



Sterling Hancock

Georgia standout Warren Prehmus (3) strains for the ball in medal game against Ohio Tuesday. Georgia won 56-54 on Prehmus's two clutch free throws in the final seconds.

Georgia nips Ohio for gold medal in basketball

Game goes to the wire, but standout Warren Prehmus wins with clutch free throws

By Colin Becht

The Georgia Boys are heading back home with a gold medal around their necks after defeating the Burlington Players of Ohio 58-56 Tuesday to win the men's 50-and-over division at the Senior Games.

With the game tied at 56, who else but Georgia Boys standout Warren Prehmus would step up to win the game. Prehmus got himself to the line after he was fouled on a drive, and sank both free throws with 5.1 seconds remaining to win the medal for Georgia.

"This is something we have been working for for a long time and we're very excited about it," said Prehmus.

Those two free throws added to another huge game by Prehmus, in which he scored 38 points. Tony Brizolera added 10 points in a very physical battle in the post.

The Boys trailed early, down by as much as 12, but with a three-pointer by Prehmus at the halftime buzzer, they trailed by only one at the half. The game remained close in the second half, with the Georgia Boys building an eight-point lead, but by the final minute, the margin was down to four.

Burlington made most of their attempts, with Willie Struman and Harold Driver racking up 20 or more points, combining for 42. Struman tied the game at 56 with 10 seconds remaining on a layup, before Prehmus iced the game with his two big free throws.

The Georgia Boys earned their place in the gold medal game with a gritty, comeback win over previously undefeated Half Fast Old Men from Northern California. Despite trailing by 10 at halftime, the Georgia Boys played a flawless second half to defeat Half Fast 54-48.

Once again, Prehmus was the hero for the Georgia Boys, topping the offense with 39 points. He contributed a clutch performance in the second half, almost single-handedly willing the Georgia Boys back into the game with 21 points.

The Georgia Boys wasted no time getting back into the game, beginning the second half with a 9-0 run. The Boys finally took the lead at 42-41, and after a brief tie at 45, the Boys took the lead for good with 3:18 remaining on a three-pointer by Prehmus.

(continued on page 9)

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Game Schedule

Sport	Venue(s)	Today's/Upcoming Game Schedule	Start Time
Archery	Stanford Stadium	Today: M/W 65-69, 70-74, practice all ages Thurs: M/W 65-69, 70-74	NA NA
Badminton	Burnham Pavilion	Today: M/W 50-54, 55-59 Thurs: M/W 55-59, 60-64	9 a.m. 11 a.m.
Basketball	Maples Pavilion	Today: M/W 60+, practice M/W 55+ Thurs: M/W 55+, 60+	9 a.m. 9 a.m.
	Ford Center	Today: W 65+ Thurs: W 65+	9:40 a.m. 9:40 a.m.
	Arrillaga Rec. Center	Today: M/W 75+, Practice M 65+ Thurs: M 65+, 75+	9:40 a.m. 9 a.m.
Cycling	Cañada Road	Today: practice M/W all ages Thurs: M/W 20K Road Race	NA 10 a.m.
Golf	Stanford Golf	Today: M/W 50-64 Thurs: M/W 50-64	8:30 a.m. 8:30 a.m.
	Palo Alto Muni	Today: M/W 75-100+ Thurs: M/W 75-100+	8 a.m. 8 a.m.
	Harding Park	Today: M/W 65-74 Thurs: M/W 65-74	8:07 a.m. 8:07 a.m.
Lawn Bowling	Palo Alto Lawn Bowling Club	Today: W all ages Pairs Thurs: W all ages Pairs	NA NA
Soccer	El Camino Fields	Today: M 60+, 65+, W 50+, 55+ Thurs: M/W 55+	8 a.m. 8 a.m.
	Sand Hill Fields	Today: M 55+ Thurs: M/W 65+, M 60+	9 a.m. 9 a.m.
	Cagan Field	Today: M/W 50+, M 70+, W 60+	8 a.m.
Softball	Twin Creeks Sports Sunnyvale	Today: M/W 75+, 80+, W 55+, 70+, practice M/W all ages Thurs: M/W 65+, 70+, 75+, 80+, W 55+	8 a.m. 8 a.m.
Swimming	Avery Aquatic Center	Today: M/W all ages 200 Breast, 50 Back	9 a.m.
Tennis	Taube Tennis Center	Today: M/W 50-64 Thurs: M/W 50-64, practice M/W 65-69	8 a.m. 9:15 a.m.
Track & Field	Cobb Track & Angell Field	Today: M/W 65-100+, Prelims: Hammer, Javelin, Shot Put, Pole Vault. Practice M/W 65-100+ Thurs: M/W 65-100+ Prelims: Long Jump, Triple Jump, High Jump, Discus, 100M, 400M, Finals: 1,500M	8 a.m. 8 a.m.

For complete schedule through Aug. 15, visit www.2009SeniorGames.org.

Public Transportation

Complimentary use of Stanford's Marguerite shuttle and other public transportation is available with Senior Games photo credentials.

Monday - Friday, from 6 a.m. to 8:30 p.m.

Marguerite Line B Clockwise runs from the Palo Alto Transit Center to the Alumni Center stop, which serves the AstraZeneca Athlete Village, and on to the Munger Graduate Residences, stopping at Wilbur Field.

Marguerite Line B Counter-Clockwise runs from the Munger Graduate Residences (the stop is at the Vaden Health Center on Campus Drive East and Cowell Lane) to the Track House, which serves the AstraZeneca Athlete Village, then continues on to the Palo Alto Transit Center.

Saturday - Sunday, 7:30 a.m. to 10 p.m.

The shuttle stops at the Munger Graduate Residences, the Track House, the Palo Alto Transit Center and the Alumni Center.

Caltrain: use for travel from hotels to the Palo Alto Transit Center, caltrain.com/timetable.html.

SamTrans: use Lines 390 and KX for recommended hotels in Menlo Park, samtrans.com/schedules.html

VTA: use Line 22 for recommended hotels in Mountain View and Palo Alto, vta.org/schedules/schedules_bynumber.html

Stanford Sports Center Venues/Athlete Village



Stanford Campus/Palo Alto Area Athletic Venues



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Senior Games Entertainment Schedule

Senior Games Special Hospitality Food & Beverage Events are located under the "Party Tent" and Free Nighttime Entertainment will be located on the Euflexxa Entertainment Stage

Big Easy New Orleans Style

Wednesday, Aug. 5, 5:30 - 7:30 p.m.

Party Tent next to the Avery Aquatic Center

It may be August but it's going to feel like Mardi Gras at Stanford. Enjoy the Cajun cuisine. \$25 per person reservations required.

FREE on the Euflexxa Entertainment Stage 6pm-

8:30 pm Enjoy the sounds of New Orleans Jazz.

Everyone will have a chance to get up and dance to the upbeat rhythms of zydeco.

New Orelans Jazz Band, Blues Bayou

Wednesday, Aug. 5, 6 - 8:30 p.m.

Euflexxa Entertainment Stage

Enjoy the tasty delights South of the Border style cuisine by Compadres. California celebrates its diversity with a rich heritage of Hispanic cultures. Reservations required \$25 per person

South of the Border Fiesta

Thursday, Aug. 6, 5:30 - 7:30 p.m.

Party Tent next to the Avery Aquatic Center

Free Entertainment — Pete Escovedo

Thursday, Aug. 6, 6 - 8:30 p.m.

Euflexxa Entertainment Stage

Enjoy Mariachi & Folklorico music and salsa sounds with Legendary Pete Escovedo.

Sock Hop & Ice Cream Social

Friday, Aug. 7, 5:30 - 7:00 p.m.

Party Tent next to the Avery Aquatic Center

It's time to "rock Around the Biological Clock" with

some jitterbug dancing to work off the calories from the delicious complimentary ice cream. Bring your poodle skirt and slick back your hair for this nostalgic celebration. No reservations necessary. Free to credentialed participants.

Free Entertainment — Butch Whacks and the Glass Packs

Friday, Aug. 7, 6 - 8:30 p.m.

Euflexxa Entertainment Stage

Celebration of Athletes

Saturday, Aug. 8, Doors open at 6 p.m.

Maples Pavilion

Join us for the traditional Celebration of Athletes to be held inside Maples Pavilion. This event includes live entertainment by Mickey Thomas of the Starship, with the Oakland Interfaith Gospel Choir and special guest stars and appearances by some of the Bay Area's most celebrated Olympic and professional athletes. It will truly be an inspirational night.

The Celebration of Athletes is being produced by E2k Sports, a local entertainment production company that has produced major ceremonies for the Super Bowl, the World Cup, the Olympics and the Presidential Inauguration. Presented by Astra Zeneca. Complimentary event.**

**This is a ticketed event with limited free seats open to the public. Tickets for athletes will be available at the Athlete Village and information for ticket pick up will be available at Athlete Check in.

Taste of California & California Beach Party

Sunday, Aug. 9, 5:30 - 7 p.m.

Party Tent next to the Avery Aquatic Center

Senior Games Special Events

Closing Ceremony

Saturday, Aug. 15 — 4-4:30 p.m. at the Humana Celebration Plaza, Stanford

Peak Performance Lecture Series

Daily 10:30 to 11:30 a.m. and 1 to 2 p.m.

at the Avery Rehearsal Hall - Located at the Avery Aquatic Center (125 seats)

Wednesday, August 5

10:30 a.m. Thor Besier, MD (SHC) – Biomechanics in Sport: Performance Enhancement and Injury Prevention

Thursday, August 6

10:30 a.m. David Spiegel, MD – Hypnosis, Stress and Performance

1:00 p.m. James Ratcliff, MD - The Runner's Foot

2009 Summer National Senior Games Local Organizing Committee proudly presents the "Taste of California" for participants and their guests, to highlight California cuisine and wines. The menu will include an assortment of salads, main courses, and desserts as determined by the freshest ingredients available at that time. The host chefs and will be in attendance. Reservations are required. \$25 per person.

Free Entertainment — Papa Do Run Run

Sunday, Aug. 9, 6 - 8:30 p.m.

Euflexxa Entertainment Stage

Dine Around Palo Alto

Monday, Aug. 10

Downtown Palo Alto

The award winning restaurants of Palo Alto welcome participants in the 2009 Summer National Senior Games with a special night on the town at selected restaurants. The list of participating restaurants will be available at the Information booths. Restaurants will include a range of cui-

sines. Be sure you have your athlete credentials with you. Bon Appetit! Check the information booth for more details.

Real Texas Barbeque

Tuesday, Aug. 11, 5:30 - 7:30 p.m.

Party Tent next to the Avery Aquatic Center

A real Texas barbecue served picnic style from Armadillo Willy's. Enjoy this finger-licking dinner featuring Barbecue ribs and chicken with all the sides. Reservations are required and can be made at the Information Center. The cost is \$25 per person.

Free Entertainment — Country Band, Appaloosa

Tuesday, Aug. 11, 6 - 8:30 p.m.

Euflexxa Entertainment Stage

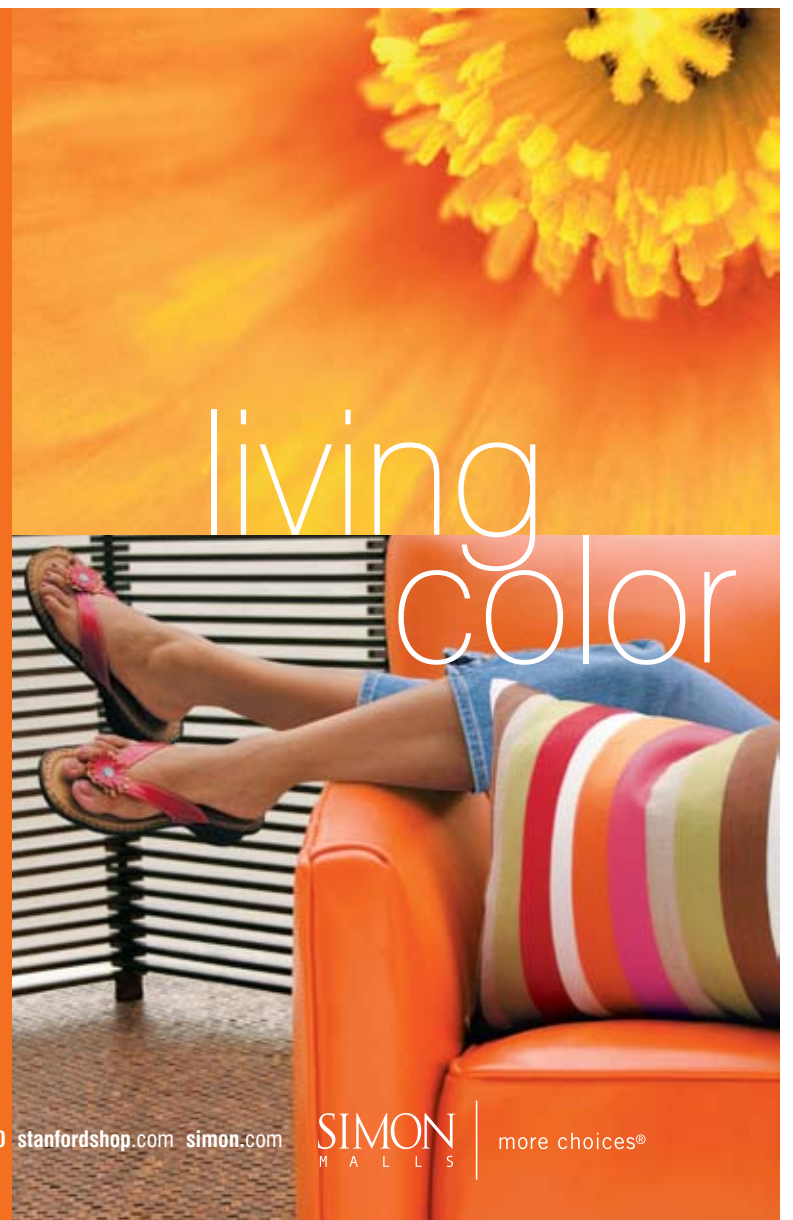
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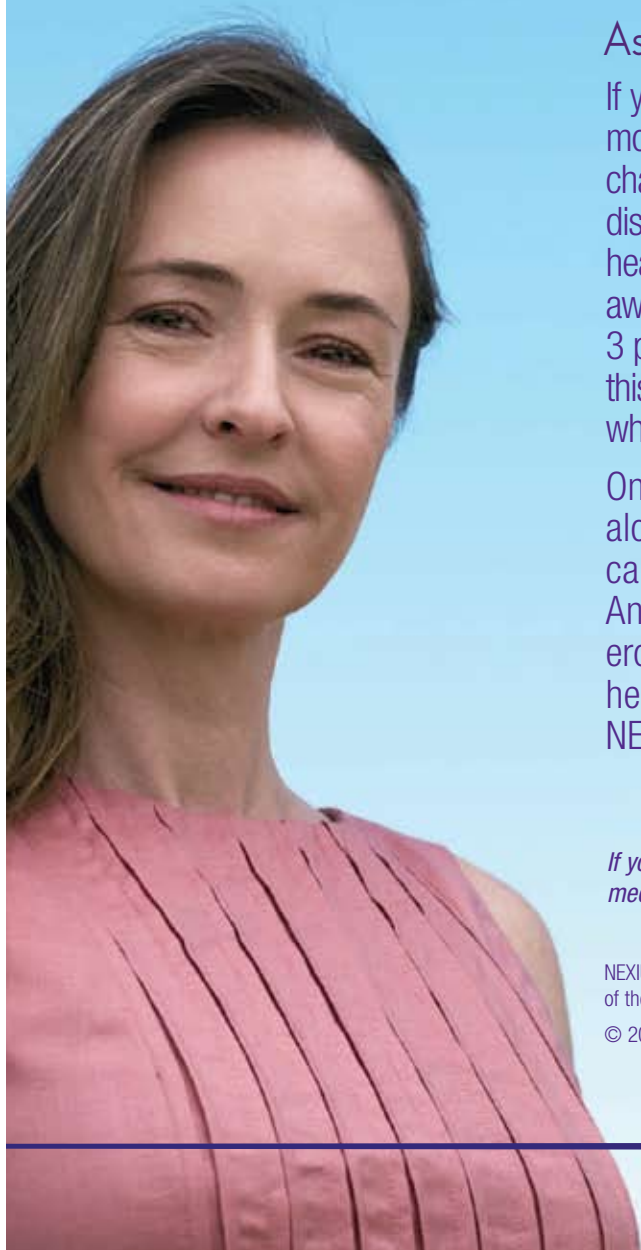
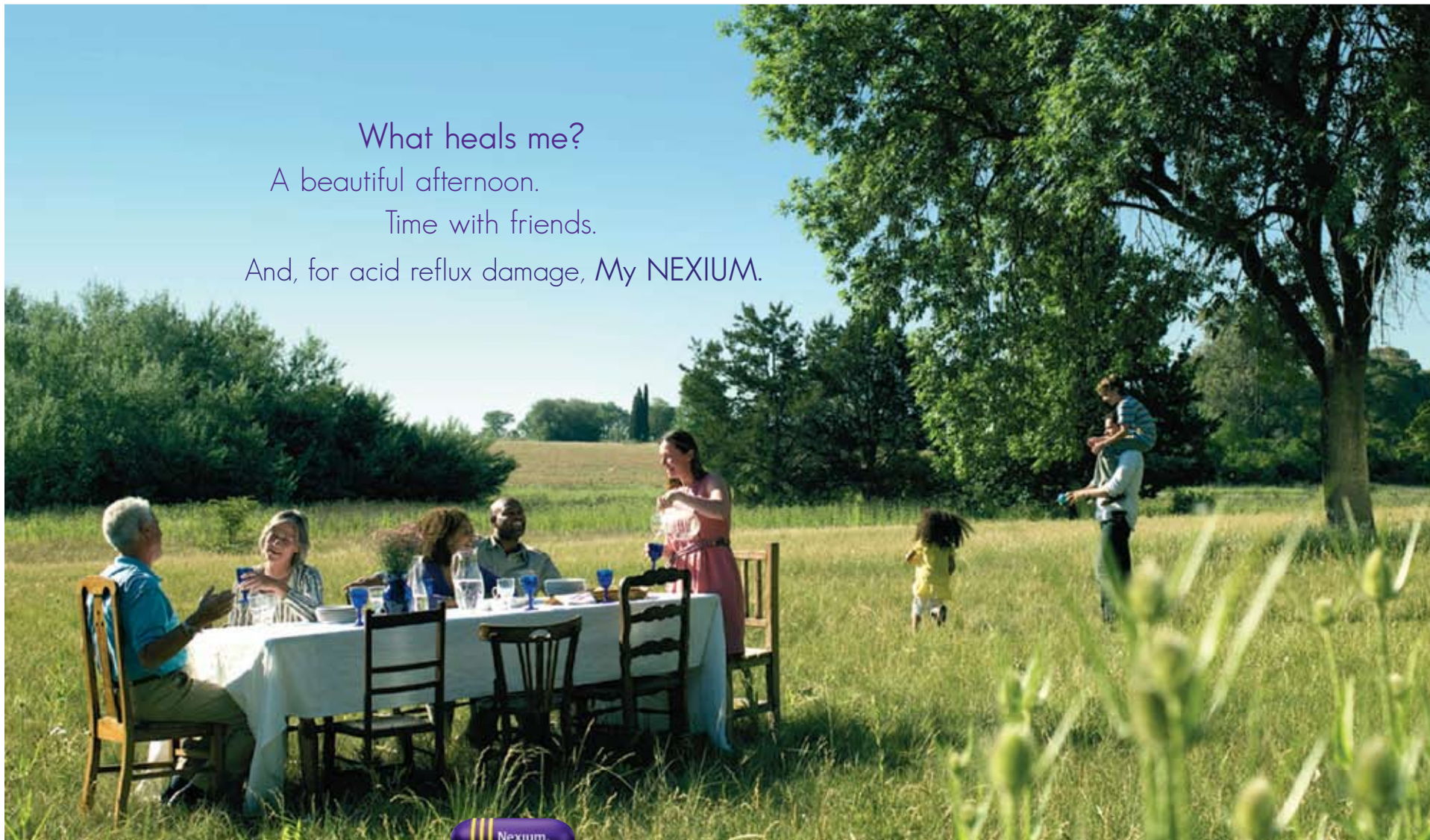
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If you suffer from persistent heartburn 2 or more days a week, despite treatment and changing your diet, it may be acid reflux disease. The rising stomach acid causing heartburn pain can, over time, erode (wear away) the lining of the esophagus. About 1 in 3 people with acid reflux disease may have this condition, known as **erosive esophagitis**, which can only be diagnosed by your doctor.

One prescription NEXIUM pill a day, along with diet and lifestyle changes, can provide 24-hour heartburn relief. And for many, NEXIUM can help heal erosions in the esophagus. Most erosions heal in 4 to 8 weeks. Your results with NEXIUM may vary.

Talk to your doctor about your symptoms and find out if NEXIUM is right for you.

NEXIUM has a low occurrence of side effects, which include headache, diarrhea, and abdominal pain. Symptom relief does not rule out other serious stomach conditions.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the important Product Information about NEXIUM on the adjacent page and discuss it with your doctor.

Visit www.purplepill.com or call 1-800-4-NEXIUM.

If you are without prescription coverage and can't afford your medication, AstraZeneca may be able to help.

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IMPORTANT INFORMATION ABOUT NEXIUM

Please read this summary carefully and then ask your doctor about NEXIUM. No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your doctor. Only your doctor has the training to weigh the risks and benefits of a prescription drug.

WHAT IS NEXIUM?

NEXIUM is a prescription medicine called a proton pump inhibitor (PPI).

NEXIUM is used in adults:

- to treat the symptoms of gastroesophageal reflux disease (GERD). NEXIUM may also be prescribed to heal acid-related damage to the lining of the esophagus (erosive esophagitis), and to help continue this healing.
- GERD is a chronic condition (lasts a long time) that occurs when acid from the stomach backs up into the esophagus (food pipe) causing symptoms, such as heartburn, or damage to the lining of the esophagus. Common symptoms include frequent heartburn that will not go away, a sour or bitter taste in the mouth, and difficulty swallowing.
- to reduce the risk of stomach ulcers in some people taking pain medicines called non-steroidal anti-inflammatory drugs (NSAIDs).
- to treat a stomach infection (*Helicobacter pylori*), along with the antibiotics amoxicillin and clarithromycin.
- for the long-term treatment of Zollinger-Ellison Syndrome. Zollinger-Ellison Syndrome is a rare condition in which the stomach produces a more than normal amount of acid.

For children and adolescents 1 to 17 years of age, NEXIUM may be prescribed for short-term treatment of GERD.

NEXIUM has not been shown to be safe and effective in children under the age of 1.

WHO SHOULD NOT TAKE NEXIUM?

Do not take NEXIUM if you:

- are allergic to any of the ingredients in NEXIUM. See the end of this leaflet for a complete list of ingredients in NEXIUM.
- are allergic to any other Proton Pump Inhibitor (PPI) medicine.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING NEXIUM?

Tell your doctor about all your medical conditions, including if you:

- have liver problems
- are pregnant, think you may be pregnant, or are planning to become pregnant.
- are breastfeeding or planning to breastfeed. Talk with your doctor about the best way to feed your baby if you take NEXIUM.

Tell your doctor about all of the medicines you take including prescription and non-prescription drugs, vitamins and herbal supplements. NEXIUM may affect how other medicines work, and other medicines may affect how NEXIUM works. Especially tell your doctor if you take:

- warfarin (COUMADIN®)
- ketoconazole (NIZORAL®)
- voriconazole (VFEND®)
- atazanavir (REYATAZ®)
- nelfinavir (VIRACEPT®)
- saquinavir (FORTOVASE®, INVIRASE®)
- products that contain iron
- digoxin (LANOXIN®, LANOXICAPS®)

HOW SHOULD I TAKE NEXIUM?

- Take NEXIUM exactly as prescribed by your doctor.
- Do not change your dose or stop NEXIUM without talking to your doctor.
- Take NEXIUM at least 1 hour before a meal.
- Swallow NEXIUM capsules whole. Never chew or crush NEXIUM.
- If you have difficulty swallowing NEXIUM capsules, you may open the capsule and empty the contents into a tablespoon of applesauce. Be sure to swallow the applesauce right away. Do not store it for later use.
- If you forget to take a dose of NEXIUM, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take a double dose to make up for a missed dose.
- If you take too much NEXIUM, tell your doctor right away.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NEXIUM?

The most common side effects with NEXIUM may include:

- Headache
- Nausea
- Abdominal pain
- Dry mouth
- Diarrhea
- Gas
- Constipation

Tell your doctor about any side effects that bother you or that do not go away. These are not all the possible side effects with NEXIUM. Talk with your doctor or pharmacist if you have any questions about side effects.

HOW SHOULD I STORE NEXIUM?

- Store NEXIUM at room temperature between 59°F to 86°F (15°C to 30°C).
 - Keep the container of NEXIUM closed tightly.
- Keep NEXIUM and all medicines out of the reach of children.

GENERAL ADVICE

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information leaflet. Do not use NEXIUM for a condition for which it was not prescribed. Do not give NEXIUM to other people, even if they have the same symptoms you have. It may harm them.

This Patient Information leaflet provides a summary of the most important information about NEXIUM. For more information, ask your doctor. You can ask your doctor or pharmacist for information that is written for healthcare professionals. For more information, go to www.purplepill.com or call toll free 1-800-236-9933.

WHAT ARE THE INGREDIENTS IN NEXIUM?

Active ingredient: esomeprazole magnesium trihydrate

Inactive ingredients in NEXIUM Delayed-Release Capsules (including the capsule shells): glyceryl monostearate 40-55, hydroxypropyl cellulose, hypromellose, magnesium stearate, methacrylic acid copolymer type C, polysorbate 80, sugar spheres, talc, triethyl citrate, gelatin, FD&C Blue #1, FD&C Red #40, D&C Red #28, titanium dioxide, shellac, ethyl alcohol, isopropyl alcohol, n-butyl alcohol, propylene glycol, sodium hydroxide, polyvinyl pyrrolidone, and D&C Yellow #10.

Inactive granules in NEXIUM Delayed-Release Oral Suspension: dextrose, xanthan gum, crospovidone, citric acid, iron oxide, and hydroxypropyl cellulose.

NOTE: This summary provides important information about NEXIUM. For more information, please ask your health care professional or doctor about the full prescribing information and discuss it with him or her.

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Nimble badminton star started on the track

Olympian Jeff Fishback ran steeplechase in '64; now enjoys strategic court game

By Sana Bakshi

Badminton requires an athlete to be quick on their feet, able to move from one end of the court to the other quickly. Jeff Fishback, 67, possesses these qualities and more, making him one of the best badminton players in the world.

Fishback started his athletic career as a boy and went on to be one of the best in the world, but not as a badminton player. He was a distance runner until about 20 years ago, and is particularly proud of competing in the 3,000-meter steeplechase in the 1964 Olympics.

Along with placing 12th in the Olympics, he holds the world record for the fastest two-man 10-mile relay. He also holds several NCAA titles in cross-country events.

"The year before the '64 Olympics, I competed in the Pan American Games," Fishback said. "I placed first and I consider it my greatest achievement."



After retiring his running shoes, Fishback became a P.E. teacher at Cupertino High School and taught badminton.

"I figured there was a lot more to the game," Fishback said. "I like the fact that in badminton craftiness is such a big part of the game."

He decided to play with the Los Gatos Recreational Department, and he caught on to the game very quickly.

Fishback holds national titles in badminton and has played in the last two World Masters Championships. He also was a top finalist at the 2007 Senior Games.

"The facilities in Louisville were absolutely fantastic, and it was very well conducted," Fishback said.

One of his most memorable moments came at the

2007 Senior Games.

"Our match was called and my partner was in the vibrating chairs," Fishback said. "They let me go out and find him and he was enjoying trying the chairs."

Playing at the senior games has given Fishback an opportunity to meet many new and interesting people.

"I play in the U.S. Senior Nationals and that seems to have different people than NSGA," he said. "I met a lot of new people to play with and watch play."

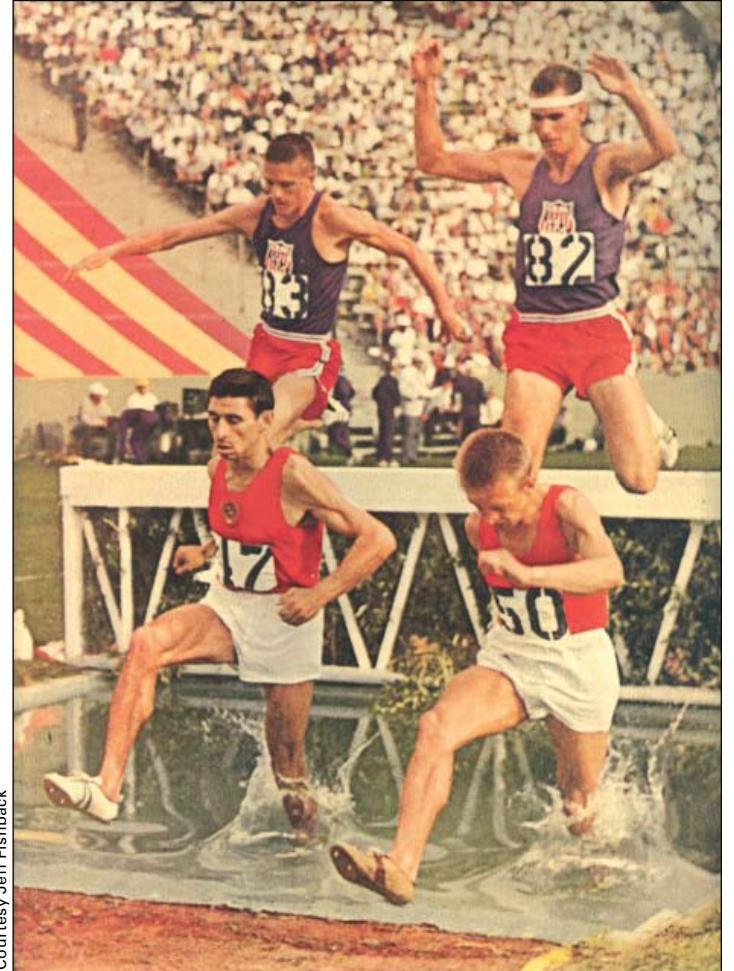
Fishback holds various national titles and world records in both badminton and running. He went to the Olympics and is on the current world championship badminton team. But when it comes down to it, his students don't consider any of those as his greatest achievement.

"If you ask my students, they would say winning Bay to Breakers ('64) is my greatest achievement," Fishback said. ★

Olympian Jeff Fishback ran the 3,000-meter steeplechase in 1964 (No. 82 at right) and now, at 67, is a standout badminton player in the Senior Games.



Courtesy Jeff Fishback



Courtesy Jeff Fishback

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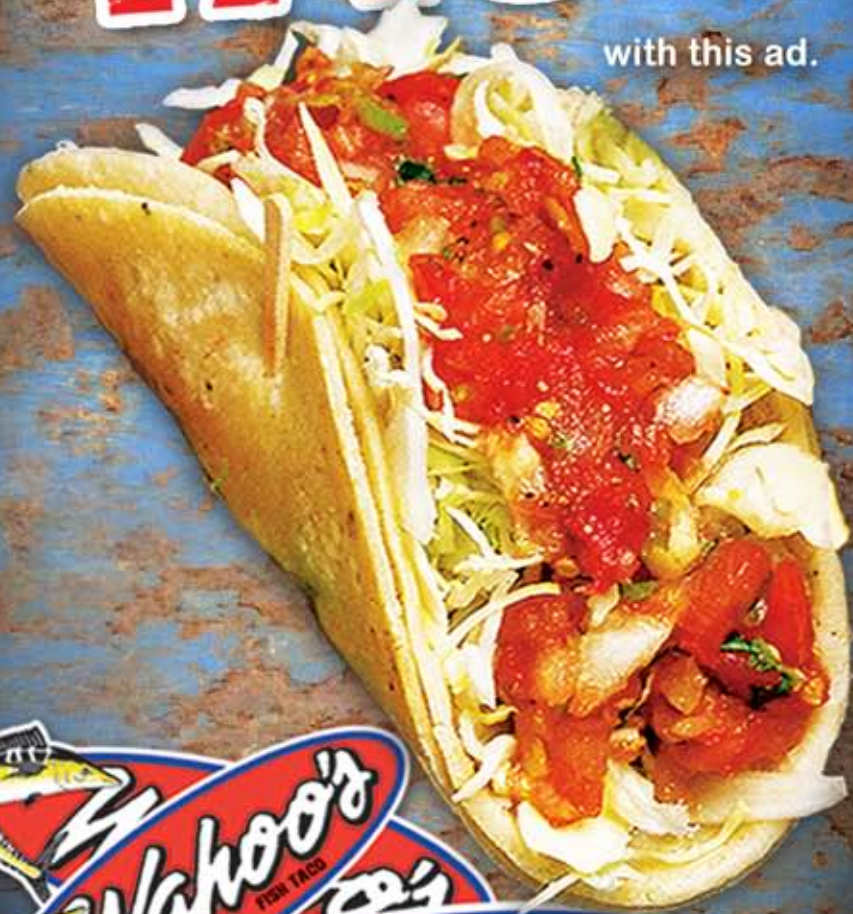
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Some 1,600 volunteers keep the Games going. Geoff and Ann Ziman, above, help out wherever they are needed.

Volunteers are the unsung heroes

More than 1,600 take part to help keep the Games running smoothly

By Sana Bakshi

The 2009 Senior Games were not organized with little effort. In fact, Bonnie Luftig started preparing for the games in December 2008 and added four full-time interns to her staff in May. By the time the Senior Games started on Aug. 1, Luftig managed to find about 1,600 volunteers, without whom the senior games would not be possible.

"We reach out to many different groups of all different ages," Luftig said.

These volunteers come from corporations, people in-between jobs, religious groups and sporting clubs. And those who do it find there is a different experience every day.

"Volunteers are asked to do various things," Luftig said. "They work at sporting events, athlete registration, sports information booths, ice cream stands and prepping hospitality."

For some, like Ariel Figueroa, 15, volunteering at the games is a good way to gain community service hours.

"A friend told me about it and I thought it would be really cool," she said. "I have been shoved around a bit because they didn't know where to put me but it's really fun."

Judy Mayer of Tucson, Ariz., is visiting her son, a student at Stanford, and decided to volunteer to kill some time. She is currently timing swim meets at the Avery Aquatic Center.

"It's really fun to be here," Mayer said. "There are so many enthusiastic people and watching the athletes is amazing."

Ann and Geoff Ziman, a local couple, also volunteered on Sunday at the Senior Games. The Zimans chose to volunteer so they could work together, although sometimes they work at different booths at the games.

"This is one job that is very well-paid," Geoff Ziman said. "The genuine thanks you get from people gives you a reason to keep doing it."

The Zimans are also volunteers at the local Red Cross. They organize immediate help and relief for victims of fires and other disasters.



Sunny, the mascot, prefers to remain anonymous, but works hard at keeping spirits high at Games venues.

"We are the immediate relief they (the victims) receive," Ann Ziman said. "If they need food we feed them, if they need clothes we provide clothing and if they need lodging we provide them with that as well."

For the Zimans, volunteering at the Senior Games is very laidback compared to the chaos that comes with volunteering at the Red Cross. Nevertheless, the Zimans are enjoying the atmosphere at the 2009 games.

"The people here are enjoying themselves," Geoff Ziman said. "Everyone is enjoying the competition." ★

Basketball

(continued from page 1)

Half Fast built its big lead in the first half, using an inside-outside offense. Half Fast would pass the ball into the post before kicking it back outside for three-point shots. Of Half Fast's 13 first half field goals, five were three-pointers.

Half Fast used this inside-offense to build a 33-23 lead by the end of the first half. Prehmus said that at the time, he was thinking, "Why can't anything go right for us?"

In the second half, things did go right thanks to the Georgia Boys' defensive adjustments that practically brought Half Fast's offense to a halt.

"We have some very good defenders who really stepped up in the second half," said Prehmus.

Arnie Whitman played a big role in the defensive changes, providing tight pressure on outside shots to force misses. As a result of the Georgia Boys' renewed defensive emphasis, Half Fast was held to just 15 second half points.

Half Fast fell again later on Tuesday in the losers' bracket final, as the Burlington Players rode a big first half to win 56-52 and earn their spot in the gold medal game.

Half Fast and the Burlington Players were tied 8-8 when Half Fast went ice cold in shooting. Once again relying on three-point shots, Half Fast could not hit a bucket. During this time, Burlington went on a 25-0 run to end the half ahead 36-16.

However, as cold as Half Fast had been in the first half, they suddenly found their shooting touch and began the second half with eight three-pointers. Half Fast continued hitting their shots and got as close as three to Burlington, but was unable to pull



Players from the Triple Threat of Maine celebrate their 26-24 victory Tuesday over the Herd from Colorado to win the gold medal in the 50-plus age group in women's basketball. Play continues today in men and women's 60-plus and 75-plus and women's 65-plus at the three Stanford venues.

any closer.

Burlington was led by Driver, who scored a team-high 21 points, and Barclay Roman, who had 14 points in the first half. Willie

Struman also added 12.

Half Fast hit 14 three-pointers in the game, including eight by Tom Powers, who finished with 24 points. Gary Sigel

also contributed 16 points and four three-pointers. Still, after entering Tuesday undefeated, Half Fast was eliminated in two games. ★

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SENIOR MOMENTS

SENIOR MOMENTS

Photos courtesy
Brooks Institute ©2009



Willie Stroman, 54
New Jersey

Chris Olsen, 52
Wash.

Zac Visco/Brooks Institute ©2009



Richard Da Motta
San Mateo Brujos

Iqbal Serang
Harmonie Masters

Patrick D. McDermott/Brooks Institute ©2009



Susan Munn, 70

Katie Henderson/Brooks Institute ©2009



Janet Polansky, 54

Mariah Tauger/Brooks Institute ©2009



Danny Sing



Shirley Chase, 83
Fla.

Aaron Poole/Brooks Institute ©2009



Victor Goncalves



Susan Munn, 70
Calif.

Katie Henderson/Brooks Institute ©2009



Lucille Lampman, 75

Brian Bramley/Brooks Institute ©2009



Michelle McKenzie
Albuquerque, N.M.

Katie Leighton/Brooks Institute ©2009



John Benedict, 61



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Learning to swim the hard way

Lithuanian refugee, now 80, is sharing her love of the water

By Sana Bakshi

Often when athletes are forced to participate in a sport, it becomes less enjoyable. It's like when a father tells his child to do something, and it suddenly becomes 10 times less attractive than before. The situation is quite the opposite for swimmer Marianna Hagan, 80.

Hagan grew up near the Baltic Sea and was a refugee from Lithuania. She moved to Germany during World War II. As a child she didn't have many chances to learn how to swim.

"I always liked the water, but I never really had the opportunity to learn to swim," Hagan said. "During the summer, the daylight time was short and we had to barrel the hay when the sun was out. So the adults didn't really have much time to take us to the sea to learn swimming. Now it's like I'm living my second childhood."

When she moved to Germany from Lithuania at the age of 14, Hagan didn't know how to swim. At the time in Germany, swimming a certain number of miles was the prerequisite for moving forward to the next grade level in school.

"Over the summer they tied me to a board and said 'one, two, three,' and dropped me in the river," Hagan said. "And that's how I learned breaststroke. All my life I have been swimming breaststroke and from there I developed butterfly."

After swimming in Germany, Hagan traveled to the U.S. to attend the University of Missouri on a scholarship.

"I took up swimming to earn credits in college, as a type of physical education," she said. "The coach noticed that I really enjoyed it, so she asked me to come back as an assistant for the next semester. That's when I learned to analyze strokes."

Since then Hagan has been coaching, and is currently coaching the Masters at her local swim club. Hagan also took various courses in life guarding, including a course in Germany. The way of saving people was quite different from the style of life saving than here, she said.

"In Germany, I took a life-saving course," Hagan said. "You would take your knee and kick them, and then you would take your fist



Marianna Hagan at her 80th birthday celebration this year.

Courtesy of Anita Neves

and hit them in the nose, so they wouldn't fight back. Then you could take them out of the water and save them."

Hagan also became an aquatics coordinator, taking various courses in water fitness, baby aquatics and adult aquatics.

"I've found my niche," Hagan said. "I am an expert on helping people get over their fear of water."

Hagan competed in her first senior games in Orlando, Fla., skipping the games in San Antonio because of a heart attack. She broke the record in the 50-yard butterfly and held onto it for about a year before it was broken again.

"I don't know how I did it," Hagan said. "I just got in and swam."

Hagan doesn't plan on stopping her swimming career anytime soon.

"I'll always remember watching two daughters carry their mother to the edge of the pool," she said. "She couldn't walk, but she swam a quick backstroke. You may not be able to walk, but you can always swim." ★



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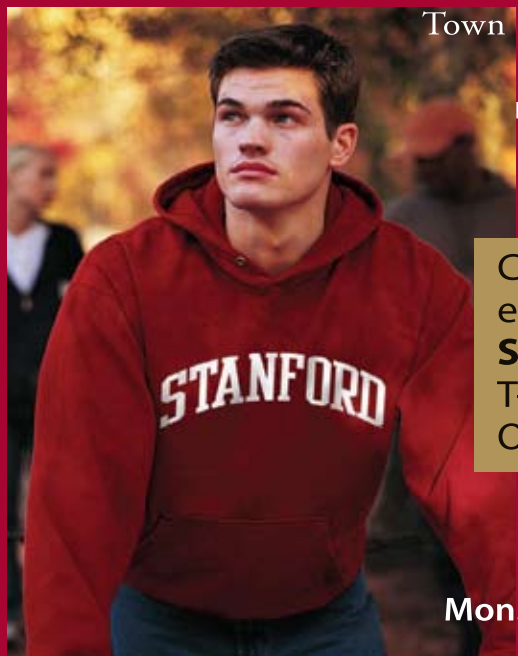
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Cyclist rode past cancer and kept going

He's not Armstrong, but David Trousdale is racking up podium finishes of his own

By Colin Becht

Earlier this summer, a cancer survivor cycled past the competition and finished high on the podium. No, not Lance Armstrong. This cyclist was David Trousdale, and his podium finish was not at the Tour de France, but the California Senior Games.

Though Armstrong's third place finish enthralled many, Trousdale placed much higher on his podium. He placed first in the 5-kilometer time trial and the 20k and 40k races, and second in the 10k time trial.

This summer, Trousdale, a resident of Mountain View, brought those medals to Palo Alto to compete in the 2009 Summer National Senior Games.

Despite the obvious comparison of a cyclist who has survived cancer, Trousdale said Armstrong is not his idol.

"Everybody knows about Lance, but I like to follow other riders," Trousdale said.

Trousdale said Fabian Cancellara was a rider he admired and studied. Still, Trousdale's wife, Sherry Symington, said she is fond of calling her husband "The Lance Armstrong of Mountain View."

Trousdale, 65, said he has been riding bicycles his whole life, but it was not until three years ago that he began cycling competitively. In fact, competitive cycling was not even Trousdale's first choice. He initially was going to train to be a sprinter, but his knees began hurting. A sport's physician suggested he try cycling, and that was the launch of his cycling career.

Since switching to cycling, Trousdale has been a dedicated competitor. He has competed in the California Senior Games for the past three years and has also participated in the Nevada Senior Games and the Huntsman World Senior Games.

Trousdale trains for 10 to 12 hours each week on his bike, in addition to stretching and strength training. Trousdale also combines his physical training with a technological approach, using computers and experimentation to improve his times.

"I have a very sophisticated bicycle computer that collects all kinds of data from my bike, and then I use that and study it to develop my training -- where my weaknesses are, where my strengths are," Trousdale said.

Trousdale also uses his bicycle computer to measure the amount of force he applies against the wind, which he analyzes to improve his aerodynamics. Trousdale said that 85 percent of a cyclist's effort is fighting wind resistance. Thus, slight improvements to his aerodynamics can greatly decrease his energy exertion.

The 2009 National Senior Games will be Trousdale's first, so he enters it with the simple goals, "to have a good time" and "to do my best." Trousdale said he has spent most of his time training and has made his top priority the 5k time trial.

"I'm hoping I do really well in the 5k. That's where I'm really going to go all out," he said.

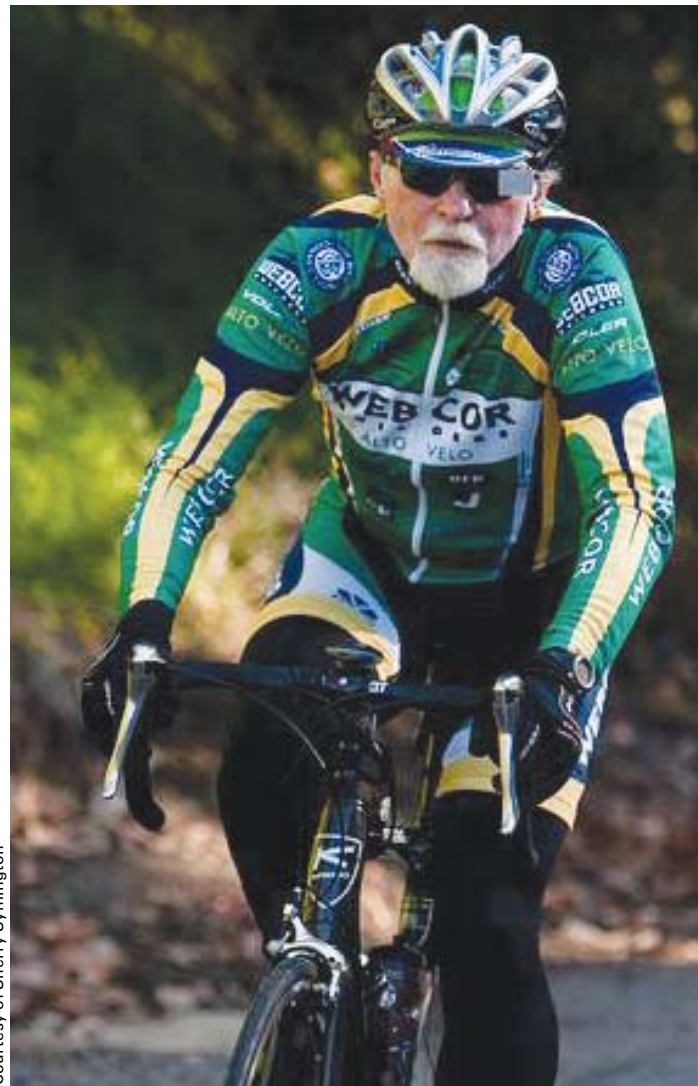
The 10k time trial is Trousdale's second priority, followed by the 20k and 40k road races.

Despite being 65 years old, Trousdale insists he has not reached his prime in cycling yet.

"I'm improving," Trousdale said. "I'm told for type of sport, endurance sports, that it takes five years to reach your prime."

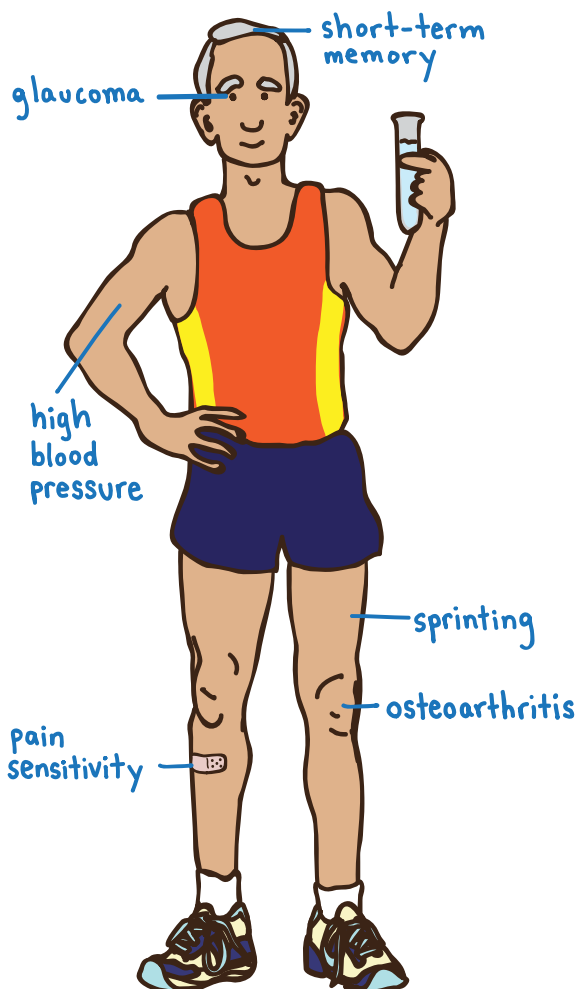
With three years of competitive cycling under his belt, that would put Trousdale at his prime in time for the 2011 National Senior Games.

"I seem to do personal bests each time," Trousdale said. "When I do the same course, my times continue to get better, so I don't think I've reached my prime yet." ★



Courtesy of Sherry Symington

Cyclist David Trousdale, a cancer survivor, competes in the California Senior Games earlier this year.



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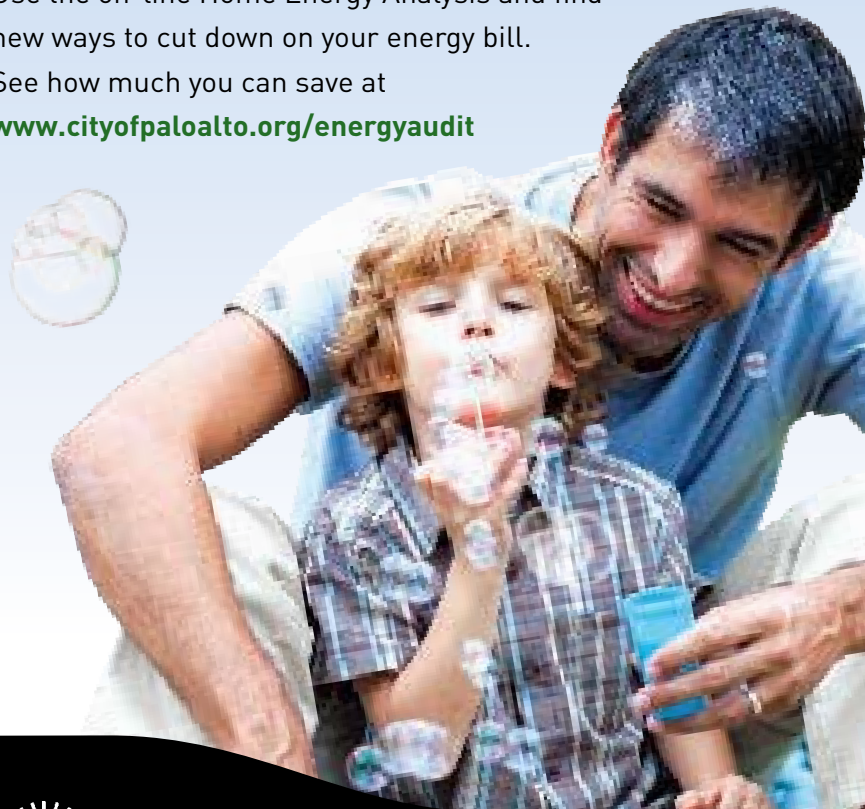
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SCOREBOARD

The Senior Games Daily will continue sharing results from selected games throughout the competition. For a complete list of results, visit 2009seniorgames.org/results.

Basketball Finals

Women 50+

- 1 Triple Threat (Maine)
- 2 The Herd (Colorado)
- 3 Triple Threat (Virginia)
- 4 Put Togethers 50+ (Texas)
- 5 NM Canyon Nets 50's (New Mexico)
- 6 Second Wind (Nevada)
- 7 Bc Pursuit (Pennsylvania)
- 8 Allnet.com (California)

Men 50+

- 1 Georgia Boys (Georgia)
- 2 Burlington Players (Ohio)
- 3 Half Fast Old Men (California)
- 4 Action Athletic (Tennessee)
- 5 Joe Holland Chevrolet (West Virginia)
- 6 Heat (Mississippi)
- 7 NBA All-Stars (Virginia)
- 8 Glad To Be Here (Pennsylvania)

Women 70+

- 1 San Diego Sol Class Acts (California)
- 2 Silver Slammers 70+ (Louisiana)
- 3 Fabulous 70's (North Carolina)
- 4 Colorado Combos (Colorado)
- 5 San Antonio Roses 70+ (Texas)
- 6 Silver Zias (New Mexico)
- 7 Golden Girls (Oklahoma)

2009 SENIOR GAMES LEGENDS

Congratulations to the athletes below who were selected as a 2009 Legend from the AstraZeneca Celebration Board.

TUESDAY, AUGUST 4

Madelaine Cazel
Track & Field
Florida
age: 72

Monica Tang Wing
Track & Field
Trinidad and Tobago
age: 71

Flora Wong
Swimming
Montana
age: 80



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Kevin Ross (AR) hits the Shuttlecock as he competes in the Men's 50+ doubles.

Mariah Tauger/Brooks Institute ©2009

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Humana-Sponsored Speaker Events Held at Avery Rehearsal Hall



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"You Can Handle More Than You Think You Can: Your Amazing Ability to Be Brave and Strong"
August 7
10:30 – 11:30 a.m.

◀ David Balch

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Palo Alto Event Calendar

Recreation

Call 650-463-4900 for more information

Fun on the Plaza - Free

Before heading out to dinner in downtown Palo Alto, join us for a fun-filled, family friendly time on King Plaza. Each night will be a little different and there will be many great activities. Activities include: Arts & Crafts Area, Climbing Wall, Inter-generational Sports Competitions, Inflatable Human Foosball, Live Music. **Location:** King City Hall Plaza, 250 Hamilton (between Ramona & Bryant). **Date & Time:** Aug. 10, 4-7pm

Family Swim Night - Free

Location: Rinconada Pool, 777 Embarcadero Road 650-463-4914, pool hotline. **Date & Time:** Aug. 7, 6:30-9:30pm

Nature Walks

Head for the Hills - A Nature Hike at Enid Pearson-Arastradero Preserve -Free

Take a short drive from Stanford into the Foothills and you will find the 622-acre Enid Pearson-Arastradero Preserve, a great place for a nature hike! Meet a naturalist in the parking lot to begin a 2-mile hike through grassland, oak woodland, and riparian plant communities. The late afternoon is the perfect time to look for raptors, deer, coyote, and water fowl so bring a pair of binoculars, if you have them. It can be very warm in Aug. and the trails are hilly so bring a bottle of water, too. **Location:** 1530 Arastradero Road. **Date & Time:** Aug. 6, 5:30-7pm

Down by the Bay

A Nature Hike at the Baylands Nature Preserve - Free

Our tidal salt marsh is considered to be one of the best bird watching areas on the West Coast! Join a naturalist at the Baylands Nature Center for a leisurely hike through this unique mixture of tidal and fresh water habitats. The Baylands is an ideal place to enjoy some wide open space while escaping the heat on a summer evening! We will answer your questions about the human and natural history of the area as we hike along the levee trails. Bring a pair of binoculars, if you have them, and a sweater in case the wind picks up. **Location:** 2775 Embarcadero Road. **Date & Time:** Aug. 13, 6-7pm

Art Center Exhibitions

1313 Newell Road, Palo Alto. 650-329-2566

Exhibition Hours: Tuesday-Saturday, 10am-5pm; Thursday, 7-9:30pm; Sunday, 1-5pm

Danae Mattes: Wetlands - Free

This exhibition premieres new paintings by Berkeley artist Danae Mattes. Unique in their surface veneers of clay and pigment on canvas, her works evoke poetic atmospheric conditions and striking geological formations. Viewers are invited to visit and revisit the exhibition throughout the summer to witness the inherent forces of permeability, as the artist's site-specific work Evaporation Pool evolves from a lustrous and fluid sacred circle, to a slaked and cracked sculptural object.

Stephen De Staebler: Continuity - Free

The exhibition pays tribute to the leading American sculptor and acknowledged master in the California clay movement. The eight sculptures in the exhibition, 1975-2008, bear the tension of dual and contradictory associations: as ancient relics and contemporary figuration and as body and landscape. They combine the earthly and spiritual, as well as the fragile and resilient. The exhibition is presented in anticipation of the artist's retrospective at the San Jose Museum of Art.

Permutations From Nature's

Perimeter: Radius 2009 - Free

In Permutations From Nature's Perimeter: Radius 2009, Karen Kienzle, Director of the Palo Alto Art Center, has identified seven regional artists who explore the phenomenon of transformation against the backdrop of nature: Tracy Burk, Sukey Bryan, Dana Harel, Amy Hibbs, Ulla de Larios, Catie O'Leary and Sarah Ratchye. The exhibition has received special support from University Art and the Palo Alto Weekly.

Radius 2009 Artists in Dialogue - Free

Join the Radius 2009 artists in a gallery tour.

Location: 1313 Newell Road. **Date & Time:** Aug. 6, 6-8pm

Children's Fine Arts Family Day - Free

Children and their families are invited to create, design, and explore with our after-school / weekend art teachers. The afternoon of art activities will be in conjunction with the Radius exhibition of local artists. All children must be accompanied by an adult. Activities are appropriate for children ages 5 and up. **Location:** 1313 Newell Rd. **Date & Time:** Aug. 9, 1-4pm

Palo Alto Children's Theatre

1305 Middlefield Road. 650-463-4930; box office hours: 650-463-4970. Tickets: \$5 Child, \$10 Adult; Tue-Sat: 1:30-5pm

Hot Dog Suppertime Shows - Free

Bring a picnic for your family or purchase hotdogs, hamburgers, veggie burgers, chips and soft drinks from the Friends of the Children's Theatre. General running time: approximately one hour. Recommended for ages 4+. Gates to Secret Garden open at 5:45pm. **Location:** Outdoor Magic Castle Stage at Children's Theatre

Lyle The Crocodile

When the Primm family moves into their New York City apartment, their son Joshua is surprised to find a crocodile in the tub! The multi-talented Lyle quickly becomes part of the family and livens up a lazy summer's day with his many adventures. **Performances:** Aug. 5, 6, and 8 at 6:30pm

How I Became A Pirate

When Braid Beard's pirate crew invites Jeremy Jacob to join their voyage, he jumps right on board. Soon Jeremy Jacob knows all about being a pirate - it's the very best time of his life. Until he finds out what pirates don't do... Maybe being a pirate isn't so great after all. Performed by the Wingspread Company, age 16-22. **Performances:** August 12, 13, 14, and 15 at 6:30pm

Wingspread summer Season

42nd Street

42nd Street spins the classic showbiz tale of a naive young actress hoping to join the cast of her first Broadway show. The score features such musical classics as "Lullaby of Broadway" and "We're In the Money." Based on the classic movie musical of the same name, 42nd Street is a jazzy, noisy paean to the transcendent joys of Broadway. **Location:** Briggs Auditorium at Children's Theatre. 1305 Middlefield Road. **Performances:** Aug. 5 and 6 at 8 pm; Aug. 8 at 2:30pm

TheatreWorks

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Tinyard Hill

Performances: Aug. 7, 8 & 13 at 8pm; Aug. 4 & 12 at 7:30pm

Makeover

Performances: Aug. 5 at 7:30pm; Aug. 9 at 7pm

Maureen McGovern Concert

Performance: Aug. 6 at 8:00pm

Ernest Shackleton Loves Me

Performances: Aug. 8 at 2:00pm; Aug. 11 at 7:30pm; Aug. 15 at 8pm

Young Playwrights Initiative Showcase

Performance: Aug. 9 at 2:00pm

Meet The Artists Panel

Performance: Aug. 10 at 7:30pm

Vienna Teng Concert

Performance: Aug. 14 at 8pm

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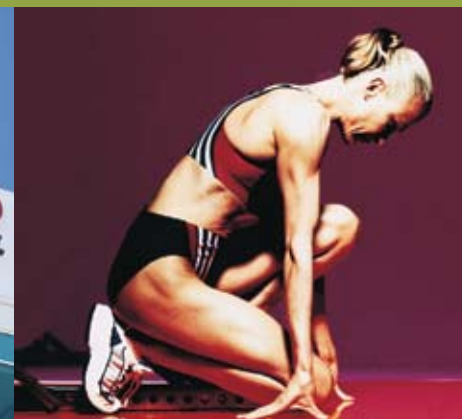
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WALK
SWIM



**ORTHOPAEDICS AND SPORTS
MEDICINE AT STANFORD MEDICINE
OUTPATIENT CENTER IN REDWOOD CITY**



Stanford Hospital & Clinics and the new Stanford Medicine Outpatient Center in Redwood City, are proud to offer medical care and services to the 10,000 athletes of the 2009 Summer National Senior Games, held August 1 through 15 at Stanford University. Orthopaedics and Sports Medicine specializes in getting you back into your game with the most advanced care, treating world-class Olympic, collegiate, professional athletes and you. Stanford Medicine is working to bring out the best athlete in all of us.

For a schedule of Stanford Hospital & Clinics lectures and activities at the Senior Games, visit <http://stanfordhospital.org/seniorgames>

For more information about the Senior Games, visit <http://2009seniorgames.org>



Long live the challenge.



Outpatient Center • Redwood City