



Our Alumni in the News

How Olympic champ Dorothy Hamill's greatest victory came outside the rink

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Forty years ago, a 19-year-old figure skater became a pop-culture icon overnight when she won gold at the 1976 Winter Olympics.

Known for her signature bob hairstyle and fierce determination, Dorothy Hamill's sudden rise to fame left her feeling invincible. But her biggest challenge was yet to come.

In 2007, a routine mammogram revealed she was suffering from breast cancer.

"It's a devastating diagnosis and one thinks it's a death sentence, and the great news is it's not anymore – most often not, if you get it early enough," Hamill told FoxNews.com's senior managing health editor, Dr. Manny Alvarez, in an interview.

Hamill was diagnosed with stage 2 hormone receptor-positive (ER+) breast cancer, which is the most common kind. About two out of every three breast cancer diagnoses are ER+, according to the American Cancer Society, with most cases being receptive to both estrogen and progesterone.

Hamill underwent surgery to remove the tumor and radiation therapy to kill any cancerous tissue that was not removed during surgery. And while she was grateful that her treatment was a success, she was not prepared for the long road ahead which included years of anti-estrogen medication to reduce her risk of the cancer coming back.

Hamill tried various medications, but was ultimately put on Tamoxifen, an anti-estrogen medication that works by prohibiting estrogen from binding to estrogen receptors in breast cancer cells.

Tamoxifen, and other anti-estrogen drugs have many side effects, which can include blood clots, stroke, cataracts, bone loss, depression, loss of libido, fatigue, cardiac problems and even cancer. For Hamill, constant fatigue, stiff, achy joints and the risk for developing secondary health problems from the medication left her drained on a daily basis.

[Click here](#) to read the rest of the article.

Dorothy Hamill's Olympic Win, Iconic Bob, and Signature Spin: 40 Years Later



[Click here](#) to play the video

At just 19-years-old, Dorothy Hamill won the gold medal for ladies' singles ice skating at the 1976 Winter Olympics in Innsbruck, Austria. Dorothy's skating style captivated audiences, including her signature spin - the Hamill Camel! And of course, who can forget her iconic bob haircut that sparked a movement? TODAY's Willie Geist and guest cohost Brooke Shields catch up with Dorothy at the Rockefeller Plaza ice rink on the 40th anniversary of her gold medal win.

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The Old Smoothies

Often incorrectly attributed to architects of the era because of its common use in art and design, the phrase "Less is more" actually came from an 1855 Robert Browning poem. It seems a wonderful phrase to describe the contribution to the skating world of TWO husband and wife teams better known to adoring audiences worldwide as The Old Smoothies.



Orrin Lars Markhus' family emigrated to the U.S. from Scandinavia in 1853. He taught his second wife, Irma Thomas, how to skate in St. Paul, Minnesota in 1936. The mature couple took to the ice one night for an audition for the Ice Capades and the rest was, as they say, history. A 1959 article in The Pittsburgh Press explains how Markhus and Thomas got their start as The Old Smoothies, an ice dance duo that wowed audiences from the forties to the sixties: "The stars and other skaters had finished practice, and only a few lights burned in the damp Los Angeles ice rink that night in 1942. Most of the tired skaters, however, stood out of curiosity to watch an audition of a couple of older skaters. It was past midnight and hardly an auspicious setting for a tryout for the Ice Capades. Then someone turned on a recording of 'Shine On Harvest Moon' and Irma Thomas and Orrin Markhus glided out onto the ice. Before they had finished one full turn, the curiosity of the young pros had changed to interest and producer John H. Harris impatiently told an aide to keep quiet. 'I don't want to miss any of this,' he said. Mr. Harris hired Irma and Orrin and christened them 'The Old Smoothies'. They've been show stoppers ever since."

[Click here](#) to read the rest of the article.

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Ageless, the Story of JoJo Starbuck



It was such a pleasure spending time with Guillermo Riveros of [Prevention Magazine](#) sharing my lifelong passion for skating!

[Click here](#) to watch the video interview.

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The Marvel From Milan: The Anna Galmarini Story



Born in the height of World War II on October 15, 1942, Anna Galmarini grew up in Milan, Italy. The four foot ten, ninety five pound dynamo with dark hair and bright green eyes started skating at the age of ten at the Sport Palace in downtown Milan during school gym periods because she hated tennis. In an interview in the April 1, 1971 issue of the Kingsport Post, she explained, "my older brother was interested in ice skating. I thought it looked like fun." She also showed an interest in hockey, but her parents made it clear, "you may skate, but no ice hockey." Figure skating it was. She started without a



coach at the beginning, then began to take lessons twice a month. By age thirteen, she was Italian junior champion and training eight hours a day. At the age of fourteen, she went to Garmisch-Partenkirchen, West Germany to study with the best European coaches. In 1957, representing del Circolo Pattinatori Artistico di Milano, she won her first of four consecutive Italian senior women's titles. However, when she entered her first international competition, the 1957 European Championships in Vienna, Italian silver medallist Carla Tichatschek placed sixteenth to her nineteenth. This forgettable debut only prompted Galmarini to train even harder.

[Click here](#) to read the rest of the article

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Compulsory school figures...they are the foundation for EVERY skating move! Sadly, they were abandoned from World and Olympic competitions about 20 years ago. However, recently, there has been a resurgence in interest in them!

Last fall, I judged the first World Figure Championship in Lake Placid, NY with a group of World and Olympic Champions. I have since gone back to doing figures myself...what a workout! This gentle, elegant discipline is incredibly challenging! It teaches tremendous skill for all

skating and really tones your muscles!

My "Great 8's Classes" take place at NJ's Codey Arena on Mondays at 12:15 PM and at Rockefeller Center on Tuesdays at 7:30 AM. Each skater has her/his own strip of ice from barrier to barrier, to practice their edges and 8's. It's a beautiful way to focus on these basic, yet challenging techniques.

Come skate the "Great 8's" with me and develop your control and balance in a fun safe way!

www.jojobstarbuck.com/skating-classes

Upcoming Events

Ice Show Gypsies Cruise Reunion 2016



September 24, 2016. 7 nights, Sailing on the Norwegian Escape from Miami, Florida.

Itinerary: Miami, sea day, sea day, St Thomas - US Virgin Islands, Tortola, sea day, Nassau - Bahamas, Miami.

All prices are in U.S. Dollars and will be per person for double occupancy.

For more information - <https://www.facebook.com/events/501694283332385/>

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Website Update

The reunion website – www.icecapadesreunion2015.com is still there. Even though the reunion is over, the plan is to continue to use this site for alumni updates so please keep checking back from time to time as news will be added periodically. Don't forget, there are also show rosters for your reference, updated obits and upcoming events.



Ice Capades Reunion Update

To view archived information from the reunion,

including pictures, videos etc

go to www.icecapadesreunion2015.com

and access the archived tabs