



The Senior Athlete

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Proton Therapy arrives in the Mid-Atlantic Region

The Maryland Proton Treatment Center (MPTC) is offering proton therapy, which is a highly advanced and precise form of radiation for cancer patients. This therapy is extremely effective for a wide variety of localized tumors. Proton therapy can deliver an increased radiation dose that stops specifically at the tumor site while it protects much of the surrounding normal tissue. It is easily tolerated, non-invasive and often times results in fewer side effects than traditional radiation. At MPTC, the core mission is excellence in patient care and they offer expertise to achieve the best outcomes for cancer patients.

Proton therapy is a powerful tool in the cancer-fighting toolbox. Over 50% of cancer patients receive a course of radiation as a part of their treatment plan and traditional radiation is an excellent option for most. However, approximately 20% to 30% of these patients could benefit from the use of proton therapy as an option for their cancer treatment plan. Unlike X-ray, proton technology delivers a maximum radiation dose that stops at the tumor site. This enables the physicians to target the cancer cells with an increased ability to spare normal, healthy tissue in the rest of the body. Proton therapy is highly effective for a wide range of solid tumors such as those found in the brain, base of skull, head and neck area, eye tumors, tumors of the esophagus, lung, prostate, liver, breast and spinal cord, as well as gastrointestinal malignancies. It is also a very important treatment option for children with cancer.

Members, family, and friends of MCSSA are invited to an informative presentation and tour of the Maryland Proton Treatment Center at The University of Maryland BioPark, in Baltimore. The tour will be held on Wednesday, July 20th, at noon.

(Cont. on Page 9 **Proton**)

Tait Tournament and All Star Weekend

The twenty-first annual MCSSA Bill Tait Invitational tournament will be held on Sunday, July 17, beginning at 10:00 a.m. If all goes as planned, opening ceremony will take place on Field 4 at Olney Manor Park at 9:30 a.m.

It is unfortunate but there will be no MCSSA picnic this year.

All-Star games will be played on Saturday, July 16 starting at 9:00 a.m. The Ross Emerson League All-Stars will play against Joe Fry's Wednesday night league All-Stars. At 11:00 p.m. the Ron Schell League All-Stars will play against the "B" and "C" Divisions' All-0Stars from Paul Jarosinski's Tuesday night league.

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Dates to Remember

- * **July 16** MCSSA league All-Star games.
- * **July 17** Twenty-first annual Bill Tait Invitational softball tournament.
- * **Aug 15** Fall softball begins.
- * **Sep 8-11** Maryland Senior Olympic softball tournament at Olney Manor Park
- * **Nov 4** MCSSA annual party at Golden Bull Restaurant in Gaithersburg.





From the Editor's Desk:

The softball tournament for the Maryland Senior Olympics will be held from 8-11 September 2015. Men's teams in the 65, 70 and 75 category will play on the 8th and possibly on the 9th. Teams in the 50, 55 and 60 categories and women will play on the 10th and possibly on the 11th.

* * * * *

Parks and Planning Commission has posted notice that softball fields will be closed for maintenance from 15 to 29 August. As a result, the Recreation Department may be forced to compress the season for nighttime leagues once again to just five weeks (ten games) instead of the usual seven weeks (fourteen games).

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MCSSA's annual dinner will be held at the Golden Bull Restaurant in Gaithersburg on Friday, November 4, 2016. Nomination Forms for the Newbury Award and the "Spike" Comeback Kid Award are available on Page 7.

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When you register to play in any of our leagues, remember that your annual dues are included in the price shown for each league. You need to pay dues only once per year. Therefore, if you have already played in the spring your dues are paid. You should just deduct five dollars from the fee you submit to play in the fall.

* * * * *

FALL BALL

The fall softball season begins August 15, 2016 for Super Senior (Monday and Friday mornings) and Ross Emerson 60+ (Tuesday and Thursday Mornings) draft leagues. Games will be in Gaithersburg during August, moving to Olney Manor on August 29th.

Evening leagues will begin on or about August 29th, 2016. These are Women's Masters (Monday Night); 50+ men (Tuesday night, two divisions); 55+ men (Thursday night); and the Ron Schell men's 50+ draft league (Friday Night).

Registration forms for the Draft Leagues can be found on Page 8 of this publication. Other leagues register through the county recreation offices.

Baseball is 90 percent mental. The other half is physical.

Yogi Berra

The entire MCSSA family would like to express our condolences to the families of our recently departed:

Paul Gill
(Trish Gill's Dad)

I can accept failure, everyone fails at something. I cannot accept not trying.

Michael Jordan

The Senior Athlete is a publication of the Montgomery County Senior Sports Association (MCSSA) and is published four times a year, at the beginning of each quarter (January, April, July and October) to members in good standing. MCSSA is a non-profit organization exempt from Federal Income Taxes under section 501(c)(3) of the Internal Revenue Code. Submit articles and/or changes of address to:

MCSSA
14320 Fairdale Road
Silver Spring, Maryland 20905



MCSSA Personality Profile: TRISH GILL



I was born in Silver Spring at Holy Cross Hospital on December 2, 1968. I am the youngest of four children, two older brothers and a twin sister who is older than me by all of one minute.

It was a great thrill to go and watch my Dad play sports when I was little. Then once I was old enough I started playing sports myself. I played basketball, softball and soccer. After I started high school I got interested in running track and field and cross country and loved it. I participated in basketball and running through middle school and high school.

I grew up in the Silver Spring area and went to Catholic school and then to John F. Kennedy High School. We won the state championship in cross country running my freshman and sophomore years and I finished in the top six both years. I was selected Player of the Week, in the newspaper Montgomery Journal, for basketball in

my senior year in 1986. I had a basketball scholarship to go to University of Maryland Baltimore County (UMBC), but I tore my Achilles tendon on the same day I was named Player of the Week. So scholarship and basketball had a major setback.

Once I was old enough to work for money, I got on the payroll of the Montgomery County Recreation Department in 1986. I loved being around people and I put up soccer nets and kept score for that sport. I was so driven, that on weekends when they were going to call the games off because of water in the goal area, I took my Bronco II and filled up the back with sand from the long jump pit and spread it so the teams could play. Robin Riley saw what I was doing and deemed that I was crazy.

Next I started refereeing basketball games and keeping score for adult volleyball games. I worked as a camp counselor for many years. Even today I enjoy refereeing kids' basketball games.

I worked for a little while at the Boys and Girls Club supervising their youth basketball program and afterschool programs. In November of 1998, I was hired as a Community Center Assistant with the recreation department. After just one year I was transferred to Sports and have been running adult and youth sports programs ever since. I wear many hats on the sports team in oversight of facility booking of school facilities, managing warehouse operations and in my spare time I have oversight of special events that include both the county's July 4th events and the Maryland Senior Olympics (MSO) road races and other department

I played as hard as I could. That's all that I want to be remembered for.

Larry Bird

Super Senior League Action 2016



Jesse Sternberger gets ready to make the throw from third base as Jay Baraff watches.

Jay said, "If he can do it, so can I." Would someone please help Jay straighten up after making the play?



Just in case Ronnie Flook forgot, Al Beard is telling him that this is third base and to stay there.



Softball Standings (As of June 19, 2016)

Women's Monday Night League

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Sparks, Stein & Sperling	8	0		16
TST	7	0		14
Old Bats	4	7		8
Like a Fine Wine	1	7		2
Tornados	1	7		2

Commissioner: Carmen Campbell

Wednesday Night Men's 60+ League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Ron's A/C	8	1		16
MemberCar Stars	7	3		14
Mustangs PJ's Sports	7	5		14
Blue & Gold	2	8		4
Ledo Pizza Wheaton	2	9		4

Commissioner: Joe Fry

Tuesday Night Men's 50+ League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Maryland Cougars	7	5		14
Spicer	6	2		12
Gaithersburg Rentals	6	4		12
JLC Construction	2	5	1	5
Pirtek	2	7	1	5
<u>Division "B"</u>				
Nats	10	2	2	22
Grim Reapers	9	4	1	19
Hamel	4	10		8
Raiders	3	10	1	7
<u>Division "C"</u>				
Marauders	9	5		18
Stylers	7	6	1	15
Meyers & Meighan	6	8		12
Silverado	5	8	1	11

Commissioner: Paul Jarocnski

Ron Schell Draft League 50+

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Midnight Special	7	3		14
Sneaksters	5	3		10
Green Hornets	5	5		10
Legends	1	7		2

Commissioner: Dave Hyder

Super Senior League Monday Mornings

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Bobcats	12	4		24
Lions	12	4		24
Jaguars	12	6		24
Cougars	9	5		18
Lynx	7	7		14
Tigers	5	13		10
Panthers	1	17		2

Commissioner: Ed Guillette

CoRec Wednesday Morning League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Athletic House	12	0		24
PJ's Sports	9	3		18
HSFCU Hawks	6	6		12
Senior Moments	4	7	1	9
Eagles	2	9	1	5
CoStars	2	10		4

Commissioner: Don Juran

Ross Emerson Men's 60+ League (2nd Half)

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Senators	23	3		46
Good Sports	18	8		36
Dust Busters	10	15	1	21
Rebels	10	16		20
Patriots	8	17	1	17
Fire Balls	7	19		14

Commissioner: Jacky Loube

Thursday Night Men's 55+ League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Senior Ballers	10	2		20
Chartwell Builders	4	8		8
<u>Division "B"</u>				
Gaithersburg Rentals	8	3	1	17
Hamel	7	5		14
Marauders	4	10		8
<u>Division "C"</u>				
Blue and Gold	6	4	2	14
Borrachos	3	6	3	9
Meyers Meighan	3	7		6

Commissioner: Don Juran (Interim)



SENIOR SOFTBALLERS

By John White

*Those senior softballers, a little past their prime
They come to play their best, while there's still time*

*Whether the temperature is 50 or 95, they still play
Those long doubleheader games, day after day*

*Its not glory nor recognition that they seek
They're just glad to be there week after week*

*They win some and lose some, but they don't care
They play with honor and they play the game fair*

*Women come out and play the game too
There are not very many, just a few*

*When they hit the ball, it's off to the races
They have to be careful not to pass us on the bases*

*After the game, the teams shake hands and joke about who's in a rut
Then gather up their bats and balls and go to lunch at Pizza Hut*

*They come from all walks of life; some may have been doctors, or CEOs.
Some may have played in a band, and some may have been heroes.*

*Some have degrees, and other honoraria, but at this time and place,
They're just Bob, Bill, John or Susan, and can they play second base.*

*They play with sore muscles and many aches and pains.
They wear aids for bruises and for arm and leg sprains*

*There is not much discussion of politics, religion or other things
They come to play ball and enjoy the day with the other teams.*

Some call them the "Over the hill gang," I call them the, "Not quite over the hill gang" or the "Been there, done that gang." Each year, new players join the teams, but some players leave suddenly never to return again. We remember and miss them, but we don't mourn, for we know they went out doing something that they really liked to do, to the end. Like most of us, they felt thankful that they could play ball and stay active when most people their age watch TV or play bridge and bingo.



**Nomination Form
5th Annual
"Spike" Comeback Kid Award**

I would like to nominate _____

List in detail the factors that should be considered for presentation of this award (on a separate sheet of paper).

The award committee will evaluate the nominations, for either man or woman, based on the data submitted justifying your candidate's accomplishments.

Richard Sherman will chair the committee and submissions can be made either by U.S Mail addressed to Richard Sherman, 15403 Wentbridge Court, Silver Spring, MD 20906 or by email to rgsappraising@verizon.net.

**Abbreviated Nomination Form
13th Annual
William E. (Bill) Newbury Memorial Award**

I would like to Nominate _____

List in detail why your nominee's contributions should be considered for this award (*The more information you can provide, the better*):

All nominations must be received by Tuesday, October 11, 2016

To submit a nomination, simply send by e-mail to one (or all) of the following committee members:

Or, send through the U.S. Postal Service to:

Ed Guillette —gamboa33@verizon.net
Susan Lake —cell026@aol.com
Jim Ehrenfried—jimpam678@aol.com

Jerry Cohen
2901 S Leisure World Blvd #531B
Silver Spring, MD 20906
leftjyc@aol.com



Pam Ehrenfried makes a saving catch on a ball hit by Don Juran.



Waiting for the pitch in the Super Senior League.

REGISTRATION FORM FOR THE FALL DRAFT LEAGUES

Please indicate which 2013 Fall League (s) you wish to play in and enclose the proper amount as indicated below. Make check payable to MCSSA. **Deadline: August 2, 2016. (If you registered and played in the Spring League, deduct \$5 from the amount shown when you register for the Fall.)**

- | | | |
|--|------------|-----------------|
| I want to play in the Super Senior Draft League on Monday and Wednesday Mornings | (\$70.00) | \$ _____ |
| I want to play in the 60+ Ross Emerson Morning League | (\$100.00) | \$ _____ |
| I want to play in the 50+ Ron Schell Draft League on Friday Nights | (\$75.00) | \$ _____ |
| Include \$5.00 for Annual MCSSA membership if not already paid | (\$5.00) | \$ _____ |
| Optional: Donation to MCSSA to further the goals of MCSSA | | \$ _____ |
| TOTAL AMOUNT DUE | | \$ _____ |

Name: _____ Phone: _____

Address: _____

City: _____ State _____ Zip _____ Date of Birth: _____

E-mail address _____ Emer contact: _____ Phone: _____

The participant assumes all risks associated with participation in the above activities. MCSSA assumes no liability for injury or damages arising from participation in these activities. Due to the strenuous nature of some activities, MCSSA encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment.

Signature _____

**Mail this form with a check for the TOTAL AMOUNT DUE made out to MCSSA to:
MCSSA - 14320 Fairdale Road - Silver Spring MD 20905**

(Cont from Page 1 **Proton**)

Lunch will be served, and parking is complimentary.

Please read more about this highly advanced form of radiation that has the ability to provide cancer patients positive clinical outcomes, shorter treatment times and substantially fewer side effects or complications.

Please call one of our members, and a recent patient at the Proton Center, Frank Carlman at 202-509-4697 to reserve a spot at the July 20th luncheon.

Frank was the 10th patient to experience the Proton Treatment and he continued to play basketball, and softball with his MCSSA friends, while receiving this remarkable treatment.



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55+ Thursday Night

Don Juran (Interim)

60+ Wednesday Night

Joe Fry

50+ Ron Schell Draft League

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Basketball 50-55-60

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Basketball 65-70

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Don Juran makes the play that forces Pam Ehrenfried out at second base.

Congratulations are exchanged between teams after the game.





First, Sonny Frownfelter fields the ball and throws.....the ball to Mike :Lynch for the out in Super Senior play.



Dan Mann's blazing speed beats the throw to second base.



and Harold Kessler' blinding speed gets him home to score.

MCSSA

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