

# Northern Virginia SENIOR OLYMPICS

P.O. Box 2089, Merrifield, VA 22116

703-228-3600, ext. 9996 web site: [www.novaseniorolympics.com](http://www.novaseniorolympics.com)

*Sponsored by Cities of Alexandria, Fairfax, Falls Church;*

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For Immediate Release 9-17-07

Contact: Judy Massabny, 703-228-4721

## **2007 N. VA Senior Olympics Kicks Off with Track & Field**

The 2007 Northern Virginia Senior Olympics opened Sat., Sept. 15 at Thomas Jefferson Community Center, Arlington. Opening ceremonies included a flag ceremony by the George Mason University Police Honor Guard, remarks by Arl. Co. Board Chairman Paul Ferguson and vice chair Walter Tejada. The Olympic torch was carried by Ray Kaminski, Springfield. Dinesh Tiwari, Dir., Arl. Dept. of Parks, Recreation and Cultural Resources, proclaimed the games officially opened. Emcee and NVSO chairman, Steve Mandes, Bristow, introduced other dignitaries including Grace Starbird, Dir., Fairfax Area Agency on Aging, Barbara Karro, Mgr., Arl. Office of Senior Adult Programs, Gold Patron representatives from Goodwin House Incorporated, Greenspring Village, Humana, Silver Patron, Debbie Miller, McEneaney Associates plus Brenda Brokaw, 2007 Ms. Senior America Virginia and Mary Belanich, Virginia Hospital Center.

Track and field events began with a **three mile walk**. Gold medals were awarded to (men) 50-54, Peter Blank, Annandale, 55-59, George Sevastano, Arl., 60-64, Victor Litwinski, McLean, 65-69, Herb Levitan, Arl., 70-74, Richard Deringer, Annandale, 75-79, Edward Arriaga, Arl., 80-84, Joseph Peters, Great Falls; (women) 50-54, Wendy Thomas-Taylor, Woodbridge, 55-59, Mary Ann Schwab, Fairfax, 65-69, Mary Wardlow, Alex., 70-74, Dorothy Skinner, Alex. and 90-94, Mary Lathram, Falls Church.

Gold medal winners in the **800 meter walk** were (men) 50-54, Rob Aront, Centreville, 55-59, Doug Hastings, Alex., 60-64, John Cordyack, Reston, 65-69, Herb Levitan, Arl., 70-74, Roger Webb, Alex., 75-79, James Gravette, Arl., 90-95, Edward Seeger, Falls Church; (women) 55-59, Mary Ann Schwab, Fairfax, 65-69, Irene McDonnell, Falls Church, 70-74, Alease Brooks, Arl., 80-84, Mary Boska, Alex. and Mary Lathram, Falls Church. Winners in the **1600 meter walk** were (men) 50-54, Peter Blank, Annandale, 65-69, Herb Levitan, Arl., 70-74, Roger Webb, Alex., 75-79, Tom Quinn, Arl and 80-84, Joseph Peters, Great Falls; (women) 55-59, Mary Ann Schwab, Fairfax, 7074, Dorothy Skinner, Alex., 8084, Mary Boska, Alex. and 90-94, Mary Lathram, Falls Church.

In the **400 and 800 meter run**, gold medalists were **400** (men) 50-54, Victor Painter, Arl., 55-59, Shabaka Jeusi, Manassas, 60-64, Gene McLellan, Arl., 65-69, Virgil Bodeen, Falls Church, 70-74, Robert Hannah, Oakton and 75-79, Hal Goolsby, McLean; (women) 55-59, Hannah Phillips, Alex and 75-79, Lee Glassco, McLean; **800** (men) 50-54, Robert Bilko, Fairfax, 55-59, Karl Blake, Vienna, 60-64, Donald Meli, Annandale, 65-69, Herb Levitan, Arl and 70-74, Tom Quinn, Arl.; (women) 55-59, Hannah Phillips, Alexandria.

In the **60 meter and 200 meter dashes**, gold medal winners were **60** (men ) 50-54, Victor Painter, Arl., 55-59, Doug Hastings, Alex., 60-64, John Cordyack, Reston, 65-69, Robert Taylor, Arl., 70-74, Frank Green, Annandale, 75-79, Hal Goolsby, McLean and 80-84, John Martin, Fairfax; (women) 50-54, Wendy Thomas-Taylor, Woodbridge, 55-59, Anne Christenson, Falls Church, 60-64, Mary White, Arl., 70-74, Alease Brooks, Arl., 75-79, Lee Glassco, McLean, 80-84, Josephine Stewart, Manassas and 85-89, Carla Convery, Alexandria. **200 meter dash** (men) 50-54, Victor Painter, Arl., 55-59, Sole Cola, Arl., 60-64 Doyle Talkington, Haymarket, 65-69, Virgil Bodeen, Falls Church, 70-74, Frank Green, Annandale, 75-79, Hal Goolsby, McLean and 80-84, John Martin, Fairfax; (women) 55-59, Hannah Phillips, Alex., 60-64, Mary White, Arl., 75-79, Lee Glassco, McLean and 80-84, Josephine Stewart, Manassas.

Field events including **shot put, discus, running and standing long jumps** were also held. Gold medals in **shot put** were (men) 50-54, Aivars Baumanis, Springfield, 55-59, Jeff Young, McLean, 60-64, Kai-Peter Koenig, Montclair, 65-69, Richard Stohr, Springfield, 70-74, Heling Luo, Arl., 75-79, James Gravette, Arl. and 90-95, J.R. Cassidy, Manassas; (women) 55-59, Cindy Lea Arbelbide, Bristow, 65-69, Le Pei Hu, Arl., 75-79, Sheila Gildea, McLean, 80-84, Mary Boska, Alex., 85-89, Bernie Kleinschmidt, Annandale and 90-94, Mary Lathram, Falls Church. **Discus** winners were (men) 50-54, Aivars Baumanis, Springfield, 60-64, Kai-Peter Koenig, Montclair, 65-69, Richard Stohr, Springfield, 70-74, John Libelt, Great Falls, 75-79, William Wieand, McLean and 90-95, J.R. Cassidy, Manassas; (women) 55-59, Cindy Lea Arbelbide, Bristow, 65-69, Le Pei Hu, 75-79, Sheila Gildea, McLean, 80-84, Mary Boska, Alex., 85-89, Bernie Kleinschmidt, Annandale and 90-94, Mary Lathram, Falls Church.

**Standing long jump winners** were (men) 50-54, Victor Painter, Arl., 55-59, Doug Hastings, Alex., 60-64, Kai-Peter Koenig, Montclair, 65-69, Robert Taylor, Arl., 70-74, Heling Luo, Arl., and 75-79, Kent Halstead, Arl.; (women) 55-59, Cindy Lea Arbelbide, Bristow, 65-69, Le Pei Hu, Arl., 80-84, Mary Boska, Alex., 85-89, Carla Convery, Alex. and 90-94, Mary Lathram, Falls Church. **Running long jump winners**, (men) 50-54, Victor Painter, Arl., 55-59, Jeff Young, McLean, 60-64, Kai-Peter Koenig, Montclair, 65-69, Robert Taylor, Arl., 70-74, Frank Green, Annandale, 75-79 V. Thuraisamy, Sterling and 80-84, John Martin, Fairfax; (women) 55-59, Cindy Lea Arbelbide, Bristow.

NVSO continues through Sept. 27 at different venues with events in line dancing, bowling, golf, tennis, table tennis, eight ball pool, horseshoes, swimming, chess, duplicate bridge, backgammon, bunco, shuffleboard, miniature golf, Frisbee throw, basketball free throw, softball hit, softball throw, bait casting, cribbage, yo yo tricks and pickleball. Additional information may be obtained by checking the website at [www.novaseniorolympics](http://www.novaseniorolympics) or calling 703-228-4721.

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For Immediate Release 9-18-07

Contact: Judy Massabny, 703-228-4721

## Gold Medals Awarded To NVSO Competitors

Gold medals in bowling, backgammon, basketball free throw and softball hit and softball throw were awarded Mon., Sept. 17 in the 2007 Northern Virginia Senior Olympics. Competition was held at Lee District Park, Franconia and Bowl America Shirley, Alexandria.

**Bowling** winners were (men) 55-59, Christopher Fialkovich, Arl., 70-74, Richard Pelkey, Springfield, 75-79, Dave Johnson, Potomac Falls, 80-84, Jim Willcock, Falls Church, 85-89, Joseph Dazzo, Manassas Park and 90-94, Carl Schaad, Sterling; (women) 55-59, Audrey Stutchman, Alex., 60-64, Mary Johnson, Woodbridge, 65-69, Betty Stephens, Alex., 70-74, Ethel Washington, Arl., 75-79, Nancy Leary, Alex., 80-84, Marge McNare, Falls Church and 85-89, Jeri Patt, Fairfax. A gold medal was awarded to Bethea Owen, Falls Church in **backgammon**.

In the men's division of the **basketball free throw**, winners were (men) 60-69, Harold Skeins, Fairfax, 70-74, James Martin, Arl., 90-95, J. R. Cassidy, Manassas; (women) 60-69, Nancy Joyner, Annandale, 70-79, Pat Childers, Springfield and 80-89, Mary Boska, Alexandria.

In the **softball hit** competition, winners were (men) 50-54, Ken Freund, Alex., 55-59, Doug Hastings, Alex., 60-64, Kai-Peter Koenig, Montclair, 65-69, Herb Levitan, Arl., 70-74, Charles Toftoy, Arl. and 90-95, Ray Kaminski, Springfield; (women) 70-74, Pat Childers, Springfield, 75-79, Sheila Gildea, McLean, 80-84, Cesarina Olschner, Alex., 85-89, Carla Convery, Alex and 90-95, Mary Lathram, Falls Church; **softball throw** (men) 50-54, Ken Freund, Alex., 55-59, Doug Hastings, Alex., 60-64, Kai-Peter Koenig, Montclair, 65-69, Herb Levitan, Arl., 70-74, Paul Hession, Falls Church, 75-79, William Wieand, McLean and 85-89, J. R. Cassidy, Manassas ; (women) 50-54, Nancy Fletcher, Ashburn, 70-74, Pat Childers, Springfield, 75-79, Sheila Gildea, McLean , 80-84, Cesarina Olschner, Alex., 85-89, Carla Convery, Alex. and 90-95, Mary Lathram, Falls Church.

NVSO will continue with other events through Sept. 27. For more information, call 703-228-4721 or check the website at [www.novaseniorolympics.com](http://www.novaseniorolympics.com)

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## **NVSO Line Dancing Awards**

The team line dancing competition in the 2007 Northern Virginia Senior Olympics was held Mon., Sept. 17 at Lincolnia Senior Center, Alexandria. The event director was Pinky O'Neil, renowned line dancing performer, instructor and state director of the annual Ms. Senior America Virginia Pageant.

Gold medals were presented to members of the Shatampa Dancers including Shan Farzan, Falls Church, Tamara Webb, Alexandria, Carol Greg-Weberg, Burke, Penny Friesz, Fairfax Station, Jule Ann Cheslock, Springfield and Patricia Craft, Burke.

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For Immediate Release 9-19-07

Contact: Judy Massabny, 703-228-4721

## **Senior Olympics Into Third Day**

During the third day of competition in the 2007 Northern Virginia Senior Olympics, Tues., Sept. 18, Maxwell Gainer, Alex. (80+), won a gold medal in men's eight ball pool and Shelly Wade, Arl., (50+) won in the women's division. The competition was held at Lincolnia Senior Center, Alexandria.

Other events were held at Lee District Park, Franconia. Gold medals were awarded in frisbee throw (men)50-59, Michael Bell, Reston, 60-69, John Cordyack, Reston, 70-79, Dante Simbulan, Burke, 80-89, Ben Robinson, Alex. and 90-99, J. R. Cassidy, Manassas; (women)60-69, Mary D'Alessandris, Falls Church, 70-79, Pat Childers, Springfield and 80-89, Carla Convery, Alexandria.

Gold medalists in bait casting were (men) 50+, Dante Simbulan, Burke and (women) 50+, Cesarina Olschner, Alexandria. Gold medals were awarded in yo-yo tricks to (beginners) 70-79, Pat Childers, Alex., (novice) 70-79, Dante Simbulan, Burke and (advanced) 70-79, Roger Webb, Alexandria.

NVSO continues through Sept. 27. For more information, call 703-228-4721.

(note to editors: some events are 5 year age groups, some 10 year age groups and some just 50+)

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For Immediate Release 9-20-07

Contact: Judy Massabny, 703-228-4721

## More Gold Medals Won In N. VA Senior Olympics

The 2007 Northern Virginia Senior Olympics opened Sat., Sept. 15 and will continue through Thurs., Sept. 27. Gold, silver and bronze medals are awarded after each of the more than 20 events being held at various venues in Northern Virginia.

The most recent gold medals awarded were in chess, Sanda Costescu, Falls Church, William Webbert, Woodbridge and John Mc Nerney, McLean; shuffleboard, Robert Howe, Alex.; miniature golf, (men) 55-59, Rodney Smith, Alex., 60-69, Skip Weeks, Fairfax, 70-79, Richard Fitzgerald, Alex.; (women) 50-59, Linda Baumbusch, Fairfax, 60-69, Marge Davenport, Alex., 70-79, Rosemarie LoMonaco, Alex.; bunco, Lydia Blake, Alex. and Rosemary Hilsabeck, Springfield; cribbage, Robert Bjork, Springfield; table tennis, (men) 60-69, Shaw Zee, Fairfax Station, 70-79, Paul Halbach, Falls Church, 80-89, Maxwell Greiner, Alex.; (women) 50-59, Elaine Marshall, Leesburg, 60-69, So Fun Chiang, Chantilly and 70-79, Anna Ting, Falls Church.

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## **NVSO Tennis Competition**

### **Held at Wakefield Park**

**Tennis** competition in the 2007 Northern Virginia Senior Olympics was held at Wakefield Park, Annandale Sept. 18-20.

Gold medal winners in tennis were, **singles** (men) 50-59, Jose DeJesus, Alex., 60-69, Rany Simms, Fairfax Station, 70-79, George Hobart, Arl., 80-89, William Lyons, Falls Church; (women) 50-59, Lorraine McQuade, Annandale, 60-69, Jungok Park, Ashburn, 70-79, Margaret Denise, Annandale; **doubles**, (men) 50-59, Jose DeJesus, Alex and Fernando Alegria, Alex., 60-69, Rany Sims, Fairfax Station and Reuel Launey, Arl., 70-79, Robert Barnard, Annandale and Phil Dougherty, Burke, 80-89, Trong Trongtonil, Alex. and Angelo Radassao, Oakton; (women), 60-69, Sharon Trimmer, Springfield and Sun Yang, Arl., 70-79, Janet Clement, Springfield and Marianne McCaffery, Springfield; **mixed doubles**, 50-59, Lin Kolb and Donald Tomb, Arl., 60-69, Lowry Hundley and Ellen Fendley, Dumfries, 70-79, Robert Shellhouse and Anita Murchie, Alex., 80-89, Marguerite Church and Robert Cromwell, Springfield.

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## **Lincolnia & Hollin Hall Centers Host NVSO Bridge & Horseshoes**

Lincolnia Senior Center and Hollin Hall Senior Center, Alex. hosted the Northern Virginia Senior Olympics duplicate bridge and horseshoe competitions, Sept. 20 and 21.

Gold medalists in duplicate bridge were (north-south) Erven Meyer, Annandale and Vivian Hess, Alex., (east-west) Willis Hume, Reston and Paul Stygar, McLean. Gold medals in the horseshoe competition were awarded to (men), 60-64, Kai-Peter Koenig, Montclair, 65-69, Ronald Willard, Springfield, 70-74, Robert Stotz, McLean, 75-79, James Gravette, Arl., 80-84, Ed Anderson, Lovettsville, 85-89, Ben Robinson, Alex., 90-94, Ray Kaminski, Springfield; (women) 65-69, Shirley Van Ess, Woodbridge, 70-74, Blanche McQuade, Falls Church, 80-84, Mary Boska, Alex. and 85-89, Bernie Kleinschmidt, Annandale.

The NVSO continues through Sept. 27. For more information, call 703-228-4721 or check the website at [www.novaseniorolympics.com](http://www.novaseniorolympics.com).

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## NVSO 2007 Swimming Results

The **swimming competition** in the 2007 Northern Virginia Senior Olympics (NVSO) was held Fri., Sept. 21 at Lee District Park, Franconia. Seniors (50+) competed in breaststroke, backstroke, free style and half mile races.

Gold medals were awarded to (**breaststroke**) men, 50-54, James MacKenzie, Clifton, 50-59, James Hill, Springfield, 60-64, Donald Meli, Annandale, 65-69, Herb Levitan, Arl., 70-74, Paul Gesswein, Great Falls, 75-79, William Wieand, McLean, 85-89, Chester Myslicki, McLean, 90-94, J.R. Cassidy, Manassas; women, 50-54, Mary McCloy, Manassas, 55-59, Anne Christenson, Falls Church, 60-64, Mary Schade, Arl., 65-69, Helen Crum, Annandale and 75-79, Jane Filkins, Falls Church.

**Backstroke** winners were, men, 50-54, James MacKenzie, Clifton, 55-59, Tom Southard, Arl., 60-64, Donald Meli, Annandale, 65-69, Kenton Pattie, Annandale, 70-74, Paul Gesswein, Great Falls, 75-79, Phil Case, Burke, 80-84, James Glassco, McLean, 85-89, Chester Myslicki, 90-94, J.R. Cassidy; women, 50-54, Mary McCloy, Manassas, 55-59, Carol Mackela, Arl., 60-64, Mary Schade, Arl., 65-69, Helen Crum, Annandale, 75-79, Jane Filkins, Falls Church, 80-84 Ginny Fant, Springfield and 90-94, Mary Lathram, Falls Church.

Gold medals in **free style** were awarded to men, 50-54, James MacKenzie, Clifton, 55-59, Tom Southard, Arl., 60-64, Donald Meli, Annandale, 65-69, Herb Levitan, Arl., 70-74, Palmer McGrew, Burke, 75-79, William Wieand, McLean, 80-84, James Glassco, McLean, 85-89, Chester Myslicki, McLean, 90-95, J.R. Cassidy, Manassas; women, 50-54, Mary McCloy, Manassas, 55-59, Carol Mackela, Arl., 60-64, Mary Schade, Arl., 65-69, Helen Crum, Annandale, 75-79, Jane Filkins, Falls Church, 80-84, Ginny Fant, Springfield and 90-94, Mary Lathram, Falls Church.

(more)

In the **half mile competition**, gold medals were awarded to (men) 50-54, James MacKenzie, Clifton, , 55-59, James Hill, Springfield, 60-64, Donald Meli, Annandale, 65-69, Herb Levitan, Arl., 70-74, Paul Gesswein, Great Falls, 75-79, George Ewing, Fairfax; women, 55-59, Ruth Rainey, Arl., 60-64, Mary Schade, Arl., 70-74, Kathleen Meyer, Fairfax, 75-79, Jane Filkins, Falls Church, 80-84, Ginny Fant, Springfield and 90-94, Mary Lathram, Falls Church.

The NVSO opened Sat., Sept. 15 and continues through Thurs., Sept. 27. Over 20 events were held at various venues in Northern Virginia with over 500 seniors competing. The final competition is pickleball, Sept. 25-27, Thomas Jefferson Community Center, 3501 S. 2<sup>nd</sup> St., Arlington. For more information, call 703-228-4721 or check the website at [www.novaseniorolympics.com](http://www.novaseniorolympics.com).

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Contact: Judy Massabny, 703-228-4721

## **Senior Golfers Win Gold Medals**

Senior golfers ranging in age from 53 to 86 competed in the 2007 Northern Virginia Senior Olympics held recently at the Penderbrook Golf Club in Fairfax. Both men and women competed in 10 year age groups. The competition followed the Calloway system (gross and net) of scoring.

Gold medalists were (men), 50-59, gross, William Somers, Arl., net, Donald Drain, Springfield, 60-69, gross, James Mendito, Arl., net, Frank Creel, Arl., 70-79, gross, James Thompson, Alex., net, George Mazuzan, Springfield, 80-89, gross, Cap Oliver, Vienna and net, Joe Willeit, Fairfax.

In the women's division, gold medals were awarded to 50-59, gross, Audrey Stutchman, Alex., 60-69, gross, Jodie Armington, Arl., net, Sun Yang, Arl., 70-79, gross, Barbara Klementz, Annandale and net, Alease Brooks, Arlington.

NVSO concludes Sept. 25-27 with pickleball competition at Thomas Jefferson Community Center in Arlington. For more information, call 703-228-4721 or check the website at [www.novaseniorolympics.com](http://www.novaseniorolympics.com).

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## 2007 NVSO Ends With Pickleball Competition

The three day pickleball competition, Sept. 25-27, held at Thomas Jefferson Community Center, Arl., was the final event in the 2007 Northern Virginia Senior Olympics. Gold, silver and bronze medals were awarded to seniors in four 10 year age groups, 50-59, 60-69, 70-79 and 80-89.

Gold medal winners in **singles, men**, (50-59) David Sandidge, Vienna, (60-69) Richard Carnes, Annandale, (70-79) George Hobart, Arl.; **women**, (60-59) Margaret Davenport, Alex., (70-79) Alease Brooks, Arl., (80-89) Mary Boska, Alexandria.

In the **men's doubles**, gold medals went to (50-59) Stephen Napoliello and Luis Areleyra, Manassas, (70-79) Tom Sims, Annandale and Richard Risk, Falls Church; **women's doubles**, (50-59) Carolyn Law, Falls Church, Margie Davenport, Alex., (60-69) Jo Ferry, Alex. and Susan Zajac, Arl, (80-89) Louise Watkins, Bristow and Josephine Stewart, Manassas; **mixed doubles**, (50-59) David Sandidge, Vienna, Mary Ann Schwab, Fairfax, (60-69) Margaret Davenport, Alex., Tom Sims, Annandale, (70-79) Louise Watkins and Paul Kister, Bristow, 80-84 Betty Paul, Fairfax, Willard Moore, Arlington.

Over 500 seniors, 50 years of age and over competed in this year's NVSO which is sponsored by the cities of Alexandria, Falls Church and Fairfax and the counties of Arlington, Fairfax, Loudoun and Prince William. Seniors must live in one of the sponsoring jurisdictions to participate. Gold Patron sponsors are Goodwin House Incorporated, Greenspring Village, Sunrise Senior Living, Humana and BB&T; silver patron, Realtor Debbie Miller, McEneaney & Associates.

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