



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

April
2004

Sign Up Now for Dow Tournament!

The STPC Dow planning committee, with help from Roger Boyer and Mike Vidmar, created a new format for STPC's biggest tournament. It will be held May 3-6, 2004 at Reed-Sweatt Family Tennis Center. Major complaints the past two years have been:

- Getting to play only once if you lost.
- Not knowing until the day before what time you would play, and if you won, when your next match would be.

Mike Vidmar, manager of Reed-Sweatt Family Tennis Center, has developed a "round robin" type tournament that spells out when each rating (skill level) plays, and when the finals will be played for each skill level.

This new format will give each doubles team at least two opponents; and well before entering the tournament, teams will know day and time of preliminary play and finals. Ron Liddiard and Percy Hughes, co-chairs of this year's tournament, called the new format, "fantastic," as it will eliminate key problems for both the players and the tournament workers.

Bill Connell and Bob Tischbein will keep volunteers and players in eats throughout the tournament. Ronnae Wagner, 952-938-5785, can help you with application questions.

Sign up **now!** Time's a wasting. Don't miss the fun of this great tournament. Application form is on page 9 of this newsletter.

Preliminary Summer Court
Schedule **INSIDE!**

Summer Court Schedule

On pages 5-8 is a **preliminary** summer court schedule. Although outdoor play doesn't begin until May, we're giving you this early information so you can make plans, call a captain, or (best yet) volunteer to be a captain.

Captains: Check the schedule to be sure it is correct. Follow the instructions on page 8 to give changes to Jack Baloga (Minneapolis area) or Darlene Moynagh (St. Paul area).

Players: If you want to start playing in early May before you have the final schedule from the May newsletter, you may want to check with your captain to be sure of start date, etc.

Everyone: Get the mildew off your racquet and enjoy our beautiful Minnesota summer. See Percy's column for some tips on getting ready.



Upcoming Events

May 3-6, 2004

Dow Tournament
Reed-Sweatt Family Tennis Center
Sign-up sheet on page 9

June 1, 2004

Bolger Clinic with Roger Boyer
Reed-Sweatt Family Tennis Center

June 19, 2004

Captain's Luncheon
Town & Country Club
Signup on page 4

July 2004

Grandparent/Grandchild Round Robin

October 2004

Fort Snelling Tournament / Party

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 385434,
Bloomington, MN 55438

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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Advertising

Send digital files by disk or e-mail dsommer7@earthlink.net to David Sommer by the 15th of the month for publication the following month. **Please send all payments to the newsletter editor.** We can create an ad for you for a \$20 fee.

Ad rates are:
Full page (7x9 in) \$100
Half page (7x4.5 in)75
Quarter page (3.5x4.5 in) 50
Eighth page (3.5x2.5 in) 30
Classified ad
(members only, max 4 lines) 15
2-line ad (members only, 50 spaces/line)
First three months.....free
After three months, per issue\$5

Publication Deadline

Submit articles to David Sommer by the 18th of the month for publication the following month. All material submitted for publication is subject to editing.

Membership information changes

Can be made by writing Senior Tennis Players Club, P.O. Box 385434, Bloomington, MN 55438

Membership total: 1485
April 2004, Volume 17, Number 3

2004 RENEWALS

By Sally Browning, Membership Renewals and Changes

While processing renewal memberships for 2004, we found some interesting comments and suggestions we would like to share with you. We received some "Thank You's", some positive comments, some negative comments, some praise, some displeasure and some complaints. Here are just a few of the comments we received:

- "Greetings: In my opinion the leaders of this club are doing a **great** job. I have no suggestions for improving programs. Keep up the great work!"
- "Thank you to all the individuals who organized the special events and parties."
- Marmie Ankeny phoned from Ormond Beach, FL (her permanent home) to inquire if she had renewed her membership for 2004 and to thank the Club for our continuing work and efforts. She remembered and appreciated the fact that Jack Dow had formed the STPC and the way it has grown over the years and has been enjoyed by so many Senior Tennis Players. Marmie plays 3 times a week and will be 90 in 2004. Her comments on her renewal form were: "Hope to get back someday, plus I want to support the *marvelous* Club."
- "Many, many thanks – I just can't say enough good things about the Senior Tennis Club. I look forward to the Tennis Times newsletters. Lots of good news and information. Thanks to everyone who is making this all possible."
- "I think it's a marvelous program."
- "You guys are great—I appreciate all of your volunteer efforts."
- "Very pleased with drills."

These are some of the suggestions for improvement we received:

Continued to page 11



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 18th of the month for publication the following month.

Send your submissions to: David Sommer, 3657 17th Avenue South, Minneapolis, MN 55407-2805. Email: dsommer7@earthlink.net. Phone: 612-276-1313.

If you have an idea you would like to see written up, or if you would like to write an article, call or e-mail David Sommer. We need help and input from writers and photographers.

Percy's Tennis Rhythms



By Percy Hughes

Hey! I've seen some Lady Bugs! Spring must be near! Here comes that "broken record" you hear from me every spring. Let's see: New strings—possibly rewarding yourself with new tennis shoes, (that's if you never "foot faulted"

through the winter months), sun glasses, a visor or cap, larger water jug (with ice cubes), sun tan lotion, check out your first aid kit, a towel, small scratch pad and pencil. Oh yeah, have some kind of nourishing food (a high energy sports food that some tennis clubs recommend) with you. Also, if you have a medical problem that might need immediate medicine, *have* that medicine with you, and *alert* your instructor before the class starts, *please!* There's no shame to us Seniors having health problems. Be proud that you're not being a "couch potato." **but**—always be prepared for a problem.

Preparations are already being made for our Monday, May 3rd, thru Thursday, May 6th, **Jack Dow Tournament**. Our new format enables every entrant to play at least **two** matches.

Our "**in the trenches team**" will sorely miss two of our wonderful members: dear Lois Hoffman and Jim McCue... Our team will be thinking of them every day of the tournament. For another year, Ron Liddiard and I will serve as co-directors, and believe me, we thank Roger Boyer and Mike Vidmar for giving us

Valentines Party and Future Events

By Ken Landro

Many thanks to our Special Events Coordinator, Alice Weides for all her work in ensuring adequate volunteers for all our tennis parties, tournaments and special events. She does a great job and if you haven't called her yet to volunteer to help with an event, please do so at 952-881-3751. You will meet some new people and have fun at the same time.

Getting Back Into Tennis Class

Recovering from an injury or illness that has kept you from enjoying tennis or other activities? Reed-Sweatt Director of Tennis Roger Boyer and our own Percy Hughes have put together a class to help ease your transition to greater activity. It is ongoing and takes place at Reed-Sweatt on Thurs.. from 12:30 to 2p.m. Please call Percy at 612-866-1102 for more information.

proper direction. I predict this will be our biggest Jack Dow tournament. I caution all players: our Director, Ron Liddiard is a Certified Tennis Umpire. He will be calling foot faults. Foot faulting is a form of cheating, so try to eliminate it from your game.

Hopefully we will have another great **Battle of the Sexes!** All four players haven't been selected at this time, but you can bet one is—wonderful **Jo Rolling!** She's ready right now! Jo would pass up food and sleep to play tennis! ☺ ☺ ☺

Congratulations to Dean Rush and Gary Quam, who completed 12 lessons. They get a certificate and a can of tennis balls, plus my assurance that while they're not quite ready for Wimbledon, they are definitely on the way! Keep working guys—tennis gets more fun the more you improve your skill. Lessons and lots of play are the way to do that.

Please! While growing up, I'm sure all of our parents tried to instill in us the thought of having **brotherly love**—right? As seniors, I beg all of us to continue that way of thinking and doing, when we're with our fellow players—at all times... It doesn't cost a cent. There is no time for meanness in our great club. Enough—have good health, happiness, and—**no foot faults!**



Thanks Fritz! A big "thank you" to Fritz Christensen for this cartoon. More coming in future newsletters.

STPC Captain's Recognition Luncheon, Jack Dow Trophy Award & Annual Meeting



Saturday, June 19, 2004—11:30am-3:00pm
Town & Country Club
300 Mississippi River Boulevard
St. Paul, Minnesota

Schedule of Events

- 11:30am Social Hour
- 12:30pm Luncheon with music by
Jack Wallin, keyboarder
- 1:45pm Annual Meeting and Introduc-
tion of New Board Members
- 2:15pm Jack Dow Trophy Award

Directions to Town & Country Club

From 94 East: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn right onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Mississippi River Boulevard.

From 94 West: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn left onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Mississippi River Boulevard.

Reservation form: STPC Luncheon June 19, 2004—11:30am-3:00pm

Cost: \$18.00 per person—captains attend free, but registration required

Name: _____

Name: _____

Phone: _____

Send reservation form by June 12 with check payable to STPC to:

Jo Rolling
6580 Upper 23rd St N
Oakdale, MN 55128

2004 Spring/Summer Court Schedule—Senior Tennis Players Club

Players: Check with Captains for Start Dates

●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Como Park Horton Avenue West of Lexington	Mon	8:00-10:00 am	4	2.5-3.0	John Connelly	651-771-2664
					Anne Carchedi	651-494-9050
	Wed	8:00-10:00 am	4	2.5-3.0	John Connelly	651-771-2664
					Anne Carchedi	651-494-9050
Irondale High School Long Lake Road south of Cty Rd H New Brighton	Sat	8:00-10:00 am	4	3	Jim Vint	651-636-0071
Marthaler Park 1625 Humboldt Ave (across from Police and Fire Depts.) West St. Paul	Tue	9:00-11:00 am	2	3.5	Jim Mattaini	651-455-5898
	Thur	9:00-11:00 am	2	3.5	Jim Mattaini	651-455-5898
	Sat	9:00-11:00 am	2	3.5	Jim Mattaini	651-455-5898
North Valley Park Hwy 52 So to 70 th , left ¼ mile E Inver Grove Heights	Mon	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
	Wed	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
	Fri	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
Oakdale Courts 45 th and Granada (1 mile East of 120 on 45 th) Oakdale	Tue	8:00-10:00 am	4	2.5-3.0	Barbara Rooney	651-777-7399 or 651-481-9222 (w)
	Thu	8:00-10:00 am	4	2.5-3.0		
	Sat	8:00-10:00 am	4	2.5-3.0		
Roseville Middle School Cty Rd 82, 2 blocks East of Rice Roseville	Mon	8:00-10:00 am	6	3.0 M	Dan Nedoroski	651-645-2368
	Mon	4:30-6:30 pm	6	3.0-3.5	Shirley Kreske	651-770-1272
	Wed	8:00-10:00 am	6	3.0 M	Dan Nedoroski	651-645-2368
	Fri	8:00-10:00 am	6	3.0 M	Dan Nedoroski	651-645-2368
Shawnee Park 6515 Scheel Dr (Upper Afton Rd to Martha North to Scheel) Woodbury	Mon	9:00-11:00 am			Captain(s) and players needed	
	Wed	9:00-11:00 am				
	Fri	9:00-11:00 am				
Skillman Courts East of Cleveland on Skillman	Tue	8:00-10:00 am	4	3.0	Pat Grames	651-646-4776
	Thu	8:00-10:00 am	4	3.0	Esther Shivers	651-646-4776

3M Tartan Park 20 th Street N between Cty Rds 17 and 15 Lake Elmo Enter through picnic/ sports area. Follow sports cmplx signs to end of road. Rain/ wet courts-play at Wood-dale Rec Ctr.	Mon	8:00-10:00 am	6	3.0-3.5	Tom Lyons	651-771-6120
	Wed	8:00-10:00 am	6	3.0-3.5	Walt Lewis	651-735-8287
	Fri	8:00-10:00 am	6	3.0-3.5	Darlene Moynagh	651-436-8927
Valley View Park Marie & 35E Mendota Heights (Call first, no walk-ons)	Fri	7:30-9:00 am	2	3.0-3.5	Bob Kelly	651-452-0244
White Bear Lake High School Cty Rd E and McKnight Rd White Bear Lake	Wed	6:00-8:00 pm	7	3.0-3.5	Shirley Kresko	651-770-1272
					Gordon Manaige	651-429-4046

For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927

●● MINNEAPOLIS AREA ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Mon thru Fri	8:00 am – noon			Captain(s) and players needed	
Augsburg Park 72 nd and Blaisdell Richfield	Mon thru Fri	7:30-9:30 am	5	Open	Lorraine McDaniel	612-869-7392
					Kathy Sewell	952-835-4005
Bass Lake Beltline Blvd & 36 th Street St. Louis Park (Certain dates not available)	Mon	9:00-11:00 am	6	2.5 – 3.5	Ann Stirrat	952-922-5348
	Tue	9:00-11:00 am			Mel/Milly Warnert	763-588-1887
	Wed	9:00-11:00 am			Barb Webb	612-922-0757
	Fri	9:00-11:00 am			Laverne Wilger	952-929-8120
Brooklyn Center High School 65th and Humboldt Ave N Brooklyn Center	Tue	8:30-10:30 am			Captain(s) and players needed	
	Thu					
Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5 – 3.5	Aldean Cummings	952-474-1731
					Dick Brandt	763-533-0579

Carpenter Park Mtka Blvd & Raleigh Ave St. Louis Park	Mon	8:00-10:00 am			Captain(s) and players needed	
	thu					
	Fri					
Central Park in City of Ramsey 163 Street and Armstrong Blvd	Tue	9:00-11:00 am	2	2.0 – 4.0	David Matasovsky	763-274-1338
	Thu				Jerry Dedrick	763-427-3167
					Jerry Smith	763-421-0379
Donaldson Park 75 th and Humboldt Richfield	Mon	7:30-10:00 am	4	3.0+	Chad Sharkey	612-866-7682
	Wed	7:30-10:00 am	4		Jack Kendall	612-869-0431
	Fri	7:30-10:00 am	4			
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road Bloomington	Mon	7:30-9:30 am	5	Open	Don Snyder	952-830-9415
	thu				Mary Kennedy	952-934-3822
	Fri					
Edina Senior High School Behind Sr and Jr schools, follow the stairs down the hill	Sat	4:00-6:00 pm	7	3.0+	Marv Schneider	952-975-1895
	Sun	4:00-6:00 pm	7		Dick Brandt	763-533-0579
Fridley Commons 62 nd & 7th Ave (NW corner) Fridley	Tue	9:00-11:00 am	4	3.0 - 4.0	Bob Metcalf	763-571-3596
	Thu	9:00-11:00 am			Connie Metcalf	763-571-3596
Greenbriar Apartments On Cedar Lake Road	Tues	9:00–10:30 am	2	3.0	Henry Flesh	763-546-7317
	Thu	9:00–10:30 am			Fred Wright	952-938-1242
Holasek Park Baker Rd south of Hwy 62 Eden Prairie	Wed	8:00 am – noon			Captain(s) and players needed	
	Thu					
Lone Lake Park Shady Oak Rd north of Bren Rd Eden Prairie	Mon	8:00-10:00 am			Paul Weinreis	952-935-9463
	thu					
	Fri					
New Hope Park 4300 Xylon Ave N (behind swimming pool) New Hope	Mon	8:30-10:30 am	5	2.5 – 3.5	Jeanne Rose	763-537-2455
	thu					
	Fri					

Normandale College 96 th Street and France Ave Bloomington	Mon	8:00-10:00 am			Captain(s) and players needed	
	Wed	8:00-10:00 am				
	Fri	8:00-10:00 am				
Parkers Lake Cty Rd 6 7 Niagara Lane Plymouth	Tue	8:30-10:30 am	4	2.5 – 3.5	Ed Fischer	763-550-9770
	Thu	8:30-10:30 am				
	Fri	8:30-10:30 am				
Valley View Park 90 th St between Nicollet and Portland Bloomington	Mon	7:30-9:30 am			Captain(s) and players needed	
	Tue	7:30-9:30 am				
	Fri	7:30-9:30 am				
Wayzata Bell Courts 1 block north of Hwy 12 and Minnetonka St Wayzata	Wed	9:00-11:00 am	3	2.5-3.0	Marilyn Thorne	952-471-9813
Wildwood Park 137 th and Harwell Path Apple Valley	Mon thru Fri	8:00-10:00 am	2	3.0	Glen Lien	952-997-2368

For corrections or changes for Minneapolis and suburbs call Jack Baloga 952-944-5194

Captains Alert!

Please check that the information in this preliminary schedule is correct. Contact Jack Baloga (Minneapolis area) or Darlene Moynagh (St. Paul area) with any corrections, additions, or deletions. Be sure to provide all the information needed: Location, Days, Time, Courts, Skill, Captains, and Phone.

Jack Baloga
jackbaloga@aol.com
 952-944-5194
 9405 Woodbridge Road
 Bloomington, MN 55438

Darlene Moynagh
d.moynagh@att.net
 651-436-8927
 13506 Valley Creek Trail S
 Afton, MN 55001



Two-Liner Want Ads

These two-liner want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication. Your check should be payable to STPC and sent to David Sommer with instructions.

Interested in Head racquets and clothing? Consult Percy Hughes at 612-866-1102 for what's best for you.

Wanted: Airstream, Argosy or Avion travel trailer. Call John at 763-633-0316.

Diamond round cut brilliant 1.02K color I clarity I1. Est retail \$4500; cert available. 952-897-1196.

3 wheel Shoprider Handicap Scooter \$1700.00 or B/O, call Dave @ 763- 531-9423

Sun City condo, 1BR, 1BA, garage, orange tree, golf/tennis. \$39,900 - Bob 651-770-1535.

Solid maple drop leaf table with two leaves, six chairs. Excellent condition. \$300. Carol 763-323-9622.

Free: Name-brand tennis skirts sizes. 14 & 16 (can no longer play) 952-836-1730.

Senior Tennis Players Club, Inc.

Jack Dow Annual Senior Tennis Tournament

May 3-6, 2004—8am-4pm

Reed-Sweatt Family Tennis Center
4005 Nicollet Ave. S. • Minneapolis, MN 55409

Tournament Rules

- **Fee:** \$8 per event, per person
- Round-robin format—you will play *at least* three regular sets, or two 10-game pro sets.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's and Mixed Doubles.
- No partner substitution after first set.
- No participant may play in more than 2 events.
- A first place winner in an event in 2003 automatically jumps to the next rating or *must* change partners. Those unable to find a partner *must* state that on the application.
- All entrants *must* be members of STPC.
- **All entrants must be rated** by an STPC professional or have a current USTA rating. Those rated in 2003 need not be rated again in 2004. **Rating questions**—call Percy Hughes at 612-866-1102.
- **Rating Sessions at Reed-Sweatt:** Mondays 1:30-3:30: March 8, 15, 22, 29 and April 5, 12, 19; Thursdays 8:30-10:30: March 11, 18, 25 and April 8, 15, 22.

- **Schedule:** This table gives the schedule for each division. Number in bold (4, 8, or 16) is the *maximum* number of teams permitted in that division.

	Men's	Women's	Mixed
2.5	8	8	4
	Tue 11:30-2:30 Thu 8:30-11:30	Tue 11:30-2:30 Thu 8:30-11:30	Thu 11:30-2:30
3.0	16	8	16
	Wed 8:30-11:30 Thu 8:30-11:30	Mon 11:30-2:30 Thu 8:30-11:30	Tue 8:30-11:30 Thu 11:30-2:30
3.5	16	8	16
	Mon 8:30-11:30 Thu 8:30-11:30	Mon 11:30-2:30 Thu 8:30-11:30	Wed 11:30-2:30 Thu 11:30-2:30
4.0	4	4	4
	Thu 11:30-2:30	Thu 11:30-2:30	Tue 11:30-2:30

- **More information:** Percy Hughes 612-866-1102, Ron Liddiard 952-445-5576, or Ronnae Wagner 952-938-5785

Application

Two players may use this form. Entries close April 19, 2004. All players must **sign the release form below.**

Event	Name (print)	Rating	Phone with area code
Men's Doubles	1.		
	2.		
Women's Doubles	1.		
	2.		
Mixed Doubles	1.		
	2.		

*****Yes, I need a partner at _____ rating.*****

Send Application and Check payable to STPC for \$8 per event, per person to:
Ronnae Wagner • 5326 Rogers Drive • Minnetonka, MN 55343-8952 • 952-938-5785

RELEASE FORM

I agree that any participation by me during my membership or at any other time, in an activity of, or sponsored by, Senior Tennis Players Club, including lessons, clinics, drills, rating sessions, tournaments, meetings, camps, trips, scheduled group (or other) games, and social events, shall be at my own sole risk, and I hereby release and hold harmless Senior Tennis Players Club and its officers, directors, members, employees, agents, tennis pros, and other independent contractors from any and all claims of any nature whatsoever arising from any such activity or otherwise.

Signature _____

Date _____

●● STPC Free Lessons and Drills—All Levels ●●

Some court locations are subject to change during the season. No reservations necessary and no fees are charged.

Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Ctr 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$3.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	Thu	8:30-10:00AM	All	\$3.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
Oakdale Golf & Tennis Club 5115 Hadley Avenue N St. Paul 651-770-2719	Wed	12:30-2:00PM	All	\$3.00	Peg Kelly	651-697-1987
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Jim Erler	952-471-9750
Fort Snelling Tennis/Learning Ctr 100 Federal Drive Minneapolis 612-252-8367	Wed	9:00-10:30AM Special class for 3.5 and above.	3.5+	\$6.00	Paul Stormo	952-944-6286 Call for Reservation.

New members are encouraged to join the above lessons. After completion of 12 lessons you will receive a free can of balls, a certificate of completion and congratulations from the STPC president. Notify your instructor when you have completed 12 lessons. All members are encouraged to attend lessons and drill to improve your game.

●● Private Club Drills Open to STPC Members (3.0 and above) ●●

Location	Day	Cost	Time	Instructor(s)	Phone
Reed-Sweatt Family Tennis Center** 4005 Nicollet Ave S., Mpls	Tues	\$5.50	9:00-10:00 AM	Abdul Idi	612-825-6844 Call for reservation.
				Michael Stenquist	

****Additional classes for all skill levels available, open to seniors and younger players.**

Tennis South of the River

By Jack Hansen

I'm looking for tennis players, south of the river, to play in the spring, summer and fall. We have two brand new courts in Prior Lake. Play will be Monday, Wednesday, and Fridays 8:30 to 10:30.



Contact me (Jack Hansen) at 480-671-1848 through April, 952-447-4872 starting May. Or call Lucy Luce 952-447-1032.

LONG TERM CARE INSURANCE

- Provides choices regarding type/quality of care
- Eliminate a major financial concern in retirement
- Avoid being a burden to family members

Home Care/Assisted Living/Nursing Facility

Representing Multiple Insurance Companies

Sue Kaupa (651) 905-9043

As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.

Eat to get the most out of exercise

By UCare Minnesota

Do you know how to boost your workout performance with food? UCare Minnesota, which offers three health insurance plans for seniors, reveals how with the following quiz.

True or False? Circle “T” for true and “F” for false.

- | | | |
|--|---|---|
| 1. It's best to fast for several hours before exercising. | T | F |
| 2. A high-fiber snack is a good choice before an intense exercise session. | T | F |
| 3. If your workout lasts more than 30 minutes, take time for a snack. | T | F |
| 4. A mug of coffee one hour before exercise will boost your endurance. | T | F |
| 5. Protein supplements can help athletes reach peak performance. | T | F |

How Did You Do?

1. False. A snack or light meal before exercise can give you energy and prevent light-headedness. But too much food prior to exercise may cause stomach distress.

How can you get energy but avoid stomach problems? Eat a snack, such as a bowl of oatmeal and a banana, about an hour before your workout. Or time your workout for about two hours after a light meal, such as spaghetti. If you eat a big meal, give yourself four hours before putting on your sweats.

2. False. High-fiber foods can upset your stomach, especially if you are not used to eating them. Fried and high-fat foods also may cause stomach discomfort.

The best energy choice before an intense workout: a healthy, high-carbohydrate meal or snack that contains

a moderate amount of protein. For instance, a high-energy lunch might include a bagel with peanut butter, yogurt, and an orange.

3. False. You should only need to snack during exercise if your workout lasts longer than an hour. The same is true for sports drinks. For shorter workouts, regular water provides all the nutrition you need.

4. True. In one study, cyclists were able to bike 20% longer than usual after drinking a pre-exercise coffee. But too much caffeine can backfire. Negative side effects include nervousness, high blood pressure, and stomachaches.

5. False. It is true that athletes may need extra protein. But the best way to get more protein is to eat more foods rich in this nutrient—such as fish, tofu, eggs, and nuts. There is no evidence that protein supplements or amino acid supplements can improve an athlete's endurance or strength.

Think of food as fuel. The right foods at the right times can give you the energy you need to exercise. And fueling up could help you cross the finish line faster.

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 100,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare. For more information, visit www.ucare.org or call 612-676-3500 or 1-877-523-1518 (toll free). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).

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- Schedule more late afternoon, evening and week-end groups and events.
- Categorize players by age levels for tournaments.
- Have more events in St. Paul, Hudson and Stillwater.
- Have “potluck” suppers in member’s homes.
- Set up a Web Site to include schedules, leagues, substitutes and players looking for games.
- Furnish STPC “name tags” for players.
- Schedule shorter playing times for players coming back from sickness or injury.

We appreciate all the comments and suggestions we received. They will be reviewed by the STPC Board of Directors.

Thank you to those members who helped process the renewals: Jean Murdock, Caryl Minnetti, Margie Lucht and Betty Porter.