the top 10 United States Master Swimmers since 1972.

"There are lots of people in their 90s," Lee said. "But not many are swimming and breaking records. There are really eight or nine of us across the country."

Lee's love for the sport began when he was in high school where he was a member of the swim team. He progressed so well, he



Photo by CHRIS RASMUSSEN/Independent Newspapers

Sun City Master Swimmers brought home plenty of gold and silver from this year's Arizona Senior Olympics. From left, Lee Starr (gold medal in 50-meter backstroke), Darrell Baker (silver in the 400m freestyle and bronze in 50m backstroke) Wally Sawhill (three golds in the 200m, 100m and 50m backstroke and a silver in 100m freestyle); Tom Rigley (gold in 50m backstroke and silver in 50m freestyle). The four Sun Citians competed Jan. 21 at Arizona State University.

was offered a swimming scholarship to Fordham University.

Following his successful collegiate career, Lee decided to study law at the University of Missouri. Realizing he didn't want to be a lawyer he switched his attention to physical fitness and pursued a degree in physical education.

His degree led to a 28-year career as director of Parks and Recreation for the city of New York.

In 1971, Lee and his wife, Hazel, decided to come out west and retire in Sun City.

Lee found plenty of pools at the recreation centers and formed a Master Swimmers team, an organization which holds national and international competitions for swimmers of all ages.

The Sun City team flourished under Lee's direction. His coaching and encouragement turned retirees moving to Sun City into world-

class swimmers.

Members of the team recently renamed themselves the "Sun City Stars" in his honor.

"He is such a nice man," said champion swimmer Estelle Shuer, who won four gold medals in the 70-74 age group during women's Senior Olympic competition.

"If it weren't for Lee, we wouldn't have a team. He got us the pool time from the recreation centers. He has always been there encouraging us," said Shuer, who won two Medals of Honor for beating younger competitors."

With this victory, Lee said he feels satisfied to hang up his swimming trunks and goggles and enjoy more time with his wife.

Currently serving as coach of the Sun City Stars, Lee is looking for someone to take over his duties. However, the search hasn't been easy.

Lee said he wasn't worried about the competition being years younger than he. In fact, when sizing up the men he would go against, the one who stood out was a swimmer from southern Arizona whom Lee coached 30 years ago in New York.

However, Harry Liber became ill shortly before the event and was forced to withdraw from the race.

"I'm glad he wasn't there because he would have beaten me" Lee says.

Despite his age, Lee's tanned and muscular body is holding up quite well. However, last year after sustaining an injury during the Grand Canyon Games, he had to have the joints taken out of his toes.

The lack of joints in two of his toes has not deterred him or impedes his ability to swim away from the competition.

DVEY

COLLECTION OF GOLD

Sun Citian continues domination in table tennis at Senior Olympics

By GEORGE WITKOWSKI
Independent Newspapers

Officials at the Senior Olympics may want to prepare for next year's game by permanently engraving Dot Irving's name on the medals presented in table tennis.

For the 10th straight year, Dorothy "Dot" Irving came home from the National Senior Olympics with a medal. Paired with Tybie Sommer in the women's 70-74 age group, Irving this year came away with a gold medal.

This year's games were held last month in Tucson.

Winning medals and championships, however, is nothing new for Irving. She has been the Sun City table tennis champion "eight or nine" times, been to the Senior Olympics every year since 1987 and has medaled (11 golds) every time in either singles, doubles and mixed doubles.

Irving upset Sommer for the U.S. National Senior Over-60 Women's title in 1991 and 1992 in Laguna Hills, Calif.

She played at the 100-table World Senior Tournament in 1990 in Baltimore, Md. where she and her doubles partner from England beat players from Germany and France before losing in the semifinals



Dorothy "Dot" Irving display the medal she captured at this year's National Senior Olympics. The medal marks the 11th table tennis gold medal she has captured in the Senior Olympics.

nals to a team from Australia.

"The most wonderful thing about it is that not only did I beat Tybie Sommer when she was a world champion, but we've since teamed up for the Senior Olympics," says Irving, who adds that she has never had a coach or taken lessons.

This year's games had their humorous moments, such as when Irving received her gold medal.

”

She has been the Sun City table tennis champion "eight or nine" times, been to the Senior Olympics every year since 1987 and has medaled (11 golds) every time in either singles, doubles and mixed doubles.

"When I was awarded the medal, the man making the presentation said, 'I can't get it over your head' (her hair is full) and one other woman said, 'you've brought a new dimension to table tennis,'" Irving recalls with a laugh.

Irving is quick to point out that she participates in the sport of table tennis more for the enjoyment and fun than for the competition.

"I was asked by one television reporter why I did this, and I said, 'Well, if I didn't do this I'd be fat,'" she says.

Irving, originally from Detroit, is a 13-year resident of Sun City. She says that age is no factor when it

comes to table tennis. She knows one woman from Sun City who still plays table tennis in her 90s.

"She plays well," Irving says.

Irving began playing table tennis when she was 37. She says her husband, Donald, served as her inspiration.

"I told my husband to play me three games a night. My first competition was in 1960 against the state champion of Michigan," she says.

"She knew what she was doing but I won the first game before she creamed me in the second and third game.

"When they spoke with her they mentioned all of her accomplishments. But when they talked to me, I said that I play in my basement."

Irving says her husband's excellent play has been beneficial to her game and that the two play for the Sun City Table Tennis Club three days a week for two to three hours at a time at Bell Recreation Center.

"My husband and I came in second in the state 1992 for all age groups, 20 and up," she says.

Sun Citians capture medals at Senior Olympics

Additional results of how other Sun Cities residents fared at the Senior Olympics held May 21-28 in Tucson. Results to this point aren't complete. Results provided by the Senior Olympics office.

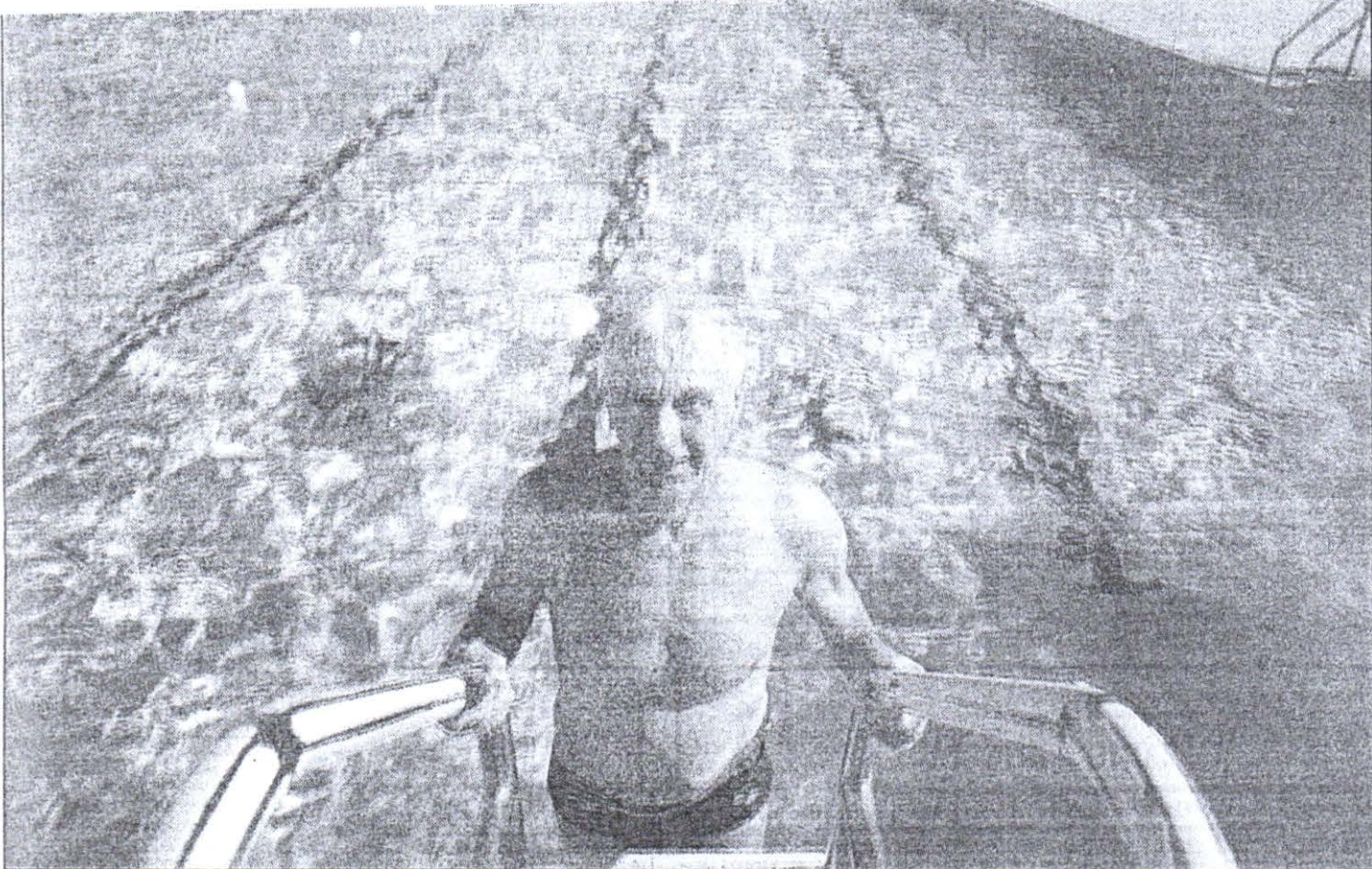
Golf: Sun Citian James Dameron shot a 204 and won a silver medal in the men's 90-94 age group. Selmer Rodning, Sun City West, won a bronze medal with a 174 in the men's 80-84 age group.

Bicycling: James House, Sun City West, won a gold medal in the 20K in the men's 70-74 age group with a time of 36:26.16.

Track and Field: Sun Citian Charles Obye won gold medals in the long jump and high jump in both men's 75-79 age group. Obye also won a bronze medal in the javelin event in the men's 75-79 age group.

Racewalking: Kurt Straus, Sun City, won the 1,500-meter event in the men's 85-89 age group with a time of 12 minutes, 45 seconds.

Racquetball/Singles: Lake Westphal of Sun City West won a gold medal in the men's 70-74 age group.



Ray Kozel won three events at the Grand Canyon State Games.

Mollie J. Hoppes/Daily News-Sun

Gold rush

Sun City swimmers quench thirst for victory

By ANN T. DALEY
Assistant sports editor

SUN CITY — Ray Kozel has dived into a gold mine at the Grand Canyon State Games three years in a row.

Fellow Sun City swimmers **Swimming** followed suit this year.

Kozel, the only Sun City swimmer to have competed in the state games all three years, brought home three gold medals by winning the men's 70-74 age division of the 100-meter freestyle, 50 freestyle and 50 breaststroke.

"It feels good to do it," Kozel said. "The gold means a lot."

Kozel combined with Sun City teammates Dorothea Winiford, Esther Grafrath, Lisa Bogatko, and Lee Starr to bring home 15 gold medals.

"It's unusual for a team to sweep the golds," said Starr, team organizer.

Kozel added, "This team usually does very well in (U.S. Masters Association) meets. Everybody's pretty competitive."

Kozel started swimming competitively upon moving to Sun City in 1990. He tried his hand at the backstroke and butterfly, with guidance from Starr, but decided to specialize in the freestyle and breaststroke.

"Lee helped a lot with some strokes," Kozel said. "He was very encouraging."

Since then, Kozel has competed in the state games and the Arizona Senior Olympics, where he has won a collection of gold, silver and bronze medals. He qualified for the National Senior Sports Games Classic V, played in San Antonio in June, but did not travel for personal reasons.

As a youngster growing up in the Chicago area, Kozel competed in track and cross country events.

"(Swimming) beats track on your joints," Kozel said.

This year, two of his grandsons — James, 15, and Terry, 12, kept the family's track and field spirit alive by entering the Grand Canyon State Games' field events.

The Kozels were unable to attend

each others' events because of conflicting event schedules.

"(James) is a good scholar and athlete," Kozel said of his grandson. "He's won medals before in high school track events. He has high hopes of getting a scholarship."

Kozel plans to spend the remainder of his summer swimming about a mile five days weekly. He plans to enter the Huntsman Senior World Games scheduled in October at St. George, Utah.

■ ■ ■

Winiford led the way in medal count with golds in the women's 70-74 age group of the 100 backstroke, 100 freestyle, 50 butterfly and 400 freestyle.

Grafrath (80-84) won golds in the 100 backstroke, 50 backstroke and 50 butterfly.

Bogatko (65-69) won golds in the 50 breaststroke and 100 breaststroke.

Starr (85-89) won golds in the 100 backstroke, 50 backstroke and 50 freestyle.

Local seniors win gold

News-Sun staff

ST. LOUIS — Sun Citians Charles Obye and Lee Starr each won two gold medals Thursday at the 1989 National Senior Olympics in St. Louis.

Obye, competing in the 65-69 age division, won a gold medal in the high jump with a jump of 4-7. Obye's second gold medal came in the javelin event, where he threw a distance of 121-11½.

Obye rounded out his performance with a fourth-place finish in the long jump, with a leap of 14-8½.

Starr, an 80-year-old swimmer, won gold medals in the 50-meter backstroke with a time of 51.09, and the 200-meter backstroke with a time of 4:48.28.

The victories gave Starr three gold medals in the 1989 games. On Tuesday, the veteran swimmer won a gold in the 100-meter backstroke (2:09.83).

Starr took third in the 50-meter freestyle with a time of 46.20. In the fifth and final event he entered, Starr placed fifth in the 100-meter freestyle with a time of 1:49.01.

Finishing second behind Obye in the high jump was fellow Sun Citian Dick Herzer, who recorded a jump of 4-5.

Herzer also won a medal in the 200-meter race, where he finished third with a time of 28.04 seconds. Herzer won a bronze earlier in the week in the discus, with a throw of 117-3.

Other Sun Citians competing are Robert Green, Anthony Kozub, Trudi Spencer, Ann Wagemann and Ferne Obye.

Athlete, 74, still in shape

Loss at shot put tied to 'bad day'

By ROBERT BARRETT
Northwest Valley Bureau

SUN CITY — Ernie Tokman won gold and bronze medals and a fourth-place ribbon in the 1986 Arizona State Senior Olympics that concluded last weekend.

But Tokman said it was a bad day.

"It was one of those days. I shouldn't make alibis but the two guys who beat me in the shot put, I beat them two months ago."

Tokman, 74, is proud of winning the gold medal for the standing broad jump of 6 feet, 11¼ inches but regrets not doing better in the shot put. He won a gold medal for the shot put in the November Phoenix Senior Olympics with a throw of 38 feet, 8½ inches. At the state Senior Olympics he could only throw it 36 feet, 4 inches.

"I hurt my shoulder just before the Olympics," he said. "But that's no excuse. I'll go back and beat everyone next time. I'm very competitive."

And, based on his record, very successful.

Tokman won his first gold medal in tennis in the Senior Olympics in 1983. In 1984, he won a gold medal in the shot put and a silver in tennis. In 1985 he won a gold in shot put and a bronze in the javelin.

"I'm not really an athlete," he said. "I threw the shot in my senior year in high school but after that I didn't have time to participate in sports."

Tokman is from Fergus Falls, Minn., and he went into the trucking business. His wife, Ester, was an inspector for Honeywell.

"Thanks to Honeywell and their great pension we were able to move out here in 1977 and live a good life," he said.

Tokman said he gradually became more active, playing tennis in the mornings and golf in the afternoons until a friend urged him to participate in the Senior Olympics.

"It sounded like a good idea, but I'm not a natural athlete. Everything I do, I have to work for it."

Tokman began training and as he won, he began entering more events.

After tennis the first year he added the shot put, the discus, the javelin, and the standing broad jump.

Being an all-around athlete takes a lot of training time and when he started, Tokman said his wife was dubious.

"At first she thought I was nuts, overly involved," he said.

He said her attitude changed when she realized he was changing.

"I used to be a pessimist but I'm not now. I've had a change in outlook and it's due to the exercise and participation in the Senior Olympics."

Tokman has found time to add weight training three days a week to his schedule.

"I'll tell you something. I might be an old geezer, but I feel great, and I feel better than I did when I was 20 years old."

ARIZ. REPUBLIC WED. MAR 5 1986 NW-A