



DOÑA ANA COUNTY

2023

SENIOR GAMES

March 17 - April 23

THE LAS CRUCES
Bulletin



CLEAN ENERGY FUTURE

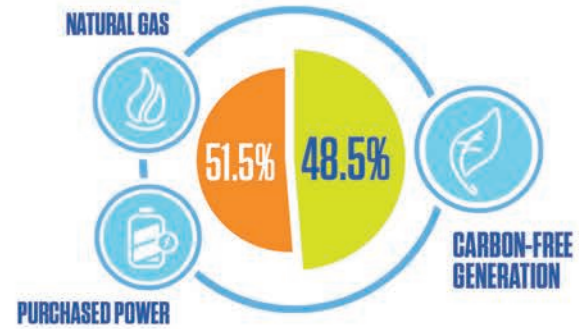
BIG PLANS FOR CLEAN ENERGY

We want to do more to create a cleaner, brighter energy future for everyone. That's why we're working to achieve two major milestones that bring us closer to this goal:



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OUR ENERGY PORTFOLIO AT A GLANCE*

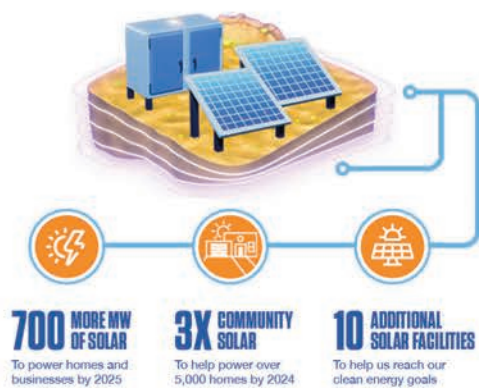


*2021 Generation Portfolio

**CO₂e contains carbon dioxide (CO₂), methane (CH₄), nitrous oxide (N₂O), and sulfur hexafluoride (SF₆)

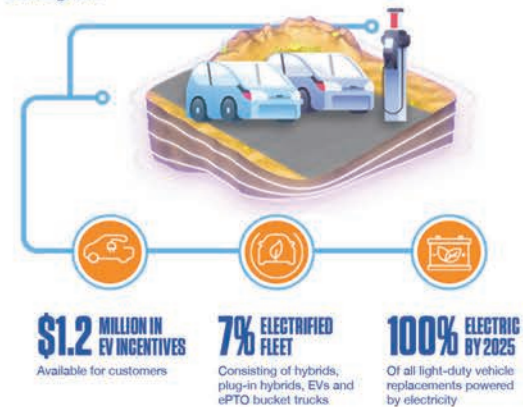
A BRIGHT OUTLOOK FOR 2025

Expanding solar energy is key to building a brighter future for our region. That's why we're committed to making it more accessible and affordable for our customers every day.



ELECTRIFYING A CLEANER FUTURE

We're committed to meeting our climate goals and inspiring others to take action. That's why we are accelerating the transition of our fleet to EVs, and supporting expansion of transportation electrification in our region!



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DACSO Contact Information

Doña Ana County Senior Olympics is located at 2211 North Main St., Suite 1, Las Cruces, NM 88001 in the Pioneer Building. The closest cross street is Madrid Avenue. As you proceed north on Main through the Madrid intersection, stay in the left lane to make a u-turn near the MMJ Pawn shop/Oban Ct. Immediately on your right as you go south on N. Main St. you will see a tall sign stating Pioneer Building 2211. Turn in to this parking lot and enter the main door. DACSO is the first office on the right, with a sign on the window, Suite 1.

WEBSITE: dacso-nm.org

OFFICE HOURS: The office is currently open on Wednesdays from 11 a.m.-1 p.m. and staffed by one of the officers of the board. Starting Monday, Feb. 13, 2023, the office will be open on Monday and Wednesdays from 11 a.m.-1 p.m. to assist in registration for the local games.

MAIL: 2211 NORTH MAIN ST., SUITE 1, LAS CRUCES NM 88001

PHONE: 847-274-7455 **EMAIL:** dacso2211@outlook.com

DACSO 2023 Board Members

OFFICERS:

Betty Burgess, President; Bess Hobson, Assistant to the President; Ann McPhee, Vice President; Paul Fetterhoff, Immediate Past President; Gary Tuttle, Treasurer.

BOARD OF DIRECTORS:

Jayne Milavec; Bob Sherman; Henry Young; Megin Smelser; Robert Distlehorst.

2022 Friends of DACSO

Doña Ana County Senior Olympics takes this opportunity to express its thanks to various businesses and individuals for their financial or other support during the 2022 year.

BUSINESSES: Las Cruces Bulletin; Las Cruces Fraternal Order of the Eagles; Pioneer Building; Johnstone Supply; City of Las Cruces; New Mexico State University; Catholic Diocese of Las Cruces; B & J Archery; Picacho Hills Country Club; WSMR - Roadrunner Lanes Bowling Center; Las Cruces Public Schools.

INDIVIDUALS: Jayne and Anton Milavec; Jack Welch; Gale Trantham; Ann and Drew McPhee; Tom Johnson; Ed Helsel; Steve Olimb; Rose Hackney; Jeff Hackney; Henry Enriquez; Patricia Cook; Kathleen Phillipson; Elden Heiden; Sally McClean; Al Berryman; Gene Quandt; Karen Quandt; Jerry Teufel; Michelle Wise; Deanna Gibbs; Kathy Rittenbery; Roseann Moen; Richard Robinson; Harley Reece; Johnnie Aldrich; Paul Fetterhoff; James McCollum; CeCe Hunter; Betty Burgess; Robert Distlehorst; Gary Tuttle; Allison Smith; Georgiana Hernandez; and Robert Nichols.

THE LAS CRUCES
Bulletin

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MESSAGE FROM THE PRESIDENT

Spring is coming and so are the Doña Ana County Senior Games. Our Board of Directors encourages all 50+ seniors to join us in committing to a healthy lifestyle through exercise, fun, sports/activities and a little friendly competition. We are an 'Open County,' meaning any U.S. citizen may participate in our games as long as they have reached 50 years of age.

Our goal for the 2023 local games is to double the number of participants from last year's games and with the Covid crisis in our rear-view mirrors, we strongly feel reaching our goal is possible. Our games begin on March 17 with Table Tennis and finish with Air Gun on April 23. But it is not too late to begin getting ready. Many of our events have scheduled practice times before the competition so you will want to take advantage of receiving instruction from the event managers.



We will again be using Fusesport as our registration provider. There are three ways you can register: 1) Attend the DACSO registration at Munson Senior Center, 975 S. Mesquite St., Las Cruces, NM on Feb. 25, from 10 am to noon where our Board of Directors will provide assistance; 2) Register online by going to the Fusesport website and 3) Seek assistance from a board member at our DACSO office, open Mondays and Wednesdays from 11 a.m. to 1 p.m. beginning Feb. 13, 2023.

We would love for you to join our family of senior athletes as we inspire our community to become more active and keep on moving!

Betty Burgess

President, Doña Ana County Senior Olympics



What is Doña Ana County Senior Olympics Mission and Vision?



OUR MISSION

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



OUR VISION

Our Vision is to provide opportunities for women and men age 50 and above to become involved in sport activities within their own five-year age groups, contributing to their own positive physical, mental, social and emotional well-being.



Spring is coming and so are the
Doña Ana County Senior Games

KICKOFF & REGISTRATION

**SATURDAY,
FEB. 25, 2023
10 a.m. to noon**

**Munson Senior Center
975 S. Mesquite St.**

This is a great time to chat with friends over light refreshments, visit with your sport's event manager and have help registering for the local Doña Ana County Senior Games. Registration will be online through Fusesport at <http://dacso.fusesport.com/registration/1915/> website. You may register on your own with an email address and credit card.

**PLEASE NOTE THERE WILL BE NO REFUNDS
FOR THE 2023 DACSO GAMES.**

OTHER WAYS TO REGISTER

→ ONLINE:

Go to <http://dacso.fusesport.com/registration/1915/> website/ Follow the instructions for registration, you will need an email address, credit/debit card and be asked to create a password for return or future use. If you registered in 2022 you may add to that registration.

→ IN PERSON:

Come by the office on Monday or Wednesday starting Feb. 13, 2023, from 11 a.m. to 1 p.m. for assistance in online registering. You will need a credit card and your email address. If you have a partner for a sport you will need their name, DOB and email to partner with them online. Fusesport will send them an email invitation to join also.



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extra mile!**



**Dr. Lauren Reyes
and Pete Reyes
would like to welcome
Dr. Cassandra Hoisington
to the practice!**

**Dr. Hoisington will be
joining the practice as a full
partner February 1st, when
we will expand our hours
and services!**



*Thank you for
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2023 DACSO Games Schedule of Events

DATE	DAY	REG. DEADLINE	EVENT	TIME	LOCATION	MANAGER	PHONE	EMAIL
MAR 17	FRI.	3/9/23	TABLE TENNIS	11 AM - 3 PM	PAPEN CENTER	BESS HOBSON	575-405-6615	besshobson@gmail.com
MAR 18	SAT.	3/10/23	5K, 10K ROAD RACE	7:30 - 11:30 AM	LA LLORONA PARK	PAUL FETTERHOFF	575-405-9892	1nmrunner@gmail.com
MAR 20-24	MON. WED. FRI.	3/12/23	BOWLING	1-4 PM	WSMR ALLEY	SANDRA BLAIR	575-649-6866	sandra.blair.6866@gmail.com
						VICKI COBURN	575-644-8662	girlmissy7120@gmail.com
MAR 21	TUE.	3/13/23	GOLF	11 AM - 4 PM	PICACHO HILLS CC	RON BEGEMANN DON DUTTON	619-587-0793 575-496-9835	begemannron@gmail.com dedutton51@gmail.com
MAR 25	SAT.	3/17/23	HORSESHOES	8-10 AM	MATT YOUNGBLOOD HORSESHOE COURTS	HENRY YOUNG	575-496-1637	chaphy65@gmail.com
MAR 25	SAT.	3/17/23	SWIMMING	9-11 AM	NMSU POOL	MICHELLE MASON	575-646-4229	mmason10@nmsu.edu
MAR 27-28	MON. TUE.	3/19/23	PICKLEBALL	8 AM - 12 PM	MEERSCHIEDT	JAYNE MILAVEC	575-405-7876	amila4321@aol.com
APR 1	SAT.	3/24/23	ARCHERY	8 AM - 1 PM	B&J LANE	BOB DUKE	575-640-4192	rjduke@zianet.com
APR 1	SAT.	3/24/23	TRACK	8 AM - 2 PM	CENTENNIAL HS TRACK	PAUL FETTERHOFF	575-405-9892	1nmrunner@gmail.com
APR 1	SAT.	3/24/23	FIELD	8 AM - 2 PM	CENTENNIAL HS TRACK	BOB SHERMAN	575-526-1363	
APR 1	SAT.	3/24/23	RACEWALK	8 AM - 2 PM	CENTENNIAL HS TRACK	BETTY BURGESS	575-644-0782	bettyburgess1948@yahoo.com
APR 1	SAT.	3/24/23	POWERWALK	8 AM - 2 PM	CENTENNIAL HS TRACK	BETTY BURGESS	575-644-0782	bettyburgess1948@yahoo.com
APR 1	SAT.	3/24/23	EST WALK	8 AM - 2 PM	CENTENNIAL HS TRACK	HENRY YOUNG	575-496-1637	chaphy65@gmail.com
APR 8	SAT.	3/31/23	SHOOTING	9 AM - 1 PM	BUTTERFIELD RANGE	BOB SHERMAN	575-526-1363	
			TRAP AND/OR SKEET			RICK RICHARDSON	575-642-2047	frrichar@gmail.com
APR 15	SAT.	4/7/23	FUN & REC	8 AM - 11 AM	PARK @ PAPEN CENTER	JAYNE MILAVEC	575-405-7876	amila4321@aol.com

2023 DACSO Games Schedule of Events

DATE	DAY	REG. DEADLINE	EVENT	TIME	LOCATION	MANAGER	PHONE	EMAIL
APR 15	SAT.	4/7/23	HUACHAS	10 AM - 11 AM	PARK @ PAPEN CENTER	PAUL FETTERHOFF	575-405-9892	1nmrunner@gmail.com
APR 15	SAT.	4/7/23	CORNHOLE	11 AM - 12 PM	PARK @ PAPEN CENTER	JAIME FLORES	575-993-8634	jm-flores@hotmail.com
APR 17-18	M-T	4/9/23	SHUFFLEBOARD	8 AM - 4 PM	ST. GENEVIEVE HALL	CHERYL YOUNG	575-496-7879	nmpp170@gmail.com
APR 21-23	FRI. SAT. SUN.	4/13/23	AIR GUN	8 AM - 5 PM	EAGLES CLUB	HARRY/DONNA STRYKER	575-644-6044	harry@strykersshootingworld.com
APR 21-22	FRI. SAT.	4/13/23	TENNIS	4-8 PM/ 8-11 AM	LIONS COURT	ED FRANK	610-888-6116	lascruceslalo@gmail.com

- **THE SWIMMING ORDER OF EVENTS WILL BE:** 200 Free, 100 Fly, 50 Breast, 200 IM, 100 Back, 50 Free, 200 Breast, 100 IM, 200 Back, 100 Free, 50 Fly, 100 Breast, 50 Back, 200 Fly, 500 Free.
- At the time of this printing, **BOWLING** requires proof of Covid vaccine, mask wearing and picture ID to enter the White Sands Missile Range base – check with the event manager on updates.
- **ARCHERY WILL ALLOW ONE OF THE FOLLOWING:** Recurve (with sights), Compound Fingers (with sights), Compound Release (with or without sights), Barebow Recurve (no sights), and Barebow Compound (no sights).
- **THE TRACK ORDER OF EVENTS ARE:** 5000M Power & Race walks, 100M run, 1500M run, 50M run, 400M est walk, 400M run, 1500M Power & Race walks, 800M run, 800M est walk.
- **THE FIELD ORDER OF EVENTS ARE:** Standing Long Jump, Running Long Jump, High Jump, Shotput, Discus, Javelin.
- **THE RACEWALK AND POWER WALK INCLUDE:** 1500M and 5000M (you may only participate in either RW or PW as they are run at the same time).
- **THE AIR GUN EVENT INCLUDES:** Pistol-standing, Pistol-benchrest, Rifle-standing, Rifle-benchrest.
- **FUN & REC EVENTS INCLUDE:** Soccer Accuracy Kick, Softball Distance Throw, Frisbee Distance, Frisbee Accuracy Throw.

PRICING:

Registration \$20, each event \$5, Fun & Rec is \$10 for any or all of the 4 events, the extra fees for golf are \$50, targets for Trap or Skeet are \$7 and Bowling \$6/day.

THE LIABILITY WAIVER YOU WILL BE SIGNING IS THE FOLLOWING:

I hereby agree to indemnify and hold harmless the Doña Ana County Senior Olympics, Inc. and any of their agents or representatives: City of Las Cruces, New Mexico State University, Fairacres Fire Department, Fraternal Order of Eagles, Catholic Diocese of Las Cruces, B & J Archery, Picacho Hills Country Club Golf Course, WSMR (Roadrunner Lanes Bowling Center), and Las Cruces Public Schools. 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 grant full permission to all the foregoing to use my likeness or any photograph of me participating in these events without obligation or liability to me. I understand there are no refunds for 2023. I also agree to observe all rules and regulations of the DACSO Games, to exercise good sportsmanship, and to follow all oral and written 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.

2023 DOÑA ANA COUNTY SENIOR GAMES INFORMATION

Welcome to the 2023 Doña Ana County Senior Games! We are pleased to have had 139 athletes compete last year and look forward to seeing more this year!

Doña Ana County Senior Olympics is committed to a program of sports and recreational events to promote healthy and active lifestyles for all seniors age 50 and above. Our programs encourage both the athlete and the beginner to participate within their own 5-year age category starting from 50-54 and going up to 90+. Senior Olympics in Doña Ana County is a volunteer group, with support coming from your modest registration fees. We offer 20+ events with opportunities for singles, doubles and mixed doubles play. When participating in any of our events, each person is covered by an athlete insurance policy. Your age group for competition is the age you are on Dec. 31 of the registration year.

For more information call Betty Burgess at 575-644-0782.

If you are playing doubles or a partnered sport, you will need the name, birthdate and email of your partner. Your team age is determined by the youngest partner's age as of Dec. 31, 2023.

Example: if you turn 50 on Sep. 1, 2023, you are considered 50 for the full year of 2023, and eligible for the spring 2023 games.

THERE WILL BE NO REFUNDS FOR THE 2023 DACSO GAMES.

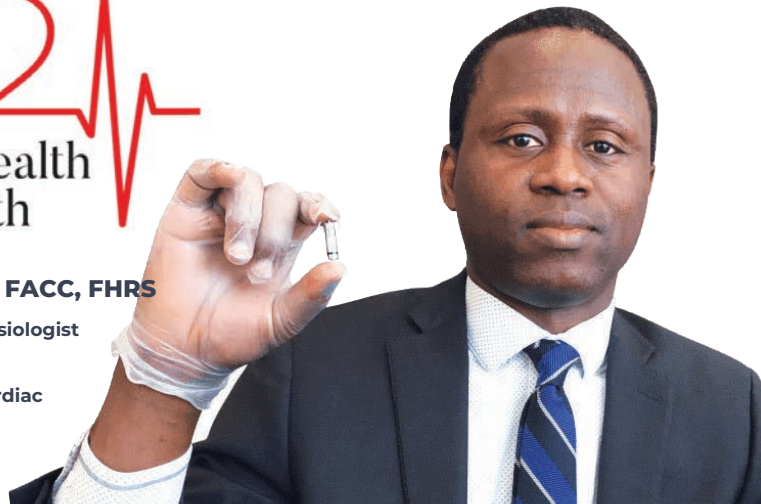
With this new registration system, you will need an email address, to create a password and be able to pay via credit/debit card.



Lookman Lawal, MD, FACC, FHRS

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and Cardiologist

Director, Southwestern Cardiac
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February has been designated American Heart Month in an effort to raise awareness about heart disease and how to prevent it.

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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.



New Mexico Senior Olympics
Ernesto Ramos
State Summer Games
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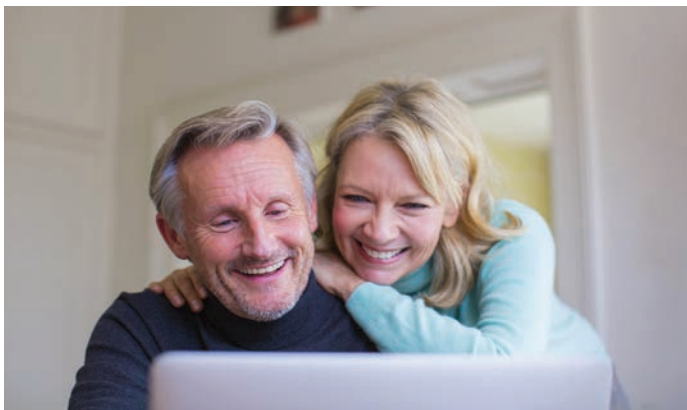
Athletes compete in 5-year age divisions
50-54, 55-59, 60-64.... 95+

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Prominent Las Cruces Senior Olympian Jayne Milavec

Jayne Milavec, age 61, has been a vibrant figure in the New Mexico Senior Olympics for almost a decade. Her moto and mantra is: "To stay fit, healthy, and happy while doing activities that I love!"

A resident of Las Cruces since 1991, Jayne began her Senior Olympics experience by competing in the 2015 Doña Ana County Senior Olympics (DACSO). She came home with multiple medals in swimming, track and field, power walk and other recreation events. She has since continued to compete and medal at all the county, state and national games every year they were held. At the national games in 2022 in Fort Lauderdale, Florida, Jayne broke the 1500 meter power walk record with a winning time of 9:55.20 for females age 60-64 and also came in first for the 5K power walk. That year New Mexico placed 19th in the United States for participants attending the games. The athletes that year brought back a total of 121 medals!

When asked which swimming events she competed in, she immediately answered: "All of them!" As an example of her success in the games, in 2018 she compiled 15 medals in swimming events alone. She has several racks of medals hanging in her home that she has earned over the years. Having brought home dozens each year, those racks are full.

Jayne has a rigorous training regimen that she fits into her busy life. On her days off, working as a nurse, she runs for 1-1/2 hours and swims for 1-1/2 to 2 hours. On the days she works, she does only one or the other. She also runs a marathon each year. Her eyes light up when she states that she loves to run and swim and "could be in the

water all day!" Always interested in improving her times, she said, "Every year my swim times are less and less. By the time I am 90, I'll be really good!"

Living life to its fullest, Jayne is a good natured, active mother, wife, nurse and volunteer, besides being an incredible athlete. She grew up in an energetic family with six sisters and a brother. She credits her mother for encouraging a healthy, fun competition with each other in a variety of sports. Jayne has always enjoyed running. She swam and ran track in high school. Her husband, Anton, son Justin, and daughter, Micaela, are also all active in sports. Anton competes in the Senior Olympics as well, and together they won a medal in the couples dance event in Swing/Jitterbug. Their church is an important part of their lives. Jayne and Anton, a dentist by profession, have traveled to India and Costa Rica as missionaries with Doña Ana Community College with the School of Hygiene.

With no plans of taking it easy after she retires, she wants to continue with what she is doing and incorporate more biking, pickleball, yoga and ballroom dance into her life.

Jayne not only competes, she is a volunteer member of the DACSO board that organizes and runs the local games every year. Between competing in her many activities at the games, she is the event manager for both Pickleball and Fun and Rec.

When asked if she had any advice for anyone considering to compete in the Doña Ana County Senior Olympics, she simply said, "Find an activity you love."

You can register to compete or to be a volunteer for the upcoming games being held March through April, 2023 at: www.dacso-nm.org.





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