



NATIONAL VETERANS GOLDEN AGE GAMES

Local Competitor Profile

John Bartholow – A Mover and Shaker In Houston

John Bartholow does not really like to stay in one place. He has lived in Chicago, where he attended Loyola University and eventually worked in the advertising field. A native of Baltimore, he also lived in Michigan, New York and New Mexico. He has lived in warm weather, cold weather, on land – and, while serving in the Navy, on sea. Bartholow enlisted in 1943 after graduating high school and served in WWII as a 2nd Class Carpenter's Mate, delivering people to the beach and repairing boats as needed.

Just three years ago, Bartholow, who is now 81, drove cross country from New Jersey to Texas and now takes solace in the warm and sunny weather of Houston. "I did whatever fit my fancy—went wherever the wind blew me," he said. "Staying busy and getting involved is the best way to stay young." John Bartholow is a man who practices what he preaches.

Just recently, he enrolled in the VA health care system and signed up to participate in the National Veterans Golden Age Games, taking place in Houston in August 2007. He enjoys painting landscapes and heard about the Games while attending an art class for seniors. A first timer at the annual event, Bartholow plans to compete in shuffleboard, croquet, golf and possibly the bicycling event. Since he has already had one knee replaced and admits that the other is also in need of replacement, he may be a little leery about the biking event — but not the others. "I am a good golfer when you take into account my age and state," he said. "I suppose I'm a real contender in my age bracket!"

A new member of Houston's *Silver Eagles* Golden Age Games team, Bartholow is excited to experience the camaraderie and team spirit of the Games. Like most of the other competitors though, he also hopes to win a medal. A fellow teammate suggested that he compete in the bowling event, joking that in his age bracket he would simply need to drop the ball in the lane in order to win. Bartholow however, knows that he has some stiff competition ahead of him and has been training for his events a few hours each week. Although he claims that he was never much of a jock, with his track record of activity and success, expect him to compete with both style and determination. "It is my first time attending the Golden Age Games," he said. "I am really looking forward to it."

