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Welcome to the Senior Olympics office

The Doña Ana County Senior Olympics office is now in downtown Las Cruces, at 151 N. Church St., which is the rear north entrance of the Municipal Court building. This rear north entrance says above it City of Las Cruces, 151 N. Church St.

This north rear glass door entrance faces the Bank of the West parking lot and is always locked.

Call 575-649-3167 to have someone from the Senior Olympics office open the door for you.

Parking for this north rear glass door entrance is either on North Church Street, or in the public parking lots south or north of 151 N. Church St. Do not park in the Bank of the West parking lot, as you run the risk of having your car towed.

Office hours:

- Noon-3 p.m., Monday through Thursday
- Closed Fridays and all federal holidays

Contact:

Doña Ana County Senior Olympics, Inc.
P.O. Box 54, Las Cruces, NM 88004
575-649-3167
dacso@outlook.com
www.donaanaseniors.com

DASCO Board Members

ELECTED EXECUTIVE COMMITTEE

Paul Fetterhoff, President
Betty Burgess, Vice President
Jack Welch, Immediate Past President

APPOINTED DIRECTORS

Alexa Davis, Mike Fietze, Nancy Hastings, Mike Lewis, Charles Lucero, Ann McPhee, Jayne Milavec, Gary Tuttle, Henry Young

HONORARY LIFETIME MEMBER

Dee Harris

OFFICE STAFF

Mike Simione, coordinator and registrar
Natalie Mosley, assistant registrar

2018 Friends of DACSO

The Doña Ana County Board of Directors wishes to express their heartfelt thanks to the following people for their financial

support of DACSO during the 2018 year.

Johnnie Aldrich; Rich & Berta Aros; Doug & Tina Bailey; Betty Burgess;

Carol Bourke; Al & Betty Beltran; Art Candelaria; Robert Distlehorst; Philipp Djang; The Eagles Club; Paul Fetterhoff; Larry

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**20 outdoor covered shooting lanes - 10 lanes @ 25
yards. 8 lanes @ 15 yards. Handicap accessible**

Message from the President

What an exciting year for Senior Olympics in the greater Las Cruces area and New Mexico. This will be our 40th anniversary! That's quite a few events, memories and celebrations to reflect upon. Through the support of the greater Las Cruces community and New Mexico Senior Olympics, we have come a long way. Our local 2019 games will start in February and extend through the end of April. We invite everyone age 50 and above to join us

for more than 27 events, great fun, and a chance to meet new friends and challenge yourself physically.

For anyone who may be interested or thinking about entering or participating in an event, we will be hosting an Open House - Kickoff Registration at the Trails West Clubhouse at 1450 Avenida de Mesilla, from 10 a.m. to 12:30 p.m. on Saturday, Feb. 16, 2019. Event managers and former participants will be there to explain the various events, re-

quirements, locations and rules. This is a good opportunity to meet some of our area senior athletes, ask any questions you might have, and meet our board of directors. It is also an opportunity for us to meet and learn about you.

Because the National Senior Games will be in Albuquerque in 2019, there will be no summer State Olympic Senior Games in 2019. This is a great time to participate in a new event or dust off those running

shoes to test how you measure up against local competitors your age. It's not just about the medals, we welcome and encourage all seniors to participate in an active lifestyle, camaraderie, friendly competition and healthy living!

Sincerely,

Paul Fetterhoff

Paul Fetterhoff,
President, Doña Ana County Senior
Olympics



El Paso Branch
2500 N. Mesa St. Ste. A
El Paso, TX
915-275-0750

Placitas Branch
3030 W. Placitas Ave.,
Las Cruces, NM
575-528-6363

Country Club Branch
2841 N. Main St.,
Las Cruces, NM
575-647-4136

University Branch
3065 E. University Ave.,
Las Cruces, NM
575-647-6700

Handwerker Branch
3991 E. Lohman Ave.,
Las Cruces, NM
575-528-6300

Torr G Branch
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Torr G, NM
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To learn more about services, from senior living to skilled nursing, call (575) 522-1362.

Good Samaritan Society
Las Cruces Valley

All faiths or beliefs are welcome.

Kickoff & Registration

Saturday, Feb. 16, 2019 – 10 a.m. to 12:30 p.m.
Trails West Clubhouse, 1450 Avenida de Mesilla

This is a great time to chat with friends over light refreshments, visit with event sport managers, and complete your registration and payment for the 2019 DACSO Games. Award presentations will be presented from 11 to 11:30 a.m.

OTHER WAYS TO REGISTER

BY MAIL

Fill out the form on page 7 of this insert up to two weeks before the date of your intended competition, and mail it with your check payable to DACSO to: DOÑA ANA COUNTY SENIOR OLYMPICS, INC. PO BOX 54 LAS

CRUCES NM 88004

IN PERSON

You are welcome to come by the office noon to 3 p.m., Monday through Thursday, with your completed registration form and payment. Please call 575-649-3167 first, so someone from the Senior Olympics office will meet

you at the locked north rear outdoor entrance.

BY EMAIL

Request a registration form be mailed to you by emailing Mike at dacso@outlook.com.

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SAVE THE DATES!

2019 HOME & Garden SHOW Presented by SUN TECH SERVICE, INC.

**Saturday April 13th, 2019
9am-5pm**

**Sunday April 14th, 2019
10am-4pm**

April 26th-28th & May 3rd-5th

**Fridays 4pm-7pm
Saturdays 10am-7pm
Sundays 12pm-5pm**

***Twilight Tour* Friday
May 3rd: 4pm-9pm**

 **SHOWCASE of HOMES**

Presented By: 

**For more information contact the Las Cruces Home Builders Association
Office 575.526.6126 or email events@1chba.com**

The history of Doña Ana County Senior Olympics

The idea of having a coordinated statewide Olympics program for the senior citizens of New Mexico originated with a group of individuals from across the state who were involved in programming for the state's senior adult population. The concept of an annual sports festival for this citizenry was the outgrowth of a workshop held by this group in Santa Fe in early 1979. As a mechanism for producing these annual Olympics, the group soon formed itself into a private nonprofit organization and registered with the state of New Mexico as "New Mexico Senior Citizens Olympics, Inc."

Since this group was not funded by any government entity, the group started fundraising activities to provide for the varied expenses that became incidental to producing a statewide Olympics meet. Once the state's preparations were made, the program was announced and a handful of localities

throughout the state, including Doña Ana County, organized their own county meets, to prepare and qualify their Senior Olympians for the state event.

40 years ago, the late Ernesto Ramos, who was the New Mexico State Director of the Retired Senior Volunteer Program (RSVP) started Senior Olympics as we know it today in New Mexico.

Ramos was a true visionary, and under his leadership he had all the RSVP Directors in the state work on Senior Citizens Olympics. Since RSVP was in charge of getting volunteers who were 50 years of age and older for programs, they had a readymade source of people-power for this new venture.

The first Las Cruces Senior Citizens meet was held in late April through early May in 1979 at Apodaca Park and Meerscheidt Center, where 85-90 people from Las Cruces participated. Out of that group, 20 attended the first State of New Mexico Senior

Citizens Olympics on June 16, 1979, at the University of New Mexico Stadium in Albuquerque. There were also 10 teams from various New Mexico counties with 275 people in attendance, and one team from Amarillo, Texas, with eight people. So, the first New Mexico Senior Citizens State Olympics had 283 athlete participants, with many family and friends cheering them on.

In 1980, almost 180 people participated in local meets at Apodaca Park, and a sizeable number from that group attended the 2nd New Mexico Citizens Olympics in Albuquerque. The original 10 New Mexico county groups had now grown to 13.

In May 1981, Las Cruces folks participated at Apodaca Park, and all went to the state games held on the campus of Highlands University. The New Mexico Senior Citizens Olympics also added participants from 12 more counties at this statewide event.

New Mexico State University (NMSU) in Las

Cruces was the site of the fourth New Mexico Senior Citizens Olympics held June 4-5, 1982. Participants from 29 regional teams were represented.

Doña Ana County Senior Olympics, Inc. became incorporated in 1991 by the state of New Mexico. Before incorporation, business for the organization was conducted by local people with records stored in garages and trunks of cars. Then in 1994, the City of Las Cruces Senior Programs Director Irene Aguilar, gave the group office

space in Munson Senior Center. Later, they moved to the Eastside Center, with space to grow.

Members of the group became involved in fundraising to ensure the future stability of the organization. Doña Ana County Senior Olympics (DACSO) has also been housed in a few other City of Las Cruces facilities.

Eventually the State of New Mexico Senior Programs across the state took over the Senior Olympics Program on the local level. Doña Ana County Senior Olympics

(DACSO), and one other local program, are the only two programs who are still incorporated as 501(c)(3) nonprofits, out of 22 statewide local organizations.

DACSO attracts senior athletes from across the county, as well as from other counties who may not offer as many sports as DACSO does.

As we look to the future, we thank those who came before us with dreams, visions and foresight, to pursue and establish a program of health and social activities for seniors age 50 and above.



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What is Doña Ana County Senior Olympics?

OUR PURPOSE

To enhance our existing 27 sport venues and create new ones as requested. Also, we seek to provide opportunities for men and women age 50+ to explore and become more comfortable with living balanced lives through exercise and sport activities.

OUR VISION

To provide opportunities for men and women age 50 and

above to become involved in sport activities within their own 5-year age groups, thereby contributing to their own positive, physical, mental, social and emotional well-being.

OUR MISSION

To provide interesting sport activities to motivate mature men and women to continue year-round activities enabling them to keep physically and mentally healthy.

2019 SENIOR GAMES INFORMATION

1. 2019 Doña Ana County Games will be held Feb. 20 to April 29. See schedule on page 9.
2. No 2019 New Mexico State Summer Games will be held due to the National Senior Games.
3. 2019 National Senior Games, presented by Humana, being held from June 14-25, 2019 in Albuquerque, New Mexico.

STATS THAT 'SET THE BAR'

For the 2019 National Senior Games in Albuquerque

New Mexico Senior Olympics encourages all athletes to study their fellow competitors' distance, times and scores in your respective events so you can know where the bar is set. Visit www.nmseniorolympics.org under the "Records and Results" tab, to view all results from 2007 to present.

Below is a list of all 18 of the 2019 National Senior Games Sports and their qualifying statistics (only NM in-state athletes)

ARCHERY= 1ST - 4TH

RACQUETBALL = 1ST - 4TH

BADMINTON= 1ST - 4TH

ROAD RACE = 1ST - 4TH

BOWLING = 1ST - 4TH

SHUFFLEBOARD = 1ST - 4TH

CYCLING = 1ST - 4TH

SWIMMING = 1ST - 4TH

GOLF = 1ST W/MIN PERFORMANCE

TABLE TENNIS = 1ST - 4TH

HORSESHOES = 1ST - 4TH

TENNIS = 1ST - 3RD

PICKLEBALL = 1ST - 3RD

TRACK & FIELD = 1ST - 4TH

POWERWALK = NEW

TRIATHLON = COMPETE IN '2' IN 2018

RACEWALK = 1ST - 4TH

TEAM TOURNEY SPORTS= 1ST-3RD



BY THE NUMBERS: 2018 DACSO Games

Total registered for local games: 271

Males registered: 186

Females registered: 85

First-time participants in 2018: 34 males, 26 females, 60 total

Registration by geographical area served by DACSO:

Anthony, 3
Deming, 5
Fairacres, 2
Hillsboro, 1

La Mesa, 4
Las Cruces, 232
Mesilla, 2
Mesilla Park, 8

Organ, 1
Vado, 2
White Sands Missile Range, 1
El Paso, 10

NM SUMMER GAMES

73 Doña Ana County athletes participated in the NM State Summer Olympic Games in Albuquerque, and brought home 191 medals



To register for the 2019 Senior Games, fill out the form below and mail with your check to DACSO, P.O. Box 54, Las Cruces, NM 88004, or bring it to the DACSO office at 151 N. Church St. between 10 a.m. and 2 p.m. Monday through Friday. With questions, call the office at 575-649-3167. **All event registrations with payment must be RECEIVED AND COMPLETED BY THE DACSO OFFICE TWO WEEKS PRIOR TO THE EVENT. NO ON-SITE EVENT REGISTRATION.**

Date of Birth: _____		Date of Death: _____	
Name: _____		Sex: _____	
Age: _____		Race: _____	
Height: _____		Weight: _____	
Blood Pressure: _____		Heart Rate: _____	
Respiratory Rate: _____		Oxygen Saturation: _____	
Temperature: _____		Pain Level: _____	
Mental Status: _____		Mobility: _____	
Nutrition: _____		Hydration: _____	
Elimination: _____		Skin: _____	
Senses: _____		Safety: _____	
Social: _____		Spiritual: _____	
Cultural: _____		Religious: _____	
Ethnicity: _____		Language: _____	
Education: _____		Occupation: _____	
Marital Status: _____		Family: _____	
Social Support: _____		Community: _____	
Health Insurance: _____		Financial: _____	
Legal: _____		Ethical: _____	
Moral: _____		Values: _____	
Beliefs: _____		Attitudes: _____	
Behaviors: _____		Lifestyle: _____	
Hobbies: _____		Interests: _____	
Goals: _____		Dreams: _____	
Values: _____		Beliefs: _____	
Attitudes: _____		Behaviors: _____	
Lifestyle: _____		Hobbies: _____	
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Dreams: _____		Values: _____	
Beliefs: _____		Attitudes: _____	
Behaviors: _____		Lifestyle: _____	
Hobbies: _____		Interests: _____	
Goals: _____		Dreams: _____	
Values: _____		Beliefs: _____	
Attitudes: _____			

Partner _____

BOWLING TEAM

0380 ☐ (M) 50+

0381 ☐ (M) 55+

0382 ☐ (M) 60+

0383 ☐ (M) 65+

0384 ☐ (M) 70+

0410 ☐ (M) 75+

0411 ☐ (M) 80+

0385 ☐ (W) 50+

0386 ☐ (W) 55+

0387 ☐ (W) 60+

0388 ☐ (W) 65+

0389 ☐ (W) 70+

0415 ☐ (W) 75+

0416 ☐ (W) 80+

Team Name and Captain

DANCE

0180 ☐ Country Western

Partner

0181 ☐ Polka

Partner

0182 ☐ Jitterbug

Partner

0183 ☐ Waltz - Ballroom

Partner

0184 ☐ Latin

Partner

0185 ☐ Line Dance

(6-15 member team)*

Team Name and Captain

0186 ☐ Waltz - Western

Partner

ESTIMATED WALK/RUN

0242 ☐ 400m (est) Walk/Run

0240 ☐ 800m (est) Walk/Run

POWER WALK

0244 ☐ 1,500 meters

0246 ☐ 5K

GOLF

0200 ☐ Golf - 18 Holes

HORSESHOES

0210 ☐ Horseshoes

HUACHAS

0402 ☐ Huachas

PICKLE BALL

0500 ☐ Singles

0501 ☐ Doubles Partner

Partner

0502 ☐ Mixed Doubles

Partner

ROAD RACE

0345 ☐ 5K Road Race

0346 ☐ 10K Road Race

RACQUETBALL

0250 ☐ Singles

0251 ☐ Doubles

Partner

0252 ☐ Mixed Doubles

Partner

RACEWALK

0231 ☐ 1500M

0232 ☐ 5K

SHUFFLEBOARD

0260 ☐ Singles

0261 ☐ Doubles/Mixed

Partner

SWIMMING

0420 ☐ 50Y Backstroke

0421 ☐ 100Y Backstroke

0422 ☐ 200Y Backstroke

0423 ☐ 50Y Breaststroke

0424 ☐ 100Y Breaststroke

0427 ☐ 200Y Breaststroke

0425 ☐ 200Y Individual Medley

0426 ☐ 100Y Individual Medley

0430 ☐ 50Y Freestyle

0431 ☐ 100Y Freestyle

0432 ☐ 200Y Freestyle

0433 ☐ 500Y Freestyle

0434 ☐ 50Y Butterfly

0435 ☐ 100Y Butterfly

TABLE TENNIS

0300 ☐ Singles

0301 ☐ Doubles

Partner

0302 ☐ Mixed Doubles

Partner

TENNIS

0370 ☐ Singles

0371 ☐ Doubles

Partner

0372 ☐ Mixed Partners

Partner

TALENT**

	SOLO		GROUP
Comedy		0321 <input type="checkbox"/>	0331 <input type="checkbox"/>
Dance	0324 <input type="checkbox"/>		0334 <input type="checkbox"/>
Instrument	0323 <input type="checkbox"/>		0333 <input type="checkbox"/>
Reading	0322 <input type="checkbox"/>		0332 <input type="checkbox"/>
Vocal	0320 <input type="checkbox"/>		0330 <input type="checkbox"/>
Name of Act			

FIELD

0190 ☐ Discus Throw

0191 ☐ Javelin Throw

0192 ☐ Shot Put

0193 ☐ High Jump

0194 ☐ Standing Long Jump

0195 ☐ Running Long Jump

TRACK

0339 ☐ 50M Run

0340 ☐ 100M Run

0341 ☐ 200M Run

0342 ☐ 400M Run

0343 ☐ 800M Run

0344 ☐ 1500M Run

TRIATHLON

0350 ☐ Triathlon*

FUN & REC GAMES

0220 ☐ Soccer Accuracy Kick

0221 ☐ Softball Distance Throw

0222 ☐ Frisbee Distance

0223 ☐ Frisbee Accuracy Throw

All (*) events require a roster
All (**) events require a talent introduction form.

LIABILITY WAIVER

PLEASE READ, SIGN AND DATE THE
LIABILITY WAIVER AND THE REGULATIONS AGREEMENT BELOW

I hereby agree to indemnify and hold harmless Doña Ana County Senior Olympics Inc. and any of their agents or representatives: City of Las Cruces; New Mexico State University; Fairacres Fire Department; State of New Mexico Department of Transportation; Fraternal Order of Eagles; Catholic Diocese of Las Cruces; Trails West; B & J Archery; Good Samaritan Society - Las Cruces Village, Picacho Hills Golf Course. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events I have selected.

The DACSO Board has my permission to have a physician, RN or EMT attend to me if it is deemed necessary during my participation in the DACSO Games.

I also agree to observe all rules and regulations of the DACSO GAMES; to exercise good sportsmanship, and to follow all written or oral instructions given by game personnel. I agree that failure to do so will result in my disqualification or suspension from the DACSO Games for a specified period of time.

SIGNATURE

DATE

Sports & Events Schedule 2019

DATE/DAY	EVENT	TIME	PLACE	SPORT MANAGER	PHONE	E-MAIL
FEB. 16 SAT.	OPENING REGISTRATION	10 AM- 12:30 PM	TRAILS WEST CLUBHOUSE	MIKE SIMIONE	649-3167	dacso@outlook.com
FEB. 20 WED	RACQUETBALL	6:00 PM	MEERSCHIEDT CENTER	MARY & BOB SHERMAN	526-1363	msherma@q.com
FEB. 22 FRI	TABLE TENNIS/SINGLES/ DOUBLES/MIXED	11:30 AM	PAPEN CENTER	BESS HOBSON	405-6615	bess.hobson@gmail.com
FEB. 25 MON	8-BALL POOL - MEN	10:00 AM	MUNSON CENTER	CHARLES GARDNER	317-341-5696	lfmiller1965@yahoo.com
FEB. 25 MON	BOWL - TEAM	1:00 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
FEB. 26 TUE	8-BALL POOL - WOMEN	10:00 AM	MUNSON CENTER	CHARLES GARDNER	317-341-5696	lfmiller1965@yahoo.com
FEB. 26 TUE	BOWL - SINGLES	1:00 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
FEB. 28 THU	BOWL - DOUBLES	1:00 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
MAR. 1 FRI	BOWL- MIXED DOUBLES	1:00 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
MAR. 11 MON	PICKLEBALL	10:00 AM	MEERSCHIEDT CENTER	NANCY HASTINGS	541-5744	rnhastings@zianet.com
MAR. 16 SAT	SWIMMING	8:30 AM	NMSU POOL	JACK WELCH	524-2160	johnwelc@nmsu.edu
MAR. 16 SAT	TENNIS SINGLES	8:00 AM	LIONS PARK	EDWARD FRANK	610-888-6116	lascruceslalo@gmail.com
MAR. 16 SAT	TRAP & SKEET SHOOT	10:00 AM	BUTTERFIELD RANGE	BOB SHERMAN/JOHN MOEN	526-1363	msherma@q.com
MAR. 17 SUN	TENNIS- DOUBLES/MIXED	8:00 AM	LIONS PARK	EDWARD FRANK	610-888-6116	lascruceslalo@gmail.com
MAR. 21 THU	GOLF	12:30 PM	PICACHO HILLS CC	GARY TUTTLE	649-6356	gmtut708@gmail.com
MAR. 30 SAT	5K & 10K ROAD RACE	7:30 AM	LA LLORONA PARK	PAUL FETTERHOFF	405-9892	1nmrunner@gmail.com
APR. 6 SAT	ARCHERY	8:00 AM	B & J'S	BOB DUKE	640-4192	rjduke@zianet.com
APR. 6 SAT	5K RACE WALK	8:00 AM	CENTENNIAL HIGH	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
APR. 6 SAT	FIELD EVENTS	8:00 AM	CENTENNIAL HIGH	CHARLES LUCERO	740-4323	raginluc2002@yahoo.com
APR. 6 SAT	400M/800M EST. RACE WALK	9:00 AM	CENTENNIAL HIGH	HENRY YOUNG	496-1637	hank.young60@yahoo.com
APR. 6 SAT	TRACK EVENTS	9:00 AM	CENTENNIAL HIGH	DREW MC PHEE	847-732-0287	mcpt@yahoo.com
APR. 6 SAT	1500 M RACE WALK	10:00 AM	CENTENNIAL HIGH	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
APR. 6 SAT	POWER WALK	9:00 AM	CENTENNIAL HIGH	NANCY HASTINGS	541-5744	rnhastings@zianet.com
APR. 12 FRI	HORSESHOES	8:00 AM	MEERSCHIEDT CENTER	JAIME FLORES	993-8634	jm-flores@hotmail.com
APR 12 FRI	B-BALL FREETHROW & 3 POINT	6:00 PM	MEERSCHIEDT CENTER	FRED MARTINEZ	644-9906	alfredo.martinez@comcast.net
APR. 22 MON	BADMINTON	TBA	TBA	WALLY HILL	382-9758	hillco50@gmail.com
APR. 22 MON	SHUFFLEBOARD - SINGLES	1:00 PM	ST. GENEVIEVE'S HALL	MIKE LEWIS	639-4544	t.mike.lewis@comcast.net
APR 23 TUE	SHUFFLEBOARD - DOUBLES	1:00 PM	ST. GENEVIEVE'S HALL	MIKE LEWIS	639-4544	t.mike.lewis@comcast.net
APR. 27 SAT	FUN & REC. EVENTS	9:00 AM	MESILLA PK. BY PAPEN CTR	JAYNE MILAVEC	522-7470	amila4321@aol.com
APR. 27 SAT	HUACHAS	9:00 AM	MESILLA PK. BY PAPEN CTR	VIRGINIA BARBIER	303-250-4619	v7barbier@gmail.com
APR. 28 SUN	DANCE & TALENT PRACTICE	10:00 AM	GOOD SAM AUDITORIUM	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
APR. 28 SUN	DANCE & TALENT PERFORMANCE	2:00 PM	GOOD SAM AUDITORIUM	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
APR. 27-28-29	AIR GUN - RIFLE & PISTOL	8 AM & 11 AM	THE EAGLES CLUB	CINDY POLLOCK	644-1579	rteach25@comcast.net
ALL	EVENT REGISTRATIONS	CLOSE	2 WEEKS BEFORE	EACH EVENT DATE	NO ON SITE	REGISTRATION

Athlete's Oath

As a Senior Olympian

I pledge myself to the Spirit of the Olympics.

The Spirit of Achievement,

That I may reach my goals;

The Spirit of Competition,

That I may win or lose with pride and honor.

The Spirit of Friendship,

That I may be a true friend to those around me.



2018 DEE HARRIS FEMALE ATHLETE OF THE YEAR

Laura Smart is our 2018 Dee Harris Female Athlete of the Year.

Our 2018 Dee Harris Female Athlete of the Year was born in Columbus, Ohio. She grew up on her grandparents' farm in West Jefferson, Ohio, which she says "was in the middle of nowhere." Her primary and secondary education years were spent in this area.

After graduation from high school, she attended the University of Cincinnati majoring in German, and graduating after three years. At that time she wanted to become an airline flight attendant and hopefully combine that experience

with her German proficiency. She applied to several airlines, but unfortunately was rejected. Then in 1974, Delta Airlines hired her as a flight attendant for their Atlanta to Frankfurt flights. Just over 30 years later, she and two girlfriends from Delta all retired at the same time on April 1, 2005.

Our honoree recalls only softball being available to female students when she was in high school. During her college years, she did not participate in sports.

In the early 1980s, she started playing racquetball in Dallas, and was told she was a good

player. In 1990 she moved to Cleveland but found no racquetball competition. She then started to participate in 5K and 10K runs, before moving to Seattle.

In 2007 our honoree moved to Las Cruces. 2015 was the year she became "hooked" on pickleball. She attended her first NM Senior Olympic Games in Roswell in 2018. That was also the year she played in 20 pickleball tournaments.

The Super Senior International Pickleball Association (SSIPA), ranked her 5th in the nation in her age bracket. In 2018 she was advanced

to the number 4 ranking by SSIPA nationally.

Our honoree is not only a pickleball referee, but also teaches beginners at both Meerscheidt Center in Las Cruces and Picacho Hills Country Club. She is also a USA Pickleball Association Ambassador.

Our honoree enjoys and completely supports people over 50 who engage in physical activity. She notes the Las Cruces Pickleball Community is "composed of extremely joyful people, whose camaraderie is unreal, and where 99 percent of the people want to have a great time playing pickleball."

2018 DEE HARRIS MALE ATHLETE OF THE YEAR

Our 2018 Dee Harris Male Athletes of the Year are John Phillips, tenor; Larry Courter, lead; Steve Litts, bass; and Scott Russell, baritone; known collectively as the Cactus Chords.

From Ithaca, New York; Spirit Lake, Iowa; Carlsbad, New Mexico; and Buffalo, New York; our 2018 Dee Harris Male Athletes of the Year came together in Las Cruces. The year 2009 was the beginning of friendships and professional sharing

of their non-traditional sport talents. Doña Ana County Senior Olympics honors not one, but four non-traditional male athletes who collectively through their professional contributions have enhanced the quality of life for many throughout Doña Ana County. Each of the members has had their own successful careers, and presently all are retired.

In 2013, the group first brought their non-traditional sport talents

together at the local Doña Ana County Senior Olympic Games.

Then in 2016, 2017 and 2018, our honorees participated at the New Mexico State Summer Games, in competition called "Seniors Got Talent" and brought home gold in each of those years.

Our 2018 honorees are popular performers at assisted living and nursing care centers, hospitals, civic clubs, churches and many other special events

in the Doña Ana County area.

By now, you may have guessed our four non-traditional Male Athletes of the Year are truly dedicated to bringing joy to the lives of others through barbershop music. The group says Senior Olympics has given them the opportunity to meet many other people, as well as to add to and share in the culture of the larger community.



Husband and wife duo to compete in local games

By MIKE COOK
Las Cruces Bulletin

It's not like pulling teeth to get Las Cruces dentist Dr. Anton Milavec to compete in the Senior Games.

Milavec, 58, has competed in the high jump, standing long jump, 100- and 200-yard dash, soccer and frisbee accuracy and softball and frisbee distance events for Senior Olympics during the past five years. A pulled ligament in one knee will keep him out of the running events this year, but he still plans to compete in all the others.

And, Milavec's wife, Jayne, will compete in several swimming events again this year. She has

won multiple gold, silver and bronze medals in Doña Ana County and state Senior Olympics competitions and has also competed at nationals, he said. In fact, Jayne Milavec was one of top New Mexico Senior Olympics medal winners in 2018 anywhere in the state.

Jayne also competes in the walk race, Milavec said, and the couple will be among those entered in this year's local hauchas (washer toss) competition, he said. In last year's event, which was the first time the Milavecs competed in the event, Jayne won the gold and Anton took silver.

The couple also competed in last year's

jitterbug event, winning the gold medal in the county games and the silver medal at state.

Jayne, who runs five to six miles a day, is also a member of the Doña Ana County Senior Games board of directors.

In addition to multiple gold, silver and bronze medals, Anton held the state record for the high jump - three feet, 10 inches - for two years. A friend of his from eastern New Mexico broke the record by two inches, Milavec said.

Milavec said Senior Olympics offers both fun and serious events for competitors of all ages.

"There are events for everybody," he said.

The Senior Games are a good way to "meet other

Senior Olympians that like to have fun and stay active," Milavec said. "You form your own little family."

As a result of their participation in the games, the Milavecs have made friends all over the state, he said.

Milavec is a native of Silver City. His father was employed by Chino Mines in the Tyrone mining district. He moved to Las Cruces in 1989 and married Jayne two years later. Milavec was a member of the New Mexico State University track team and participated in university intermurals. He's been a part of the team at Gentle Care Dentistry, 2980 N. Main St. in Las Cruces, for many years.



Bulletin photos by Mike Cook
Anton and Jayne Milavec with their many Senior Games medals.

Bowler reflects on 60 years of love for the sport

By MIKE COOK
Las Cruces Bulletin

Terry Arble has continued his nearly 60-year love of the sport of bowling as a Senior Olympics athlete in Las Cruces, winning medals in local and statewide competitions along the way.

Arble, 71, is a native of central California who grew up in Santa Fe and graduated from Santa Fe High School. It was also in the state's capital city that Arble joined a youth bowling league at age 13.

Nearly 60 years later, he still enjoys the competition that bowling offers, he said, along with the opportunities it offers to interact with so many other bowlers.

"It's worthwhile," Arble said. "It's good exercise, and

for me, it's the people. Sometimes it's just a huge social event. It's the friendships you make. There's such a wide range of people. I've really enjoyed it."

Arble said he was asked to join a local Senior Olympics bowling team about eight years ago.

"I gave it a shot and I've been doing it ever since," he said.

Arble said he routinely bowls 9-10 hours a week at bowling alleys at Fort Bliss and White Sands Missile Range (WSMR). Arble also enjoys working out at a local gym and going to the movies with his wife, Barth Byrd, a former El Paso television news anchor and KRWG-FM news director at New Mexico State University.

Arble came to Las Cruces

in 1977, when he began working at the missile range. With the training he received through the Veterans Readjustment Act, Arble became a telecommunications chief at WSMR and retired as a safety program manager in 2008.

There are 120 or more Senior Olympics bowlers in Las Cruces, Arble said, ranging in age from 50-95. Because there are so many local bowlers, four-member teams routinely compete in local events over three consecutive weekends, he said, including up to 40 at a time.

In addition to his Senior Olympics medals, Arble has also won prizes in other bowling competitions. His highest finish was second in

an El Paso tournament that annually draws 500-600 bowlers, Arble said. He's looking forward to the 2019 Senior Games being held in Albuquerque.

The nationals will include bowling competitions for singles, doubles, mixed doubles and non-ambulatory singles, doubles and mixed doubles, according to the National Senior Games Association rule book. All formats will be scratch, meaning there are no scoring handicaps.

Arble does not hesitate to recommend Senior Olympics to anyone interested in bowling or any of the other sports (20 will be featured at the nationals) it offers. Senior Olympics, he said, is "well organized and it's all inclusive."



Bulletin photos by Mike Cook
Terry Arble

Air gun competitor enters games with his wife

By **MIKE COOK**
Las Cruces Bulletin

Steve Olimb has been interested in firearms and shooting guns "for a long, long time," he said.

He's carried that interest forward into Senior Olympics as a competitor in air rifle and air pistol events. His wife of 55 years, Nancy, will join him in this year's Senior Olympics air gun competition.

Olimb said other Senior Olympics air gun enthusiasts got him interested in the sport in 2011.

"It was just a lot of fun," he said. "Everyone is friendly and helpful."

"I've got some medals," Olimb said, from air gun competitions at local and state Senior Games. He's also assisted with events in Clovis and at the state competition.

"We're really looking forward to this year," he said, when Albuquerque will host the national

Senior Games.

This year's air gun competition will be at the local level only, Olimb said. That's because it's not a national sport for Senior Olympics - there's a move to change that, he said - and there won't be state games this year because New Mexico is hosting the nationals.

Olimb has a mini-shooting range at his house in an enclosed porch and practices with his air guns as often as he can.

Air gun competitors stand 10 meters (33 feet) from the target, which has a bullseye the size of a period on a typewriter for air rifle competitions and is about one-quarter inch in diameter for air pistols, Olimb said. There are four air-gun competitions: supported (sitting and using a rest) and standing for both air rifle and air pistol.

The highest possible air gun score is 400, Olimb said. His personal best is

389 with an air rifle at the state Senior Games in Albuquerque in 2017, which earned him fifth place. His score of 393 with an air pistol won him a gold medal at a county competition a year or two earlier, Olimb said.

An Albuquerque woman Olimb knows who is 92 and uses a side-level air gun that hasn't been made in about 50 years, routinely wins state competitions. She recently shot a 399 at a Clovis competition Olimb attended, he said.

"You don't quit playing because you grow old," Olimb said, paraphrasing George Bernard Shaw. "You grow old because you quit playing."

One of the things Olimb likes best about air gun competition is that it's not expensive sport to compete in, and it's open to people who have never shot before. Last year's air gun state competition drew 188 entrants, he said.

It's also a safe sport

because Senior Olympics requires low-velocity air guns and is big on safety, Olimb said.

The sport requires good eyesight and coordination, along with a steady hand and heartbeat, Olimb said. "All kinds of things enter into it," he said.

A native of Dodge City, Kansas, Olimb moved with his family to Las Cruces in 1949 when his father was hired as the seventh employee ever at White Sands Missile Range. Olimb, now 75, remembers that there were only about 8,000 people living in Las Cruces when he moved here, and Espina Street was a two-lane gravel road. Olimb attended East Picacho Elementary School and Central and Alameda junior highs and graduated from Las Cruces High School.

Olimb was hired by El Paso Electric in 1969 and worked for the utility for 30 years, retiring as an underground supervisor.



Bulletin photos by Mike Cook
Steve Olimb

FEMALE & MALE ATHLETE OF THE YEAR AWARD

In 2001, the Doña Ana County Senior Olympic Board of Directors established the Dee Harris Award which was presented yearly to a female and male athlete, who by their efforts and example made outstanding contributions toward enhancing the quality of life of Seniors in Doña Ana County.

Listed below are the recipients and the year they were presented the award.

2001	Dee Harris		2007	Margaret Gold	Wally Hill	2013	Fern Harrison	Philipp Djang
2002	Irene Aguilar	Jack Welch	2008	Paulette Caron	Don Medina	2014	Jennie Portillo	Dr. Robert Klass
2003	Penny Gearou	J. Mack Adams	2009	Cheryl Young	Eugene Pettes	2015	Cynthia Pollock	Lloyd Outzen
2004	Muretta McMillen	Ernest Espedal	2010	Amelia Davis	Jordan Wolle	2016	Johnnie Aldrich	James (Mac) McCollum
2005	Mary Sherman	Bob Sherman	2011	Laura Roach	Ken Harrison	2017	Virginia Barbier	Ken Stebler
2006	Betty Silva	Gary Tuttle	2012	Capt. Walter Baker	Veronica Galaz			

See the 2018 honorees' stories on pages 10.