

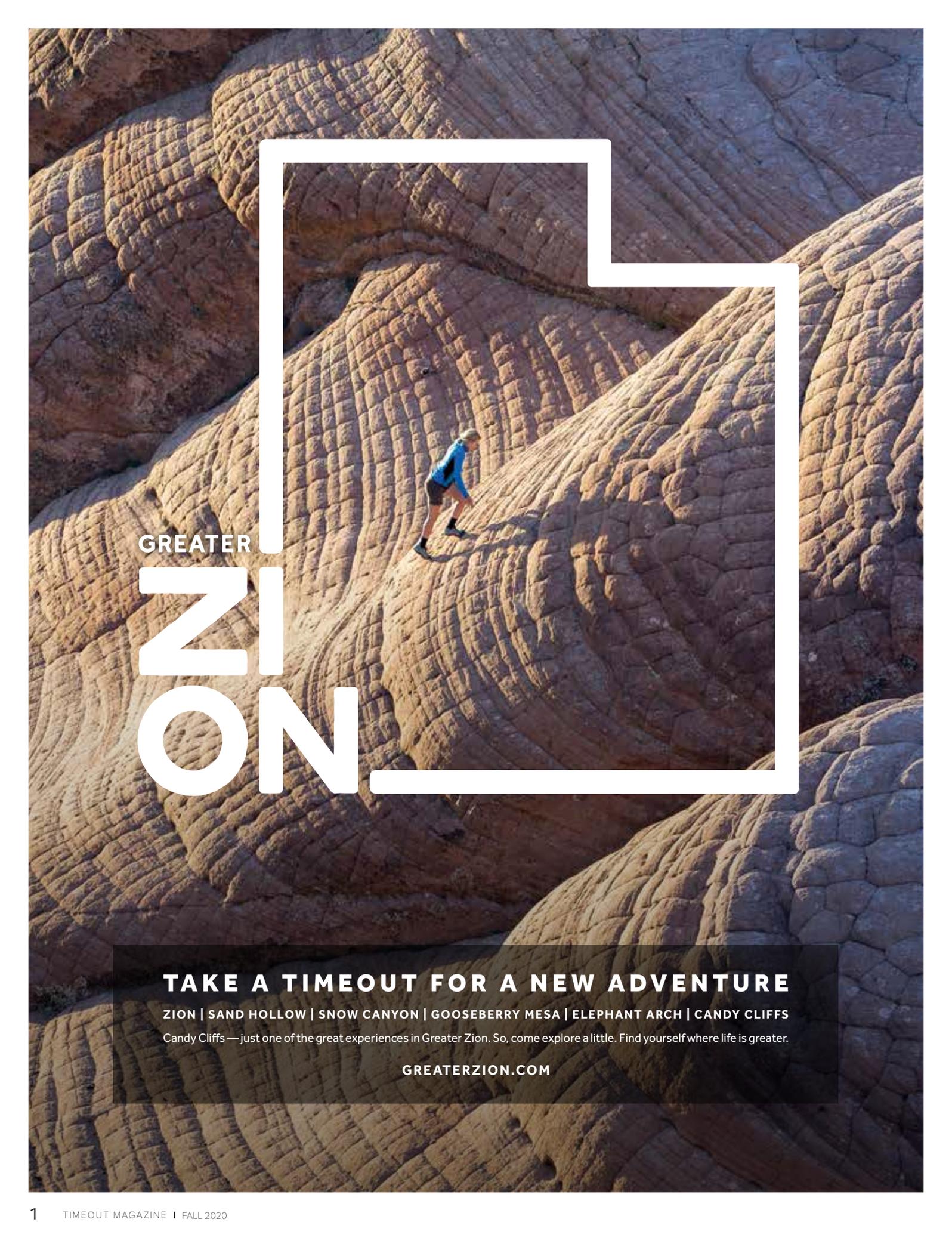
HUNTSMAN WORLD SENIOR GAMES

# TIMEOUT

FALL 2020 | SENIORGAMES.NET

MAGAZINE





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# A NOTE FROM THE CEO

On July 31, 2020, when I made the announcement that we were taking a timeout this year and going to forgo the 2020 Huntsman World Senior Games, I felt the near-crushing weight of that decision. Athletes, volunteers, community businesses and so many others depended on the Games for a wide variety of reasons. It was quite possibly the most difficult decision I've made in my professional career. As heart-wrenching as it was, it was the right call for our organization, our "family" if you will, at the time. Really, after painstaking evaluation, it was the only decision available to us.

Disappointed, as so many were, the support we received was welcomed and appreciated. Emails, phone calls and social media comments poured in from all around the globe. I was reminded, even in a time of uncertainty and turmoil, just how connected we really are, how much in common we really share. It was very affirming.

The last thing I wanted to happen in the aftermath, was for us to disappear from one another's lives. Timeout Magazine is just one way that we've attempted to be a presence. We've worked hard to create a relevant, timely, interesting and even entertaining way to stay connected.

In addition, we launched The 50 Over 50 initiative. Over the decades, we've had a front row seat, watching and cheering as people from all around the globe are pushing boundaries and setting a higher mark for what it means to grow older. Masters and senior athletes are creating momentum and putting up records that have never been dreamed before. Musicians and artists are declining to retire and entertaining with more energy and longer than, even a generation ago, anyone would have imagined. And experienced people from all walks of life are giving back to their communities in ways that will help turn the tide for future generations.

Our goal is to shine a spotlight on what it means to age actively. We want to change the stereotype, combat ageism and create a whole new paradigm. We provide value to society and the communities in which we live. You will find a sneak peek of The



50 Over 50 in this magazine. We hope you will visit [the50over50.com](http://the50over50.com) for more.

That's not all. We also launched Epic Virtual Events, a chance for people of all ages to

compete and continue their fitness journey in a unique and challenging way. We've focused on our social media presence, with inspirational and useful content and worked hard to provide relevant and timely value in our monthly e-newsletter. We've raised the bar with amazing guests on our weekly podcast The Active Life and we livecast our Timeout Celebration to commemorate what would have been our opening ceremonies.

We've been very engaged during this "break."

And above all this, we have been busy getting ready for the 2021 Huntsman World Senior Games, when, if I know you, we'll have the biggest and best Games in our storied history. We can't wait to see you then. After all, the game isn't over, it's just a time out.

All the best,



**DON'T LET THE FEAR  
OF FALLING KEEP  
YOU FROM FLYING.**

@worldseniorgames





TIMEOUT MAGAZINE: A PUBLICATION OF THE HUNTSMAN WORLD SENIOR GAMES FALL 2020 EDITION  
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THE HUNTSMAN WORLD SENIOR GAMES IS THE LARGEST ANNUAL MULTI-SPORT EVENT IN THE WORLD FOR ATHLETES AGE 50 AND OVER. EACH YEAR MORE THAN 11,000 PARTICIPANTS FROM ALL AROUND THE GLOBE COMPETE IN THEIR CHOICE OF 35 DIFFERENT SPORTS IN ST. GEORGE, UTAH, USA. THE GAMES' MISSION IS TO FOSTER WORLDWIDE PEACE, HEALTH AND FRIENDSHIP WITH A VISION TO LEAD THE WORLD IN ACTIVE AGING.

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# THERE IS **POWER** IN BEING *Positive*

BY LORIE SWAYDAN

People who think positively tend to be more active, so they naturally engage in more healthy activities such as exercise, sports and socializing.



There really is power in positive thinking. Not that just wishing something would happen will make it so, but intentionally looking for the positive in situations, according to research, does have long-term and significant benefits to our health.

An optimist is a person who believes that good things will happen and they look for the best in people. Optimists see challenges as opportunities for growth and learning, and they tend to feel more in control of their lives. People who think positively tend to be more active, so they naturally engage in more healthy activities such as exercise, sports and socializing. They also tend to eat healthier and consequently have stronger immune systems. But according to research, there are benefits linked to optimism that go beyond lifestyle choices. For example, one study reported by CNN found that positive people were 35% less likely to die from a heart attack or stroke. Another study from Boston University School of Medicine found that optimism is linked to longevity. The study suggested that optimism helps regulate emotions and supports resilience and the ability to bounce back from difficulties.



Furthermore, a person displaying a positive outlook was 50-70% more likely to reach the age of 85 than those who were the most pessimistic.

For those who tend to have a natural bent towards optimism, this is indeed good news. But, even for those who struggle to see the world in a positive light, it's important to know that optimism can be taught and practiced. According to Richard Davidson, a neuroscientist and director of the Center for Healthy Minds, techniques can be learned that will reinforce positive thinking and this thinking can actually change the structure and function of the brain. Lewing Lee, PhD, clinical research psychologist at VA Boston agrees, "...optimism may be modifiable using relatively simple techniques or therapies." It's true that not every situation can be improved by simply being cheerful, and there are times when negative feelings are appropriate - times of grief and genuine sadness. But there are also infinite opportunities about which to feel joyful, thankful, and passionate. It is a choice that every person can make every day. You can train your brain to be better at focusing on the positive by incorporating some relatively simple practices into your daily routine. You can choose to be more optimistic and start to gain the rewards.



## Here are a few suggestions to start you on your journey to positivity:

- ▶ Begin and end each day by listing 10 things for which you are grateful.
- ▶ Focus on the things you can control. Many times we can't control our circumstances, but we can control how we respond.
- ▶ Try to see difficulties as challenges to conquer or as opportunities for learning.
- ▶ Create and memorize a list of positive words. Use them often.
- ▶ Keep a gratitude journal. List 3 positive things about each day.
- ▶ Be aware and take a moment to appreciate simple things that make you feel good. Add those things to your gratitude journal.
- ▶ Slow Down.
- ▶ Spend as much time listening to music, stories and sources of inspiration as you do the news.
- ▶ Be as quick to compliment someone as you are to criticize.
- ▶ Celebrate things, big and small!

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Photo Credit: Paul Gauguin Cruises

# SAFELY Just Do It

*Adventure travel is still possible during the COVID-19 pandemic.*

**By Marianne Hamilton**

**R**appelling down a waterfall. Snorkeling with sharks. Drifting off to sleep with the Aurora Borealis dancing above your head.

If you're an adrenaline junkie – or just pining to get out of Puerto Backyardia for a few days – there's good news: Even as the planet still struggles with COVID-19, it's still possible to travel safely. Whether your idea of a relaxing vacation involves jumping out of a perfectly good airplane, or putting in some quality hammock time (foo-foo drink firmly in hand), you can still get away and get your fix. It's all in the planning.

To get some tips on pandemic passages, Timeout checked in with Celece Krieger, who has owned The Travel Connection in St. George, Utah, since 2009. With nearly 30 years in the travel industry – and a passport documenting visits to all corners of

the globe – Celece is well-versed in the latest travel trends. She believes there's no time like the present to plan your great escape, for a host of reasons.

"First of all, travel is more affordable now than it's been in a long time," Celece notes. "Obviously the industry came to a complete standstill back in March, which was really tough for everyone. But now people are eager to travel, we're seeing bookings coming back, and the airlines, hotels and resorts are offering some great deals. The value is so good for fall and early winter!"

Perhaps more importantly, Celece says all segments of the industry are hyper-focused on safety, limiting the number of guests in tour groups or staying at a property, maintaining strict cleanliness and social distancing protocols, installing hand-sanitizing stations, and enforcing mask mandates. Also, they're thinking mini vs. maxi.

"I take a group to Tahiti each year with Paul Gauguin Cruises. Their capacity is limited to just 300 passengers, which I really appreciate, because the smaller-group excursions are much more able to meet CDC standards than the bigger companies: They're more flexible, and have been able to adapt much more quickly, in terms of removing buffets, spacing out the seating in the dining rooms, and that type of thing. Plus, the smaller boats can get to islands and places the bigger ships can't."



Photo Credit: Paul Gauguin Cruises

For those hankering to amp up their heartrate, Celece recommends the three C's – Cabo, Costa Rica and the Caribbean. In Costa Rica, you can get your training-time in with river rafting, climbing across swinging bridges, doing that rappel down a waterfall (which Celece has done, and highly recommends), hiking, star-gazing, and all manner of healthy pursuits. In most cases, your group will be limited to a maximum of 10 people, allowing for plenty of distance between you and your new best friend.

In the Caribbean, you can take advantage of inner-island water and jet-skiing tours, cycling and sight-seeing, while Cabo San Lucas offers everything from

parasailing to ATV adventures. The lodging and dining options are top-notch as well, and Celece says all facilities are paying close attention to cleanliness. “I’ve been really impressed with the protocols the Mexican resorts and restaurants have put in place,” she confirms.

If cooler climes and splendid solitude are more to your liking, there are great deals to be had on winter vacations in Alaska, or even Finland and Iceland. Take



Photo Credit: Paul Gauguin Cruises

a dogsledding expedition, go snowshoeing, pilot a snowmobile across endless plains...and then nod off beneath the flickering Northern Lights. This year it's doable, and affordable.

A word about flying: While the idea of breathing strangers' reprocessed air for hours may not seem appetizing, Celece says would-be travelers should not

hesitate to book a flight now. With high-efficiency particulate-air (HEPA) filters on every plane, and aggressive cleanliness protocols before, during and after every flight, safety is a top priority for every airline (see sidebar for travel professionals' recommendations).

Best of all, Celece observes, COVID seems to have changed the complexion of travel – at least for the short term. She hopes it will remain so for years to come. “In recent weeks I’ve been on four flights through four different airports, and I feel very comfortable. People are wearing masks on the flights, the crew is making sure everything is super-clean, and on Delta, they’ve done an excellent job with eliminating seating in the middle of each row.

Mostly,” she finishes, I’m finding that there’s just more common courtesy now. People aren’t grabbing for their carry-ons and pushing each other to get to the exits as soon as we land. If anything comes from this nightmare the travel industry’s been having, I think that having these standards has been really good for us. It’s wonderful to see people being kind to one another.”

## Safety Suggestions

- Check in online and use an e-ticket; otherwise hit the self-service kiosk (less contact w/staff).
- Confirm how far in advance you’ll need to arrive before your flight (it used to be up to 2 hours; now it can be up to 4 hours).
- Confirm gate closure times; at some airports they’ve been pushed out to a half-hour before takeoff.
- WEAR A MASK (and bring extras; on long flights you’ll need to change yours every 4-6 hours).
- Bring a supply of hand sanitizer and disinfectant wipes in your purse or carry-on. Use the sanitizer frequently, and be sure to wipe down your tray table, armrests, and anything else you touch.
- Be aware: You may be subject to pre-boarding health screenings (temperature check, etc.). Allow extra time, and be patient; the airlines want you and all of your fellow travelers to be safe.
- Open the overhead air-vents; this will help the air circulate (pack a sweater just in case!).
- Stay in your seat as much as possible. NOTE: Reserve the window seat; you’ll have the least-possible amount of contact with your seatmates.
- Bring your own food and drinks. Many airlines no longer offer meal service, or only provide bottled water and some packaged snacks. Also, you’ll reduce the amount of time the flight attendant must reach across the row to deliver items to you. NOTE: Purchase your drinks after you pass through security.
- Once you’ve arrived, keep in mind: Some destinations require COVID-19 tests upon arrival, and temperatures may be checked throughout your stay (or cruise). Be patient, and you’ll be safe!



National  
Senior Games  
Association



## NSGA's Pandemic Response: Engage Athletes,

**L**ike virtually all sports, the Senior Games Movement has been severely disrupted during this pandemic year. A majority of State Qualifying Games, including the Huntsman World Senior Games, have had to cancel events, and others in more fortunate situations have had to postpone and limit sports.

The good news is that the path is still clear to the 2021 National Senior Games presented

by Humana, scheduled for November 5-18 next year in sunny Greater Fort Lauderdale.

The National Senior Games Association (NSGA) took a proactive stance as the crisis hit. "When we knew some or all of our qualifying games would be impacted, our staff immediately began working on plans to adjust to the situation," said NSGA CEO Marc T. Riker. "We realized that the two most important issues we faced was how to keep all of our athletes safe and active during stay-at-home orders, and then to assess our qualifying process and come up with a fair and workable solution." To engage athletes, NSGA used its communications channels and assistance from health and wellness partners to build a resource library of fitness and well-being articles and videos with alternative ideas for staying in shape from home. Athletes also submitted fun or inspirational



#### ADJUSTED QUALIFICATION

- ▶ If a state qualifying senior games is **ABLE** to conduct Games or specific sports/events in 2020, the qualification standards for the sports/events as specified in the 2021 NSGA Rulebook will determine qualifiers. In addition, athletes from that state's senior games who qualified for the 2019 National Senior Games in Albuquerque, NM will also qualify in the respective sports/events for the National Senior Games in 2021 (i.e., qualifiers from 2018 respective sports/events from that state's senior games).
- ▶ If a state qualifying senior games is **UNABLE** to conduct Games or specific sports/events in 2020, athletes from that state's senior games who qualified for the 2017 National Senior Games in Birmingham, AL and/or 2019 National Senior Games in Albuquerque, NM will qualify in the respective sports/events for the 2021 National Senior Games (i.e., qualifiers from 2016 and/or 2018 respective sports/events from that state's senior games).

#### CHANGE IN TEAM ROSTER ADDITIONS

- ▶ Due to the adjusted qualification process for 2021 the number of roster additions will be waived.

#### CHANGE IN POWER WALK QUALIFICATION

- ▶ Power Walk will continue as an Open Sport for the 2021 National Senior Games presented by Humana. Qualification will not be required for Power Walk.

#### ADJUSTED REGISTRATION

- ▶ For qualified athletes a Priority Registration Period will be offered which will be followed by an Open Registration Period.
- ▶ The Open Registration Period will accommodate athletes age 50+ as of December 31, 2020, unable to attend or qualify at a state senior games in 2020.
- ▶ The number of registrants may be limited for certain sports.

NSGA reserves the right to make further adjustments to National Senior Games qualification and registration. More Games information at [NSGA.com](http://NSGA.com).

## Adjust 2021 Qualifying

BY DEL MOON

home videos to share on social media, and these are also found on a page within the health and wellness section at [NSGA.com](http://NSGA.com). NSGA additionally hosted virtual “Step Up Challenge” events for athletes to register their daily activity in friendly competition among states.

The task of adjusting the qualifying process was extensive. NSGA staff carefully considered every possible option and consulted with State Games leaders and others to determine the right path to take. “Our guiding star was to respect the integrity of our process and to serve our most loyal athletes,” Riker said. “We are pleased with the positive feedback from the adjusted process that we created. It’s the best resolution to a very difficult situation, and we are now looking forward to all being together again in 2021.”



# HALL OF FAME

The success of any organization is dependent almost entirely upon the caliber of people involved. The Huntsman World Senior Games is no exception. Since the first Games in 1987, this event has grown and expanded thanks to the hard work of so many people. People who went about, in most cases, very quietly doing extraordinary things in ways that had never been done before, blazing a trail for others to follow.

The Huntsman World Senior Games Hall of Fame is our opportunity to extend a heartfelt “thank you” for a job well done to a few of those trailblazers. The individuals honored with this induction were, and are, the kind of people you want on your team when the going gets tough. The Games are what they are today thanks in no small part to the efforts of these individuals and others like them, people who caught the vision of what this event would be and did what needed to be done to get us there.

Whether athlete, volunteer, sponsor or pioneer, thank you, to each of you, for sharing your light, your experience and for being an example of what hard work and determination can bring. Never stop achieving and exceeding expectations wherever you go.

## Mark Friedenber

Mark is a Pickleball National Champion, and a world-renowned pickleball player. Pickleball was first played as a demonstration sport at the 2003 Huntsman Games before it was added officially in 2004.

Mark was instrumental in building participation in the sport, offering free clinics to the players that provided instruction and encouragement. Pickleball players have taken to calling him “Yoda” due to his instructional talents. Participation in pickleball has increased many times over since it was first offered, largely in part because of Mark’s participation as an ambassador and his enthusiasm for the sport.

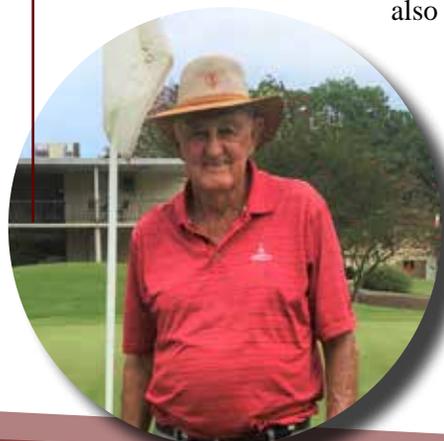
Mark has played in the Huntsman World Senior Games for the past 15 years and has received medals each year he has competed. When asked about his feelings about being inducted into the Huntsman World Senior Games Hall of Fame, Marks stated “Being inducted into the Hall of Fame is one of the highest honors I could ever achieve!”



## John Garner

John has participated in the Games for the past 17 years and has won medals in golf competitions as well as in the skills competitions of putting, chipping, and long drive. Overall, he has won 52 gold medals over the years. John can also boast that he has seven hole-in-ones!

John is an ambassador for the Games and has a passion for golf, which helps him to encourage other players. He loves to meet new people and says that participation in the Games has created the opportunity to understand persistence through world class competition as this attribute is



inherent to the Games.

When asked about how he felt about being inducted into the Hall of Fame, John said “I thank my Lord and Savior Jesus Christ for this opportunity. It is a great honor. I am very humbled and elated to be placed in this group of the best of the best athletes. Bestowing this honor on me is a great experience.”

## David and Nancy Jordan

David has participated in the Games as an athlete and volunteer for the past 16 years and has been the Huntsman World Senior Games Pickleball Tournament Director for the past four years. He has worked with the staff to find ways to accommodate the players and has expanded the tournament from five days to six days. He competes in pickleball, tennis, track and field, swimming, and the triathlon. He has volunteered as a referee coordinator, setup, and tournament director for pickleball.

Nancy has played and volunteered in the Games for the past 16 years. She has been a referee, line judge, hospitality director, volunteer coordinator, helped with set-up and tear down, and has been active in fundraising for pickleball. She is an Ambassador and has promoted the Games throughout the United States and Canada for the past 15 years.

When asked to share their feeling on being inducted into the Hall of Fame, David said “It is a great honor for me and my wife Nancy. It has been our pleasure for the past 16 years to be a part of this great event. We are proud to be a small part of this great organization, and we promote the Games wherever we go.”

Nancy adds, “This is a great honor. I look forward to October each year so I can reunite with friends I’ve met through pickleball at the Games. I have met people from all over the world. It has been a privilege to volunteer and help this sport grow. The Huntsman



World Senior Games is such an outstanding event, and I am proud to be an inductee into the Hall of Fame”.

## George Masters

George has been attending and competing in the Huntsman World Senior Games for the past 25 years. He has played with several teams and has won medals in every age category in softball since he started attending the Games. He was proud to receive his 15-year ring, 20-year watch, and will be recognized for his 25th year when the Games resume.



George has had over 200 players play for his teams over the years. He has introduced many players to the Games and they now attend to compete in softball and other sports. One of the benefits of playing in the Games is that George has met players from all over the world. He has participated in other sports as well, including shooting, archery, swimming, track and field, and pickleball.

When asked about his feelings about being inducted, George said, “Getting inducted into the Huntsman World Senior Games Hall of Fame is a big surprise. It is such an honor to be recognized by your peers.”

## Clark and Carol Poulton

Clark has participated in the Games for the past 17 years. He helped to establish the cowboy action shooting competition as one of the sports offerings at the Games. He has served as the director or committee advisor since the shooting sports were offered. As an athlete, Clark has won gold medals each year he has competed. He and Carol both serve as Ambassadors, sharing the message of the Games wherever they go. Carol is also a fierce competitor. She has participated in the cowboy action shooting



competition and served as a volunteer. She shares her volunteer spirit through service to other organizations. She is the Board President for Hope Pregnancy Care Center and

has served on the board there for 14 years.

When asked to share their feelings on their induction, Clark states, “I am much honored to be inducted into the Hall of Fame. I love being part of the team that puts on the Games, and my goal every year is to make it a well-organized, fun, and friendly event for participants.” Carol adds “This was a big surprise and a great honor! I love serving in a supportive role. Physical sports have always been an important part of my life and has given me the energy to keep up with the kids and grandkids. The Senior Games have helped me to maintain my active lifestyle”.

## Ernest Reyes

Ernest has participated in the Huntsman Games for the past 16 years. He is an all-around athlete who has won world titles in weightlifting and has played softball for over 50 years. Ernest has assisted in recruiting players and sponsoring softball teams. He supports other athletes through his attendance and spirited cheering for the athletes in all the sports.

Ernest has played on softball teams at the Games that have won gold,



silver, and bronze medals. He has made hundreds of friends from around the globe and loves to see so many wonderful people gather together. He is grateful to the volunteers and administrators for their time and effort in hosting the Games.

On learning of his induction into the Hall of Fame, he said, “I feel so honored and appreciative of being selected for induction. This is a life-changing event for me, and I enjoy playing with all of these wonderful athletes. Thank you from the bottom of my heart. I also want to thank my wonderful wife Diana and my friend Josh for nominating me.”

## Roy and Nancy Ulrich

Roy and Nancy have been competing in the Square Dancing venue for the past 11 years.

They had such a wonderful time at their first competition, they went back home and convinced 20 of their closest friends to join them at the Games!

Their enthusiasm is not limited to their friends, they had badges made that said “Ask me about the Huntsman World Senior Games” and wore them to every event that they attended. They began as participants, and have since become enthusiastic Ambassadors for the Games, encouraging others to come and experience their enjoyment for the Games. They feel that the Games are so much more than just a competition; they are friendship and a real sense of inclusion from the community.

When asked to share how they felt on their induction, they said, “Being inducted into the Hall of Fame is such an honor for us. We are so happy to be part of this great event and hope to



continue to be part of the Games for many years to come!”

## Paul Wilson

Paul has been a participant in the Games as an athlete and volunteer for the past



25 years. He has played in the golf and tennis events, winning several medals. He has also worked as a volunteer for the tennis and golf events. Paul says that over the years, he has met many excellent athletes and management organizers through his association with the Games.

For several years in addition to his volunteer service, he provided prizes for the mountain biking events. He also enjoys watching his friends compete in volleyball, biking, and track and field. Paul says that he has learned that it takes many volunteers to assist to assure that each event is carried out perfectly.

When asked about his induction, he said, “I am greatly honored to be inducted into the Hall of Fame! I am pleased to have been in the Games for 25 years. I always look forward to the Games with great anticipation. I have been a member of many professional organizations in my life, but no other organization has given me more pleasure than the Huntsman World Senior Games. I attribute my longevity to the good health habits and pleasure of competition at the Games. I sincerely thank the founders, donors, volunteers, and management of the Games for this honor”.



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# eBikes

## WHAT ARE MY CHOICES?

By Lorie Swaydan

**T**hroughout the centuries, modes of transportation have continued to evolve. In the 21st Century we are on the lookout for ways to travel that are efficient, cost effective, environmentally friendly, convenient and maybe even fun! Electric bikes, aka ebikes, check all of those boxes. They come in a variety of styles, some that are strictly for commuting in the city and others that can be used off-road as well. And it's clear that they are not going away. Sales of electric bikes increased 91% between 2016-2017. As of 2019 it's now a \$15.4 billion industry. If you think you might like to try an ebike but don't quite know what to look for, take a look at the following ebikes to get your bearings. The first group are top of the line in quality with all the perks. The second group is more "budget-friendly" but still highly recommended.

When making your decision, consider the following:

- Choose an ebike that will meet your needs. (commuting, off-roading, just cruising around)
- Choose one that meets your standards. (comfort, speed, ease of pedaling)
- Choose a bike shop that is knowledgeable about and committed to ebikes.
- Test drive several before you decide. Make sure it meets your needs and standards.





# PREMIUM

## 1. PRIORITY EMBARK

One of the highest overall rated ebikes, is the Priority Embark with its smooth, quiet ride and reputation of being low maintenance. 20 mph is the top speed for this ebike, and the price is \$3,999.00.

## 2. GTECH eBIKE CITY

With a smooth, clean ride, the Gtech eBike City comes in a standard or Sport model. It can last up to 30 miles on a fully charged battery, and costs just \$1,300.00.

## 3. SPECIALIZED TURBO LEVO COMP

If you are looking for an electric

mountain bike, the Specialized Turbo Levo Comp combines the components of a traditional bike with those of a mountain bike for a cost of \$6,250.00. It comes with a powerful motor and long-lasting battery, and it maneuvers well over rough terrain or city streets alike.

## 4. STROMER ST5

The Stromer ST5 is considered one of the best premium electric bikes out there. It is known as the “Tesla of ebikes” with a range of up to 115 miles on a single charge. Furthermore, the battery can recharge using solar while pedaling! The top speed is 28 mph and it comes with touch screen GPS tracking and anti-theft software, which might be worth it since the cost is \$11,229.00.

## 5. GOCYCLE GX

The Gocycle GX folding ebike is easy to transport and easy to ride. It’s lightweight yet durable and is considered a great starter bike for \$3,299.00.



# BUDGET

## 6. LECTRIK XP

The Lectrik XP is a folding ebike with a 750 W motor and a top speed of 28 mph. Fat tires make riding on city streets or nature trails easy, but with no suspension it's not for hard core mountain biking. The cost is \$899.00.

## 7. SUPER73-Z

The Super73-Z is a moped-style ebike that is great for cruising around town, but not the best for pedaling. For \$1,150.00, it has a nominal 500 W motor with peak output of 1,000 W and a range of about 20 miles before the 420 Wh battery will need to be recharged.

## 8. RIDE1UP 500

At a cost of \$1,145.00, a highly recommended commuter bike is the Ride1Up 500. With its 750 W peak motor and top speed of

25 mph, the battery will support a ride between 25 and 50 miles depending on how much the rider leaves the throttle open. One of its most convenient features is its removable battery.

## 9. RADRUNNER

At just under \$1,200.00 the RadRunner is one of the most versatile utility ebikes. With a 750 W motor and 624 Wh battery, it's great for city streets or light trails. The rear bench seat is great for carrying cargo or a couple of kids.

## 10. SWAGTRON EB12

If you are looking for something a little more “hipster”, the Swagtron EB12 700C for \$850.00 might be the right choice for you. The thin 700C wheels and 7-speed Shimano shifter make it a great choice for city streets. The top speed is 16 mph, so plan on using the pedals and pedal assist mode. And don't forget to strap a milk crate on the back for carrying cargo - just like back in the day!

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6



8



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10



# Play

COME OUT AND

**W**hy is it that the word “play” is usually associated with children and not adults? Research shows that when children play, their brains are actively engaged with problem solving, creative thinking or role playing. All of these are higher-order thinking strategies from which all people can benefit regardless of their age. According to the website [HelpGuide.org](http://HelpGuide.org) “Play can add joy to life, relieve stress, supercharge learning, and connect you to others and the world around you. Play can also make work more productive and pleasurable.” Nice Wignall, a clinical psychologist, teacher, writer and podcaster has

**By Lorie Swaydan**

outlined seven specific benefits (see the box below) of playfulness for adults.

Given the benefits of playfulness for all ages, several cities have built playgrounds with seniors in mind. North York's Godstone Park in Toronto Canada, for example, has 2 pull-up bars, parallel bars, dip stations and various stretching, strength and parkour stations. Instructions for how to use the equipment correctly is clearly posted. As Jake Tobin Garrett points out, "As Canada's population ages, ensuring parks meet the needs of older adults is a common goal across the country."

The John G and Phyllis W. Smale Riverfront Park in Cincinnati, Ohio is another senior-friendly park complete with swinging benches along a riverfront walkway and integrated cycling center. According to Kerry Cubas, "Elder playgrounds enhance our physical and mental/social well-being. They represent an important

public health resource – connecting users to nature, providing access to physical activities, and serving as a safe space for making social connections, albeit at a distance."

One of the benefits of senior playgrounds is that they act as "social magnets." Seniors gather together in fun and beautiful outdoor settings. Users not only reap the benefits of being active, but they might make new friends, too. Galveston County Commissioner Stephen Holmes, in an Associated Press report, points to the social aspect of senior parks as a specific goal in the creation of Carbide Park, La Marque, Texas. He says that they want this park to become, "...a social hub for older adults." The playground includes a rope step bridge, fitness steps, chin-up bars and other equipment to encourage balance and strength. There is also a fall prevention assessment and training tool.

In Barcelona Spain there are around 300 playgrounds for senior citizens. They often include equipment similar to children's parks - curving pipes with movable rings, step bridges with hand-held rope supports and hand cranks that turn like bicycle pedals. Children enjoy the park as well, so there is a feeling of togetherness for the extended family.

According to the U.S Census Bureau data cited by the Urban institute: "The number of Americans ages 65 and older will more than double over the next 40 years, reaching 80 million in 2040." How will they spend their time? Sitting inside watching TV or going out into the sunshine to play with their friends?

*Playfulness can help older adults to:*

- 1. Develop curiosity and interest in new endeavors, which in turn reduces anxiety*
- 2. See things in new ways, thus opening up more options*
- 3. Reduce loneliness and improve existing relationships*
- 4. Engage in thinking that is challenging and stimulating not simply entertaining*
- 5. Use creative thinking and problem solving in a safe environment*
- 6. Learn new skills by making the process fun*
- 7. Diversify their interests and activities and thus, their sense of identity*

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*Thank you,* **Huntsman World Senior Games Athletes,**  
 for taking a time-out during 2020 to help the world stay safe.  
 Your great examples continue to inspire us. See you in 2021!

*See you in 2021!*

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# Hygge

**IT JUST MIGHT BE SOMETHING  
THE WHOLE WORLD NEEDS**

**BY LORIE SWAYDAN**

**D**enmark consistently ranks as one of the happiest places on earth. How is this possible? The weather isn't great, it's dark and cold much of the year, and according to researcher Malene Rydahl there are more pigs than people living in Denmark. Perhaps Danes are just naturally happy? Research suggests that there is a genetic component to being happy, but according to studies done at the Happiness Research Institute in Denmark, happiness is more about a perspective that comes from lifestyle choices which lead to a more consistent sense of well-being. Part of that perspective is learning to appreciate and celebrate simple things like family gatherings, cozy get-togethers, good food and an uncluttered existence. It also incorporates the idea of being part of a team where everyone is valued and supported. The Danish word that describes this way of life is *hygge* (pronounced hoo gah).

Meik Wiking CEO of the Happiness Research Institute says that the idea of *hygge* is integral to Danish identity. "What freedom is to Americans...*hygge* is to Danes." The word comes from the Norwegian word for well-being. It is also related to the German word *gemütlichkeit*, which means warmth, friendliness and good cheer and the Dutch *gezelligheid*, which connotes coziness, fun and togetherness. Others would say that *hygge* includes the concepts of trust, purpose and being in the present. *Hygge* "...requires a certain slowness, and the ability to not just be present -- but recognize and enjoy the present."

It's sometimes easier to define *hygge* through examples. Christmas is very *hygge*, especially the traditions like gathering together with family and friends, sharing good meals, giving gifts --though not expensive ones. It's about community, not consumerism. Candlelight is *hygge*. Danes burn more candles than any other country - about 13 lbs per person each year. And the fact that Christmas is celebrated in the middle of winter, the darkest part of the year would be a part of *hygge*. In some sense it is a hopeful defiance of darkness. A *hygge* setting is full of

light, warmth, coziness, and a feeling of safety even when a storm rages outside.

Summer activities can be *hygge* as well. Taking a nature walk, going on a picnic or having a get-together with friends, playing games or just talking. These are *hygge*. The setting should be relaxed - no strict rules or fancy clothes. The food should be good - the longer it takes to cook, the better. And there should always be cake! A little indulgence and pampering is part of the *hygge* lifestyle.

*Hygge* has been promoted and made popular from the research in Denmark, but they admit it's not a purely Danish concept. It can be found everywhere, in many cultures.

For more ideas on specific ways to incorporate *hygge* into your life, visit [seniorgames.net/blog/hygge-say-what](http://seniorgames.net/blog/hygge-say-what)

What's more the *hygge* lifestyle can be nurtured and encouraged by choosing to incorporate the concepts of simplicity, hospitality and integrity into our daily lives.



# #itsjustatimeout

By Marianne Hamilton

**I**t was the webcast heard (literally) ‘round the world. When Huntsman World Senior Games CEO Kyle Case appeared online on July 31 to announce a “timeout” for the 2020 Games, sniffles could be heard in all corners of the globe. But with COVID-19 still to be tamed, athletes quickly agreed that it was the right decision.

The feedback was both swift and supportive.

Still...

With the 2021 Games a year away, how are our athletes staying...well, in the game? And just how are people training when gyms are closed, partners and teammates are staying home, and running in a mask is HOT?

We took a survey of athletes

across the US, to see how they’re holding up, and how (and if) their workout routines have changed. Everyone’s story is unique and inspirational; we hope these amazing competitors will help keep your spirits high, and your sights set on what’s sure to be an outstanding 2021 Huntsman World Senior Games!

I've been trying to be smart about how I exercise. I've been doing a lot of workouts at home.

- **Lisa Bardwell**





I do pushups  
every morning;  
I love doing  
those!

- Candy Puterbaugh



## Candy Puterbaugh

Freelance Writer

Track Events - 70-74 Age Group

Lives In: Portland, OR

Years Competed in Games: 20

Fun Fact: Former newspaper humor columnist

### How are you staying healthy during the pandemic?

I'm training as usual, but not doing speed work, as all of the races I'd normally be doing these days have been canceled. When I was younger, I ran daily; at this age I have to be more careful. So I run four or five miles every other day, or three times a week. And I try to mix it up; I run on a track once a week for the soft surface, then I'll run on the hill that's just up from track, a mile up and down...and I also have a loop near our house, and a two-mile trail where I can run. Of course, there are days

when I think “I don’t feel like running today.” But after I’m done, I feel more energetic and upbeat... like a whole new person!

On “off” days, I do a core workout that I found online. We also have a weight room in our house, so sometimes I’ll use the stationary bike, the rowing and elliptical machines, and weights. And I do pushups every morning; I love doing those! Because of the virus, I’m home more. We have a mellow, yellow lab therapy dog, and pre-COVID I was taking her to the hospital to visit patients. But of course, we’re not doing that now, so I just take her out for walks. As I get older, I’ve discovered that I love walking. I’ve run into so many more people walking during the last few months. They’ve all been so friendly, with smiles on their faces, and they seem happy to connect.

### **Have you learned any new skills during the pandemic?**

I didn’t feel like I was very “techy” before it hit! But my gardening club and my book club have been meeting on Zoom and FaceTime, which I’d never done before, and that’s been a lot of fun, and a great way to stay in touch. I find that I’m also doing a lot more emails than before, and I’m hearing from people I haven’t heard from in years. I guess everyone has more time on their hands!

### **Have you participated in any virtual events?**

In place of a triathlon and running events that some family members enter annually in Bend, OR, my niece organized a virtual race day. I ran a relaxing 5K, and it was a nice way for us all to feel connected, including Zooming for lunch afterward!

### **Have you seen any positive impact of the pandemic?**

In the midst of all of this stress – and it’s weird to say that I’ve actually been enjoying any part of this, but still – I’ve been reminded of how much I love being out in nature. Just being outside, noticing everything around me, taking more time to really see it all, slowing down; it’s been wonderful. And for some reason, my husband and I are sleeping better and

longer, and having more vivid dreams. Maybe that’s because we’re not too scheduled, who knows. Life is still busy, but in different ways.

### **What will you miss most about the Games this year?**

Oh, my...the Games have expanded our world so much! They’re so well put together. The whole experience of planning out our trip, training for my events, getting on the plane, settling into the place where we love to stay each year, the plays out at Tuacahn...it’s all such an adventure. My husband enters the social golf tournament, and he comes to all of my track meets. We both love the attitude that everyone has there. I admire the super-fast, competitive athletes, and those who say “Well, if I need to, I’m going to run and walk this distance.” The latter says volumes about the camaraderie of the Games. We’ll miss everyone, and it’s sad that we’ll have to wait another year. But I wish everyone well with their training, and I’ll keep my fingers crossed that we’ll all escape any injuries!

## **Eric Johnson**

Recreational Therapist/Corrections Officer

Race Walk, Track & Field, Swimming; 60-64 Age Group

Lives In: Lehi, UT

Years Competed in the Games: 9

Fun Fact: Holds 24 World Masters titles in age-bracket, 10X Overall Champion at Huntsman World Senior Games, 14X UT Amateur Athlete of the Year, closing in on 2,100 medals total

### **How are you staying healthy during the pandemic?**

As a recreational therapist and corrections officer with the Utah Department of Corrections, I work with mentally ill men and women in medium- to maximum-security, which I’ve been doing for 15 years. I train at the policemen’s gym, which shut down completely when COVID first hit; it’s now partially open again, so I go there 4 to 5 days a week. My training now includes outdoor running (four to six miles) every day. I also do 1,000 pushups, 700 lat pull-downs, 300 sit-ups, 100 squats, 100 overhead arm curls, 30 minutes of cycling, and one hour of



aerobics. And on the days when I'm not lifting a lot of weights, I run or race walk.

It all takes five hours per day. But as part of my job, I lead weight lifting groups twice a day with the inmates, plus an aerobics class, so I knock some of that out at work. I stay motivated by doing 5K races, which are still being held where I live; I do a couple each month. I've only lost one in my age bracket since March. But I just aged up, so we'll see how it goes. I've been an All-American in my age group in all distances from 5K to the half-marathon; one of my goals is to become the first All-American in my age-group in every track & field category (I just lack a field event All-American award). So I have some stuff to work on, to get my throwing better for discus, shotput and javelin.

**What have you learned during the pandemic?**

It's definitely been kind of disappointing, as I felt like I was going to have a really good year, with some

of my fastest times ever. I started off in January with a 7:50 for the 1500M race walk in Tucson, which at the time was the fastest time in the world for my age group (an Australian has since beaten that time). But then everything changed in March. So now I'm just focusing on training, and I hope to have a great year in 2021.

I've been running more on trails. Actually, I've been running more than ever due to COVID! And I've been hiking a lot in the Utah mountains on my days off; I try to mix it up, with some bike riding, and some swimming. It's beautiful in Utah, so being outdoors is always a gift.

**What will you miss most about the Games this year?**

I'll miss the excellent levels of competition, and seeing the people I race with from all over the world, and renewing our friendships for that week in St.

I'll miss the excellent levels of competition, and seeing the people I race with from all over the world, and renewing our friendships for that week in St. George. That's always such a special time; I think of it as my "running Super Bowl" each year.

- Eric Johnson

George. That's always such a special time; I think of it as my "running Super Bowl" each year. I'll miss meeting the foreign athletes when they come in, getting to know new race walkers, and renewing friendly rivalries. Seeing all of those people always makes it so much fun.

Then again, next year I'll be able to bring my new wife, Terah! I hope to see her in the power walks; we walk together every day, and she's really fast. Funny story: We met on a dating site, and then discovered that we'd actually known each other since we were eight; we'd lived half a block away from each other, and we'd gone to grade school together.

So for the past couple of months I organized my house and garage, and then took my bride on a resort honeymoon in Washington after our wedding on September 14th. I look forward to introducing Terah to everyone next year!

## **Lisa Bardwell**

**Consultant**

**Soccer, 65-69 Age Group**

**Lives In: Denver, CO**

**Years Competed in the Games:**

**Fun Fact: Was proud mom to three sets of baby goldfish in her backyard pond this summer**

### **How are you staying healthy during the pandemic?**

It's been a big shift for me, athletically. Before, my big thing was going to the gym, and playing indoor and outdoor soccer. Obviously I can't do most of that anymore, so I've been trying to be smart about how I exercise. I've been doing a lot of workouts at home. Also, we have a new puppy, so we're forced to get a certain number of steps in daily, because he insists! I'm just now starting to play in pick-up soccer games with the group of women who usually go to the Games; we all wear masks to the field and when we hang out (socially distanced, of course) afterward. One woman in her 70s has had by-pass surgery, and another finished chemo for Stage 4 cancer; it's been so heartening to watch them gain in endurance and confidence.

We don't have enough women in Denver to have an age group league. So, all of us O-50s end up playing with much younger women. It's fun, but to be honest, we just don't get that many touches in a game. What has been so fabulous about this pick-up is that now we have three or four of those young women showing up to play with us! They're patient, and good, and they're wonderful "mentors" for us.

### **Have you seen any positive impact of the pandemic?**

I've been doing a lot of ancestry research, and I've also found a lot of books and artifacts from older relatives, who, as it turns out, are kind



of important people! So we're making sure their papers and books are being given to museums and libraries that want them.

I'm kind of an introvert, so I'm not usually one to be in large meetings. But my family's now doing Zoom chats. And while I can't say we're necessarily communicating better, we're certainly communicating more often! My brother in North Carolina – who never was one to get in touch that often – now calls in regularly. We also have frequent calls with my mom's sister, who is almost 90 and eager to connect. Of course, it doesn't replace hugging and proximity. But mostly it's been great.

The most wonderful thing I've seen is the connection and caring in our neighborhood. People are taking dinners to the elderly ladies who live nearby, and everyone's checking in and hanging out together (all outdoors). Given how crazy the world is right now, it's so grounding to be surrounded by decent, caring people. We may not know how each

other is going to vote. But we know who's growing what in their garden, and whose kids have just come for a visit. That kind of outpouring of humanity is by far what's been getting me through all of this.

### **What will you miss most about the Games this year?**

Our team had actually gotten so much better than we'd ever been, because we actually started practicing...! That was quite a concept for us. But that's OK; we'll have a whole year now to improve even more.

There are several tournaments we try to go to each year, and the Huntsman World Senior Games is "the" one, for sure. Every year I drag a bunch of women who've just turned 50 to the Games, and I tell them "this will blow you away." And every year, they all can't wait to come back! Quite honestly, to be in a culture that kind of tells us that at this age we're "done," and then to come to St. George, and to see all types of athletes of all shapes, sizes, ages, backgrounds, competition levels...I get high, every year. Everyone is so happy to be there – even the refs! It's just so fun; it's really magical.



## **Bonnie Parrish-Kell**

Founder, Publisher & "Chief Diva," Slowpoke Divas Race Walk, Power Walk, Cycling, Triathlon; 60-64 Age Group Lives In: Las Vegas, NV

Years Competed in the Games: 10

Fun Fact: 2020 NV Senior Games Cycling Coordinator; Huntsman World Senior Games Ambassador

### **How are you staying healthy during the pandemic?**

To be honest, I haven't done much training, because COVID hit my family early in the year, and it hit us hard. In March I almost lost my best friend in Washington state to COVID. Then I developed a "mild" case of it, which meant I was super-tired,

My husband and I try to eat a healthy diet, and we try to make sure we're moving around regularly.

- Bonnie Parrish-Kell

I slept non-stop for several days, and I lost my sense of taste and smell, and my appetite. About the same time my mom started showing symptoms; she ended up in the ICU, passing away a week later on April 11. Several days later my husband was hospitalized. So I basically spent May trying to take care of him, while grieving for my mom.

I didn't realize how much COVID had affected my stamina. But in June I started feeling better, so I decided to try riding indoors (I have three bikes, two of which I can put on trainers). It was quite a revelation when I started riding again, and discovered how my illness had affected me. So I'm afraid my training sort of fell off, due to outside forces. Also, the cancellations of the Mesquite, Nevada, Idaho and Huntsman World Senior Games were definitely disappointing, and affected my motivation. But I'm actually happy that the events were canceled; I think all of the Games directors, boards, etc. all lived up to their mission of supporting seniors' health. By not having their events, they're protecting a segment of the population that's very susceptible to illness.

As far as what I'm doing now, my husband and I try to eat a healthy diet, and we try to make sure we're moving around regularly. I have a desk job, so I get up and stretch and do some wonky dance steps every hour. And I work out with light weights, doing bicep curls, squats, and other easy stuff to keep moving. The challenge is that it's really hot here at the moment, and we're getting a lot of smoke from the wildfires in California, so getting outside is tough. I can't wait for the fall, when it will be cooler!

### What have you learned during the pandemic?

For me, being a perfectionist, it's been a learning experience to be more accepting and "nicer" to myself, for not being as active as I've been in the past. I'm trying to be cooler about all of that, and not be so critical of myself.

On a professional level, I've been learning new web stuff, and seeing how to use Facebook and Instagram for Slowpoke Divas, my online platform that encourages maturing women to live healthfully and get active. I attended the two-day IDEA



Racquetball has been something I've been really passionate about; for 48 years it has filled the competitive void in my life after I retired from professional baseball. It seems like I've always been chasing a ball since I was about eight years old.

- Gary Jones

World Virtual, a health and fitness conference; I learned some great new techniques for incorporating functional movement into my work with the aging population. I'm also considering getting certified through ACE (American Council on Exercise). I don't plan to become a personal trainer, but that would help me with my work; I'm all about learning new things!

#### **Have you seen any positive impact of the pandemic?**

This is probably going to sound totally sappy and New Agey, but...what the pandemic has done is to bring me a much greater appreciation for the people in my life. And, that through the miracle of technology and social media, we're able to stay connected, and have at least a "voyeuristic" look into each other's lives. I'm not a really touchy-feely person, but I do miss being able to hug the people I love. I've definitely come to appreciate that life is precious; we don't know how long we have, so we need to appreciate the gift of every single day.

Something I didn't expect was that I'm now taking a few moments each day to enjoy things that are going on outside. Watching all of the hummingbirds mobbing our feeders; even seeing weeds growing! It really helps to put the current situation into perspective.

#### **What will you miss most about the Games this year?**

I will miss being with all of my buddies I see once a year; how we encourage each other to do our best, and how we enjoy ourselves when we're racing and competing against each other. There's none of that "youthful competitive antagonism" in St. George; everyone is doing the best they can, and by competing they're encouraging others to do the best they can. Plus...racing is play-time! You get to the finish-line, and you've left your last tank of gas half a lap back. But it's still wonderful and fun.

I wish everyone a healthy, happy rest of this year, and I look forward to seeing everyone again next year. And hopefully we'll all be together again at the National Senior Games!

### **Gary Jones**

Retired Pro Baseball Player

Racquetball, 71-75 and 76-80 Age Group

Lives In: Beaumont, CA

Years Competed in the Games: 4

Fun Fact: Former Relief Pitcher, NY Yankees; brother of MLB Pitcher Steve Jones (both left-handed)

#### **How are you staying healthy during the pandemic?**

I've been fortunate to find a racquetball court that reopened a couple of months ago, so I'm playing twice a week. Racquetball has been

something I've been really passionate about; for 48 years it has filled the competitive void in my life after I retired from professional baseball. It seems like I've always been chasing a ball since I was about eight years old.

I've started playing pickleball, although honestly, I don't think I'll be a threat to anyone anytime soon. I play doubles about two times a week, which I really enjoy. With racquetball, you have walls and a ceiling, so the ball comes back to you sooner or later! Not so with pickleball. But I'm learning.

### **What have you learned during the pandemic?**

My wife gave me a Fitbit for Christmas, and it's taken me a while to use it. Now I have to wear it all the time! If I forget to put it on, I miss keeping track of my steps for the day. About a month ago I was talking to my brother, and I mentioned that I was getting my 10,000 steps in a day, even without playing racquetball or pickleball. He said, "How can you do that?" I told him, "It's simple; you're out in the front yard gardening, and you decide you need to get something from the backyard...and then when you get there, you forget what it was." You do that about 10 or 12 times a day, and pretty soon you have your steps in. They're not the most efficient steps... but it still works!

### **What's been keeping you busy during the pandemic?**

I've definitely been doing some purging. I have a garbage can that was filled with newspaper and magazine clippings from my baseball career, and I hadn't looked at any of it for 48 years. So I've been trying to go through and put something together for my grandkids. My wife and I are just sort of trying to memorialize my baseball career. My son, who turned 50 last month, was actually born four days after my first game at Yankee Stadium.

My grandson competed in a Cooperstown, NY baseball tournament in 2017, so we all attended the tournament and spent a couple of days in New York City. The Yankees graciously provided tickets for our whole family to visit the museum at their new stadium. All former Yankee players had been asked to provide a signed baseball. So it was a really

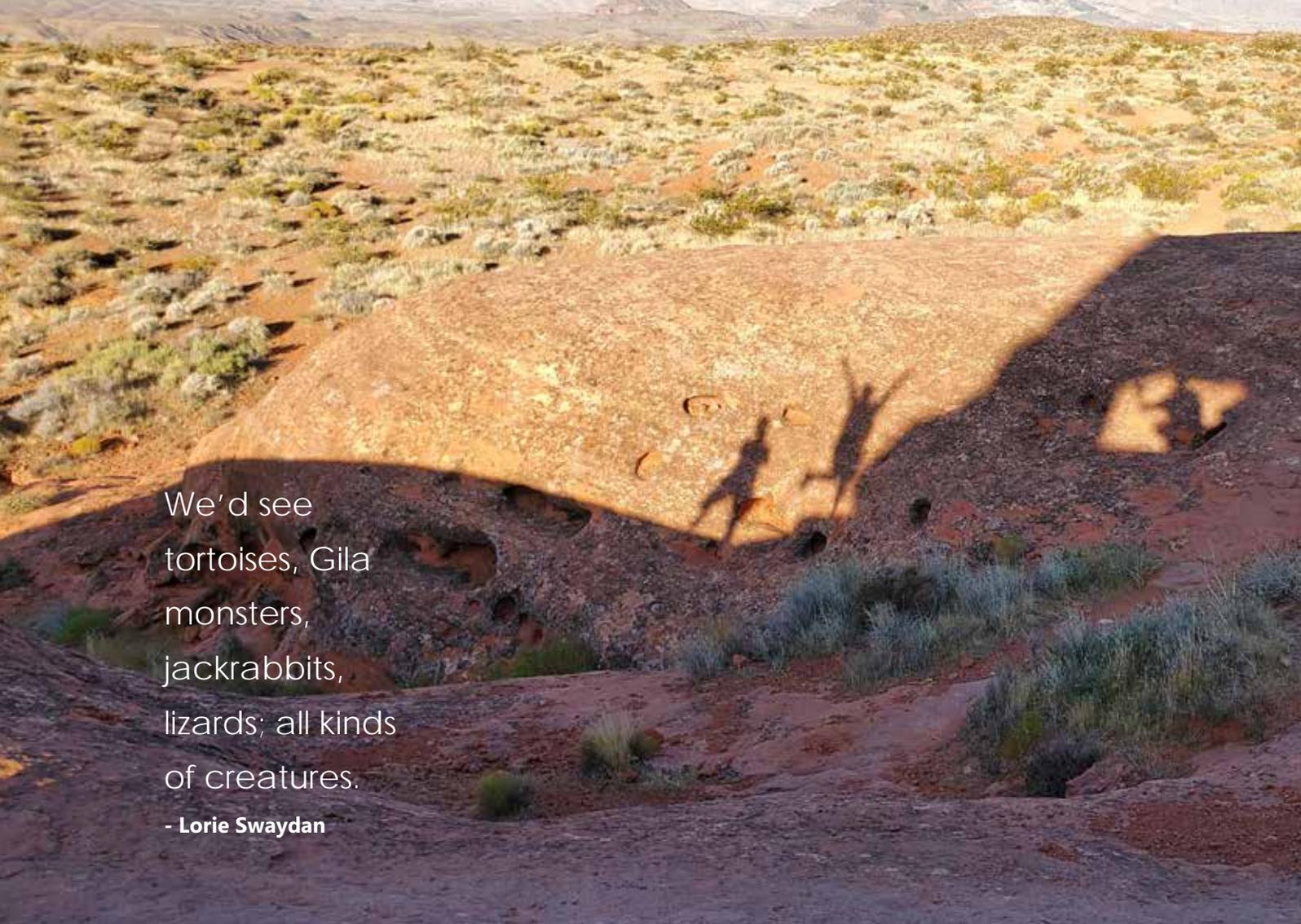
wonderful experience, to show my son and grandsons my signed baseball that's now displayed at Yankee Stadium.

### **What will you miss most about the Games this year?**

First of all, the beauty of St. George is just awesome. When we come for the Games, it's been such a blessing to visit Bryce and Zion National Parks, and Snow Canyon State Park; they're all just amazingly beautiful. The first time we drove into St. George and looked at the mountains, we were just blown away. And the people are so friendly. The city's hospitality to the many thousands of athletes from all parts of the USA and the world is evident throughout the Games. We also enjoy the opportunity to view other athletic venues. Every year has always been such a pleasurable experience.

Along with all the other athletes, I'm saddened by the cancellation of this year's Games. But





We'd see  
tortoises, Gila  
monsters,  
jackrabbits,  
lizards; all kinds  
of creatures.

- Lorie Swaydan

I understand the need to cancel in lieu of the current COVID-19 virus. I will definitely miss the friendships, fun and competition; the relationships that you build on every year. I look forward to participating in 2021, and to see and hear the stories of the athletes and their journeys as they continue to participate in the sports they love, for as many years as possible.

## Lorie Swaydan

Office Assistant

60-64 Age Group

Lives In: St. George, UT

Years Helped with the Games: 5

Fun Fact: Plays the cello

### How are you staying healthy during the pandemic?

When COVID hit, I couldn't go to my health club,

or take my normal Zumba classes; there were so many things I couldn't do. I was looking for other ways to stay active. I'd walked a lot on our local trails. But amazingly enough, even though I've lived in St. George for almost 30 years, I'd never done any hiking! So when a friend called and asked if I'd like to go for a hike with her, I quickly agreed... and while we were out there, I thought "Wow; this is cool!"

I immediately started looking at the trail map that's put out by the City of St. George, to see where else I could go, and calling other friends and asking if they'd like to join me for a hike. We did lots of local hikes, and they were all amazing. We'd see tortoises, Gila monsters, jackrabbits, lizards; all kinds of creatures. I just thoroughly enjoyed it, and still do!

**Did you have any difficulty when you started hiking; were the hikes physically challenging?**



Not really. But I also looked for easy to moderately difficult hikes.

I didn't want to get stuck out some place remote, or get injured and not be able to get back. So I didn't attempt any of the really difficult climbs. And every time when I finished, I'd think "That was so much fun; I can't wait to do the next one!"

Living in Southern Utah, we do have to be careful about where we hike, and what we bring, especially during the summer. I started hiking in March, when it was still really cool, and it was lovely almost all day. But in the summer months – no way you should be out there in the middle of the day; it's way too hot. I always take a lightweight backpack with me, along with sunscreen, lip balm, and two bottles of water. I also bring a wet towel in a zip-lock bag, which I roll up and put around my neck. That's really saved me when the weather's been toasty. Oh, and of course I

bring my phone, for taking pictures, and in case of any emergencies.

### **Do you hike by yourself?**

I'll do the walking trails by myself, but never hiking trails. I have a horrible sense of direction, and I get lost pretty easily! Plus, it's much more fun to hike with a friend; I have three or four I'll call whenever I'm planning to go, and someone always comes with me. When my daughters are visiting, we'll schedule a hike instead of getting pedicures (since many of the salons have been closed for months), and when I'm up visiting them, we'll hike there. It's really added a fun element to our relationships. And being able to share these chunks of time together has brought us even closer.

### **What would you tell someone about to do their first hike?**

I would definitely recommend that they download a free app called "All Trails." It has thousands of hiking trails, all mapped out, and you can do things like "search for trails near me." It will give you all of the info about each trail; how far it is, what the elevation is, if it's suitable for strollers or dogs, etc. And, when you start you can push "record," and it will capture your steps, how high you climbed, and more. Plus, you can take pictures of the hike, and then share them with others, and look at pictures that others have posted, so you can all see what the terrain actually looks like. So that's a very handy tool.

And then I'd just say, find an easy hiking trail, and go for it! We're blessed to have so many truly beautiful places to hike here, and you can find some place to enjoy almost everywhere. You'll be doing something healthy, and you'll have a ton of fun. Can't beat that!





**By Lorie Swaydan**

**A**ccording to the Senate Special Committee on Aging, seniors lose almost \$3 billion annually due to scams. Whether it's a person pretending to be from the IRS or Medicare trying to steal personal information, or robocallers pressuring the elderly to purchase unnecessary products and services, seniors are targeted on a regular basis. The American Journal of Public Health reports that 2 to 3 millions seniors or 5% of the elderly population lose money due to fraud each year. Here are 6 of

the top scams reported by the National Council on Aging and how you can protect yourself from becoming the next victim.

**Scam: A person pretends to be a Medicare representative in order to get your personal information.**

How to protect yourself: Never give out your personal information over the phone unless you have initiated the call. Also, get the name of the salesperson, business identity and contact information before making any kind of transaction.

**Scam: Counterfeit drugs are offered at a discount.**

How to protect yourself: Be skeptical of any offer that sounds



too good to be true. Check with your doctor or pharmacist before buying any drug not specifically prescribed for you. Purchasing unapproved, alternative or fake medications could cost you your health not just your money.

**Scam: Funeral homes pressure you into buying more than you need.**

How to protect yourself: Do your research, especially before you get into an emotional situation where you will need to make financial decisions. For example, it's unnecessary to pay for an expensive casket if you plan to have your loved one cremated.

**Scam: A salesman claims that anti-aging products will do wonders!**

How to protect yourself: Be an informed consumer and do your homework. Don't buy

from unknown sources. Be aware that fake substances like Botox can be toxic.

**Scam: Telemarketers call and pressure you into buying things you don't want or need.**

How to protect yourself: Make it a habit to never purchase anything or give to any organization over the phone but wait for a written mailer about their services. Then decide. Also, don't be tricked into wiring money if someone is asking on behalf of a "sick or injured" loved one. Check with your loved one first to verify their situation. Finally, sign up for the "Do Not Call" list to stop solicitors from bothering you. (donotcall.gov)

**Scam: Internet scams are everywhere!**

How to protect yourself: Be careful not to click on or agree to fake anti-virus downloads. Also, be skeptical about any email, even if it seems like a legitimate organization, asking you to "update" or "verify" your personal information.

**Bottom Line:**

- Guard your personal information and never give it out to someone who calls you.
- Check your bank statements carefully and invest in a good shredder for documents containing sensitive information.
- Be a well-informed consumer. Be skeptical and don't be hasty. Give yourself adequate time to make a decision.
- Don't let your heart make financial decisions. Plan ahead. Do your research.
- Be aware that seniors are often targets of fraud. Protect yourself. If you think you have been a victim of fraud, contact Adult Protective Services. To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: <https://eldercare.acl.gov>.

Sources: National Council on Aging (NCOA.org) <https://aginginplace.org/internet-scams-affecting-elderly/>



GOTTA HAVE  
**GADGETS**  
AND GEAR



Technology keeps moving at a head-spinning pace. Consequently, there are thousands of new gadgets targeted at seniors. Here are a few of our favorites:

## FIT TRACK



Fit Track is a “smart” scale that can help monitor health data. Easy to use - just step on it with bare feet and it will allow you to measure and track 17 health data points in real-time.

## DODOW



Dodow is a gadget that will help you sleep. At night it projects a soft blue light onto the ceiling. As you ready yourself for sleep, match your breathing pattern to the light as it expands and contracts. The pattern reduces your breaths per minute and slows your heart rate to help you fall asleep quickly.

## SAMSUNG GALAXY DEVICE

COMING  
SOON?



You may have heard of foldable smartphones. Samsung might intend to take the concept one step further with this possible futuristic device, a foldable phone that could wrap around your wrist like a watch. Keep your eye out for this one in the future.

## GRANDPAD



GrandPad will help seniors stay connected to family and friends. Through the private family network, using the free companion app and web portal, loved ones can keep in touch, upload photos and make adjustments in the settings for the GrandPad user.

These and many other gadgets for seniors are available online. Amazon Smile is an easy way to support the Huntsman World Senior Games and get the gear you crave. You shop for the same products at the same great prices and Amazon makes a donation to the Games. It's easy to do.

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Choose World Senior Games, Inc. as your charity of choice
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People all around the globe are pushing boundaries and setting a higher mark for what it means to grow older. Masters and senior athletes are creating momentum and putting up records that have never been dreamed before. Musicians and artists are declining to retire and entertaining with more energy and longer than even a generation ago anyone would have imagined. And experienced people from all walks of life are giving back to their communities in ways that will help turn the tide for future generations.

This is what we call ACTIVE AGING.

Our goal is to shine a spotlight on what it means to age actively. We want to change the stereotype, combat ageism and create a whole new paradigm. We provide value to society and the communities in which we live. We create, inspire, motivate, mentor, teach and provide for.

The following is a sneak peek at the inspiration you will find at

**the50over50.com**



## 23. Donna Ingle (69)

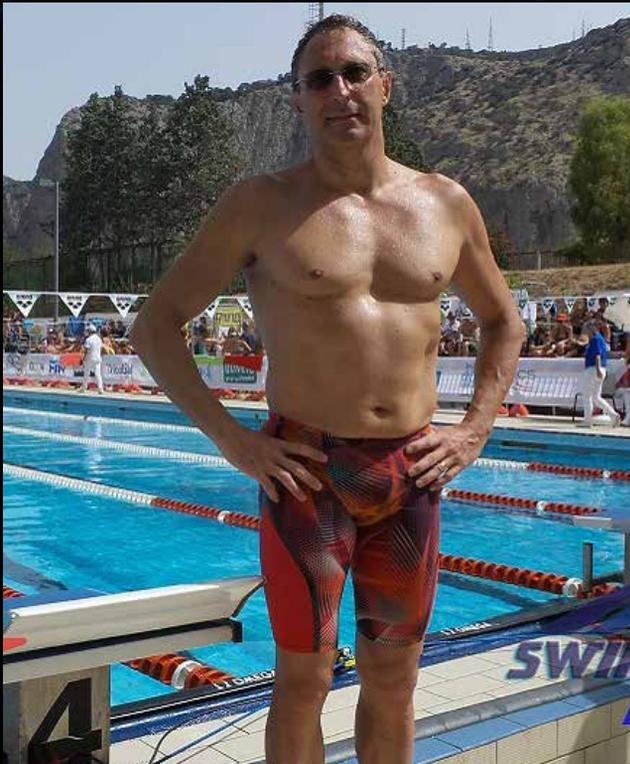


**D**onna Ingle grew up in the mountains of Colorado. It was there that she received her first bicycle on which she rode the dusty paths between her home and that of her grandparents. From this childhood experience, she grew to love the sport of cycling.

Competitive cycling began when a friend introduced Donna to the Huntsman World Senior Games. “It sounded like fun,” Donna remembers. “I loved it and I never miss a year.” Competition is a great motivator for Donna. Every year she sets new goals based on her prior results. Then she works all year to achieve it. Every year Donna earns more gold medals and sets new records in her age group.

Donna has realized that active aging requires discipline. She trains vigorously and watches her diet. “It never gets easier. I work hard and if that isn’t enough, then I work harder.” But the work is worth it, not just in terms of medals and records, but in opportunities for travel, fun, friendship and to help others on their fitness journeys. “The races and winning are fun, but the rewards of being able to encourage or help someone are a greater reward.”

## 15. C. Arturo Travaini (57)



**I**talian swimmer Arturo Travaini, is no stranger to the medal podium. He’s so much a regular he could conceivably make it his permanent address. He is a multi-time world record holder and many time European record breaker as well.

According to the Swim4Life online magazine, Italian version, Arturo says, “My workouts do not involve long extreme load cycles with few goals, but simply a certain continuity without excessive loads, swimming regularly every day, but for only 50 minutes. I prefer quality to quantity, technique and intensity rather than quantity.”

He adds, “My secret is to swim a little but well and have fun.”

Which sounds like good advice for all of us.

## 1. Anthony Philippe (51)



**A**nthony Phillippe, from Auxelles Haut, France, has been competing in triathlons for 30 years now! He’s competed and traveled all over the world, as an age group athlete, never as a pro. This means he also holds down a full time job as an Engineering Design professor at a local university. Oh, and he’s married with 2 children.

In the sport of triathlon, the Ironman is king and Anthony has competed 15 times in the Ironman World Championship in Hawaii, a record for France. In 2019, he did much more than compete, he won the world title in his age group 50-55. “My

*You have to be fit. You have to train all year long. It requires you to be fit almost everyday.*

greatest accomplishment is just being a triathlete, especially when you “fight” for the win in your Age Group,” says Anthony. “You have to be fit. You have to train all year long. It requires you to be fit almost everyday” He says he gets a lot of satisfaction from beating athletes who are much younger than he is.

With reason he is very proud of his 2019 season. “It was absolutely perfect. I won almost every big race I entered, in my age group!”

In case you’re wondering that list includes a first place finish in the Half Ironman in Marbella, Spain, Ironman Lanzarote, also in Spain, Ironman Roth, Germany, a bronze in the Half Ironman World Championship held in Nice, and back to gold for the Ironman World Championship in Hawaii, USA. And Anthony has no intention of slowing down. Watch for him on the medal stand for years to come.

## 1. Laurie Meschishnick (56)



Laurie Meschishnick has always been active. She grew up on a farm in Canada and played every sport offered so that her school could have a team. She also participated in every workout craze throughout the decades: aerobics, yoga, pilates, etc. But, she settled into running and yoga as an adult, both of which are solitary and non-competitive. However, from the first time she walked into a CrossFit gym, she felt at home. “It ignited my competitive core,” Laurie claims.

*The only limit to our physical potential is the limit of your mind.*

Since her CrossFit start in 2010, Laurie has competed in the CrossFit Games seven times and has made the podium four times.

In 2019 she won the CrossFit Games in August and that same month she set two World Records at the Masters World Weightlifting in her age and weight category. Laurie reports that she gets messages from people she has never met who tell her they are inspired to do more than they thought possible because of what she has been able to accomplish. Laurie believes that “The only limit to our physical potential is the limit of our mind.”



Music moves us. It defines significant moments in our lives: falling in love, breaking up, winning the big game, you name it and music has been there. The artists on our list are all over 50 and have been adding to the soundtrack of our lives for decades. But more than that, they are still rockin'. It's not about the genre, it's about getting out there and getting it done.

Vote for your favorite ROCKERS at

**the50over50.rocks**



**T**hey are everywhere you look. They come from all walks of life and social and economic backgrounds. A teacher, a non-profit director, a first responder, a parent, a grandparent, a volunteer. These are the individuals that make a difference in our lives. These are the Change Makers. And aging isn't something that slows them down. In fact, in many

cases, the 50 and over crowd is leading the charge.

We want to hear about the Change Makers in your community. Tell us about the ones who are making a difference today for a better tomorrow for us as individuals, families, communities and ultimately the world.

Tell us about your CHANGE MAKER at

**[the50over50.care](https://the50over50.care)**



# BECAUSE OF YOU THE GAMES WILL GO ON

We've all made adjustments and changes due to the COVID-19 pandemic, but we're no strangers to adversity. The Huntsman World Sr. Games may have been canceled this year, but thanks to your fighting spirit, drive and determination, we'll all be back stronger than before. You'll continue to

train, to focus on your wellness, and encourage others to join in on the journey. Your example inspires us to be better every day.



[www.LHM.com](http://www.LHM.com)



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## INNOVATING ENTERTAINMENT for the *FUN* of it!

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# FIND YOUR EPIC

*If you've ever thought about competing in a virtual event, this is the one for you.*

**EPIC Virtual Events** provides a unique competition framework. Each series consists of a monthly challenge in running, swimming, cycling and mountain biking. The quest changes each month, so athletes will remain motivated throughout the year to have fun while pushing their level of performance to EPIC levels! Open to all ages, participants from around the world are invited to be part of this innovative approach to competition.

## SHOWING COMPASSION

EPIC Virtual Events is not solely about competition. We also support compassionate, healthy communities. That's why 10% of every registration fee will be donated to charities such as The Huntsman Cancer Institute, Alzheimer's Association, International Disaster Emergency Service and many others. Every month a different charity will be designated to receive our donation. You can make a difference in your own life and the lives of others.

## HOW IT WORKS

Each participant will have a personal account where they will log their monthly performance. Competitors can track their progress and see how they stack up against others by checking the leaderboards. Gold, silver and bronze medals will be awarded monthly to the top three competitors in each age group for each event. Age groups will be every ten years, 10+, 20+, 30+, etc. All participants will receive an involvement medal at the end of the competition and receive a certificate to personalize and download from the website.

Get more details and register for your first event or series at:

**[www.thisisyourepic.com](http://www.thisisyourepic.com)**



## Mediterranean Twist Salmon

This simple salmon recipe makes it easy and delicious to load up on heart-healthy fats and hunger busting protein. It's an all-purpose main that pairs easily with any vegetable dish.

### For Salmon

- 2 (4 oz.) salmon fillets
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 tsp. olive oil

### For Sauce

- 2 tsp. extra-virgin olive oil
- 1 clove garlic minced
- 1/2 cup chopped tomatoes or more to taste
- 1/4 cup fresh basil
- 1 tbsp. balsamic vinegar
- 1/4 tsp. black pepper

**PREPARE SALMON** - Sprinkle salmon with salt and pepper. Heat oil in large skillet over medium heat. Add salmon, cook until fish flakes easily with a fork, 2 to 3 minutes per side for 1/2 inch-thick fillets.

**MAKE SAUCE** - Meanwhile heat oil in a small saucepan over medium heat. Add garlic; cook until fragrant, about 1 minute. Add tomatoes; cook until heated through - about 3 minutes. Add basil, vinegar, salt and pepper; cook, stirring until flavors blend - about 2 minutes. Serve with salmon.



## **Pre-order your LIMITED EDITION T-SHIRT today!**

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According to the Center for Disease Control and Prevention obesity in the United States is over 42%. That means that over 100 million Americans are considered to have obesity. In 2008 the estimated annual medical cost of obesity in the U.S. was \$147 billion. Furthermore, obesity is related to several leading causes of preventable, premature death including, heart disease, stroke, type 2 diabetes and certain types of cancer. Obesity is a complicated issue, and there are no easy solutions. There are steps, however, that can be taken to move this trend in a different direction, like developing healthier eating habits. This seems pretty basic, but figuring out what healthy eating really is can be confusing. There have been numerous fads, trends and diets over the years, but short-term dietary changes don't lead to lasting results. Healthy eating needs to be a sustained lifestyle change that can begin with this one simple rule: Fill up on the good stuff.

Good food is real food - as close to the way nature made it as possible. Processed food is more likely to contain added sugar, salt, unhealthy fats and additional calories that don't add any nutritional value. According to the U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans, "Individuals should aim to meet their nutrient needs through healthy eating patterns that include nutrient-dense foods. Foods in nutrient-dense forms contain essential vitamins and minerals and also dietary fiber and other naturally occurring substances that may have positive health effects."

Fruits and vegetables are at the top of the list when it comes to good, nutrient-rich foods. The USDA recommends that half of what we eat should come from these two food groups. They are low in calories and high in nutrition. Because

they are packed with vitamins, minerals, antioxidants and fiber, they help with everything from circulation to digestion.

When choosing fruits, aim for whole fruits. They provide essential vitamins and minerals, support for the immune system by way of antioxidants, and also fiber which is vital to healthy digestion. Loading up on vegetables is also important to a healthy diet. Vicky Newman, Director of Nutrition Services, Cancer Prevention and Control Program, Moores UC San Diego Cancer Center reminds us to, "Look for big color and big flavor." Try to choose vegetables that are colored all the way through, like carrots or broccoli. Zucchini is great, but it's not dark green all the way through. Furthermore, a variety of vegetables from all five subgroups - dark green, orange and red, legumes, starchy and other vegetables will ensure the vital nutrients from each of these groups. These can be fresh, frozen, canned or dried - cooked or raw, just watch out for added sodium or sauces that add too much fat.

Along with fruits and vegetables, grains contribute to a healthy diet. Each of these groups provide essential vitamins and minerals. They also provide fiber which can lower the risk of heart disease, stroke and diabetes. Fiber keeps the digestive system clean. It flushes out cholesterol and harmful carcinogens and also helps to control blood

sugar levels. A high fiber diet not only keeps you regular but makes you feel full faster and so may help you eat less. Keep in mind that whole grains, like brown rice, oats and quinoa - the kind that keep the whole kernel, provide a better source of fiber and nutrition than those that have been refined. The USDA food guidelines recommend that half of the grains in a healthy diet should be whole grains.

Like fruits and vegetables, whole grains and proteins, dairy foods are another essential component of a healthy diet. Milk, yogurt and cheese provide calcium, which is a nutrient all living organisms need. It is the most abundant mineral in the human body and 99% is in the bones and teeth. A lack of calcium can lead to osteoporosis, a condition in which the bones become weak and brittle. When the body doesn't take in enough calcium, it takes it from the bones. This becomes more common as we age. According to the National Osteoporosis Foundation, approximately one in two women and one in four men aged 50 and older will break a bone due to osteoporosis. Besides dairy products, other good sources of calcium include sardines, salmon, tofu and dark green leafy vegetables.

A healthy diet does not include a lot of fatty foods, but according to the American Heart Association, our bodies need healthy fats for energy, the absorption of nutrients, the production of hormones and to protect our organs. There are four major

types of fat: monounsaturated, polyunsaturated, saturated and trans fats. Monounsaturated and polyunsaturated are considered healthier fats. They are found in fish, vegetables, avocados, nuts and seeds. Saturated fats are found in whole milk, red meat cheese and coconut oil. Many trans fats are artificial fats found in highly processed foods. A healthy diet should aim to avoid saturated and trans fats, which have been linked to heart disease and stroke.

Fruits, vegetables, whole grains, protein, dairy and good fats. These are the good foods needed for a healthy diet. Fill up on these and there won't be room for foods full of empty calories and little nutritional value. Sounds easy enough, but in today's world convenience and slick advertising produce stumbling blocks to developing the healthy eating habits we need. Here are a few ideas that can help us move in a healthier direction:

Start with small changes, like eating a salad each day. Remember, half of what you eat should be fruits and vegetables. Keep healthy snacks on hand: fresh fruit, sliced veggies or nuts. Drink lots of water. Sometimes we think we are hungry when really we are dehydrated. Shop on the perimeter of the grocery store. Most fresh foods are found on the outside aisles while the center aisles have more processed, packaged and refined foods.



# Words

## OF WISDOM

One day, a calf needed to cross a virgin forest in order to return to its pasture. Being an irrational animal, it forged out a tortuous path full of bends, up and down hills.

The next day, a dog came by and used the same path to cross the forest. Next it was a sheep's turn, the head of a flock which, upon finding the opening, led its companions through it.

Later, men began using the path: they entered and left, turned to the right, to the left, bent down, deviating obstacles, complaining and cursing – and quite rightly so. But they did nothing to create a different alternative.

After so much use, in the end, the path became a trail along which poor animals toiled under heavy loads, being forced to go three hours to cover a distance which would normally take thirty minutes, had no one chosen to follow the route opened up by the calf.

Many years passed and the trail became the main road of a village, and later the main avenue of a town. Everyone complained about the traffic, because the route it took was the worst possible one.

Meanwhile, the old and wise forest laughed, at seeing how men tend to blindly follow the way already open, without ever asking whether it really is the best choice.

– Aesop Fables

Success usually comes to those who are too busy to look for it.

He who is wrapped up in himself makes a small package.

An optimist is who makes the best of it when they get the worst of it.

He who buys what he doesn't need steals from himself.

You cannot turn back the clock, but you can wind it up again.

Where's there's a will there is a way, but it needn't be your way.

Experience is yesterday's answer to today's problem.

You can break a bad habit by dropping it.

Instead of pointing a finger, why not hold out a hand?

When skill and love work together, expect a miracle.

Faults are the easiest thing to find.

Friendship consists of forgetting what one gives and remembering what one receives.

Footprints in the sand are never made by sitting down.

To be happy ourselves is the most effectual contribution to the happiness of others.

The only ideas that will work for you are the ones you put to work.

Life is like a ladder every step we take is either up or down.

It is not he who has little, but he who wants more who is poor.

In the pursuit of happiness the difficulty lies in knowing when you have caught it.

Winners are not the people who never fail, but the people who never give up.



# Pass on the *Legacy*

If COVID-19 has taught us anything, it is that nothing is certain. By including the Huntsman World Senior Games in your will, trust, retirement account or life insurance policy, you can help sure up the future of the Games for the next generation of athletes. The Games have impacted you, pass that legacy forward.

- I have included the Huntsman World Senior Games in my will, trust or beneficiary designation.
- I would like to speak to someone about making a gift. Please call me.
- I have enclosed a check to help the Games foster worldwide peace, health and friendship.
- I will make a donation at [seniorgames.net/donate](https://seniorgames.net/donate)

Name \_\_\_\_\_

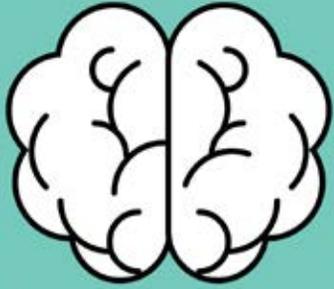
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Mail to: Huntsman World Senior Games Legacy  
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84770

# BRAIN TEASERS



## UNSCRAMBLE THE WORD

1. CLANGLEEH \_\_\_\_\_
2. AECEP \_\_\_\_\_
3. LASTFOBL \_\_\_\_\_
4. NOMITAB \_\_\_\_\_
5. CILMOPSY \_\_\_\_\_
6. AADEGNNPRRT \_\_\_\_\_
7. AEHIMNSSTU \_\_\_\_\_
8. IMOTTUE \_\_\_\_\_
9. DLORW \_\_\_\_\_
10. ACDEIMNP \_\_\_\_\_

## COMPLETE THE MISSING VALUES

1. \_\_\_\_\_, \_\_\_\_\_, 11, 9, 7, 5 ...
2. 40, 70, 100, \_\_\_\_\_, \_\_\_\_\_, ...
3. 78, 82, 84, \_\_\_\_\_, \_\_\_\_\_, ...
4. \_\_\_\_\_, \_\_\_\_\_, 1132, 1209, 1286, 1363, ...
5. 21, 344, 55, \_\_\_\_\_, \_\_\_\_\_, ...
6. 1, 4, 9, 16, \_\_\_\_\_, \_\_\_\_\_, ...
7. 31, 28, 31, 30, \_\_\_\_\_, \_\_\_\_\_, ...
8. 1, 2, 4, 7, 11, 16, \_\_\_\_\_, \_\_\_\_\_, ...
9. 2, 3, 5, 7, 11, 13, \_\_\_\_\_, \_\_\_\_\_, ...
10. 2, 5, 26, \_\_\_\_\_, \_\_\_\_\_, ...

## A RIDDLE



John was alone at home and heard that something had fallen in his wife's room. He entered and saw that her favorite statuette was broken. At that moment someone ran out of the room.

John tried to catch up with the stranger. But in the street the lenses on his eyeglasses fogged up because of cold weather. He could see nothing, giving the stranger the opportunity to disappear.

John told this story to a policeman but he refused to investigate the case. The cop asked him to stop lying and admit that it was he who had broken the statuette.

Was John's story actually fake?

## ANSWERS

1. Challenge; 2. Peace; 3. Softball; 4. Ambition; 5. Olympics; 6. Grandparent; 7. Enthusiasm; 8. Timeout; 9. World; 10. Pandemic
- Complete The Missing Values - Answers**
- 1: 15, 13, 11, 9, 7, 5, ... (subtract 2)  
 2: 40, 70, 100, 130, 160, ... (add 30)  
 3: 78, 82, 84, 88, 90, 94, ... (add 4, then add 2)  
 4: 978, 1056, 1132, 1209, 1286, 1363, ... (add 77)  
 5: 21, 34, 55, 89, 144, ... (sum of previous two numbers)  
 6: 1, 4, 9, 16, 25, 36, ... (list of squared integers)  
 7: 31, 28, 31, 30, 31, 30, ... (days in month, January on)  
 8: 1, 2, 4, 7, 11, 16, 22, 29, ... (increasing difference by 1)  
 9: 2, 3, 5, 7, 11, 13, 17, 19, ... (list of prime numbers)  
 10: 2, 5, 26, 677, 45830, ... (square number, then add 1)
- Yes, it was. John ran out into the street while chasing a stranger. But eyeglass lenses don't fog up when a person comes out of a warm room and into the cold. He was just afraid to confess to his wife that he had broken her favorite statuette.



# SHIFT GEARS

The Huntsman World Senior Games is the largest annual multi-sport event in the world for athletes age 50 and better. The 2021 Games takes place October 4 - 16, in St. George, Utah, and welcomes over 11,000 athletes from all around the globe. With 35 different sports, including cycling, mountain bike, triathlon and trail running, all set amid the most beautiful red rock anywhere, there is something for you.

When you compete in the Games, it's much more than just a competition. You get an unforgettable opening ceremonies, sport socials and free health screenings. But more than that, you get to associate with some of the greatest people out there. Come be part of something special.

For more information or to register visit [seniorgames.net](http://seniorgames.net)



CHALLENGE YOURSELF ... CHALLENGE THE WORLD



**"THE GAME ISN'T  
OVER, IT'S *JUST A*  
TIMEOUT."**

**- KYLE M CASE**