

## Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

October 2006

## **Great Annual Picnic**

#### by Joanne Schwartz

80 wonderful tennis players celebrated the day at our second annual summer picnic on Saturday, August 19.

We had a perfect weather day and we were in a beautiful setting at Round Lake Park in Eden Prairie with 8 tennis courts, volleyball, and a walking path around the lake. We also had a good variety of tasty food and door prizes with lots of camaraderie. Paul Steen, our beloved president, was there measuring the speed of the tennis serves with the assistance of borrowed equipment from the USTA. Thank you USTA! And thank you, Paul! Also, a special thank you to Marv and Ramona Schneider, Bob Hokanson, Jack Baloga, and Bonnie Bolton for assisting in the success of this event!

We doubled last year's attendance and hope to see you all again next year. If you have any suggestions for next year's picnic, call Marv Schneider 952-975-1895 or Joanne Schwartz 952-835-6794.

Our next event is our annual Halloween Social, Saturday, October 28, at Fort Snelling Tennis and Learning Center. It will be hosted by Ardelle Hansen

\*\*\*\*\*\*\*\*\*\*

"The scoreboard said I lost today, but what the scoreboard doesn't say is what it is I have found. Over the last 21 years, I have found loyalty. You have pulled for me on the court and also in life. I found inspiration. You have willed me to succeed, sometimes even in my lowest moments, and I've found generosity. You have given me your shoulders to stand on to reach for my dreams, dreams I could never have reached without you."

— Andre Agassi, to his fans, 9/2/2006

Changes to fall-winter schedule page 11!

and Mary Ann McGuire and their committee. (See ad in this newsletter.) See you there for more fun!



Paul Steen and Marty Plitnick



Ramona and Mary Schneider

More picnic pictures on page 7.

## **Upcoming Events**

October 28

Halloween Tennis Social (Details, entry form, page 9)

February 11-18, 2007

USTA Northern Women's Pro Tournament

May 5, 2007

Annual Meeting, Captains Dinner

#### Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525 Hopkins, MN 55343

On the web: www.seniortennismn.com

#### **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 to the newsletter editor by the 15th of the month for publication the following month. Please send all payments to the newsletter editor.

## Membership information changes, newsletter delivery problems, etc.,

can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or <u>currentmembers@seniortennismn.com</u>

Membership total: 1486 October 2006, Volume 19, Number 8



**Letters to the Editor** are wanted! This is your space to express an opinion or relate an interesting experience. Letters will be edited only for length.

#### How I became a captain (and so can you!)

Since no one sent me a letter, I'll just have to write to myself!

I've been a captain since September 2003. It happened this way: I'd been playing in various groups, and gradually improving my game. I didn't find any group that had a convenient time and place and had the tougher level of play that I wanted.

In the August 2003 Newsletter, the Fort Snelling section of the schedule said: "Need captains and players." I contacted Ron Liddiard, who was then the Facilities Coordinator for Fort Snelling, and asked, "I'd like to join a group at the 3.5 level."

Ron said, "Well, there isn't one yet. Why don't you be a captain for a new group?"

I agreed, and made some calls to people I'd played with. I managed to find three others who were willing to be regulars on Monday, and three who would be regulars on Wednesday. In addition, I got several people who were willing to be subs. How much work was it? Probably a few hours of phone calls.

In the September 2003 Newsletter, the Fort Snelling schedule showed me as captain for one court Monday and one court Wednesday. Since then,

(Letters—continued on page 3)

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



#### 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; and to support the growth of tennis.

#### **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 17th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose self-addressed stamped envelope if you want materials returned.

**Send your submissions to:** David Sommer, 3657 17th Avenue South, Minneapolis, MN 55407-2805.

Email: editor@seniortennismn.com.

We need help and input from writers, artists, and photographers.

## Percy's tennis rhythms



#### **By Percy Hughes**

The 2006 United States Tennis Open—after two rounds, our greatest player is **Andre Agassi**, winning both of his matches in five sets. Andre is 36 years old. I'll tell you more about him later.

As you receive this newsletter, you'll be back indoors for the lessons program and regular scheduled play. A few necessary reminders:

- Indoor lessons for our club are \$5.00 per lesson, as we have to pay a court time fee to the clubs. It's always been that way, playing indoors. Outdoor play is free, as you know.
- Everything is scheduled for you in this newsletter, including the **Owies** class, that has been moved to Mondays. Those with health problems (temporary or possibly permanent) should be a part of this class, and ask our mentor, **Roger Boyer**, what his thoughts are for you tennis-wise. Check the time frame at the front desk youngster **Mary Baker**, is back at the desk -- we've been friends since I was a teen-ager.  $\bigcirc \bigcirc \bigcirc$
- Equipment wise: same-o, same-o; 1) fresh racquet strings; 2) regular **tennis shoes**, not running, etc., ask for the correct shoe for tennis play only -- **black soles** are not allowed on the courts. **Wrist**, **elbow braces** are wise, if needed. Ask your **pro**.

One of our finest, most complete tennis instructors,

Laurie Kozlak, has left our staff (hopefully just temporarily) One couldn't ask for a more excellent teacher of this sport. Laurie, you're loved by everyone, staff and students - may you always have a happy world.

**Dilcia Pederson**, a **P-1, USPTA instructor**, will replace Laurie for our Monday afternoon class (she'll also be assisting Roger Boyer with the Owies Monday morning class. Dilcia also assists in the **ICT program**. Busy person, huh, and she has been well taught by our mentor, Roger B. She's a "winner."

Yes, a great tennis master has finished (possibly) his career by losing his third match in this year's Open, in four sets. The stadium roared it's approval, as though he had won the match. After bowing to the audience in all four directions, he gathered his equipment, then sat down to wait for the authorities to acknowledge his over twenty years of top tennis, his many titles. Andre unashamedly began to cry, and continued to, while saying "goodbye" to everyone. He walked off the court the way he wanted, to a champion's ovation. One word describes Andre:

#### class!

I'm hoping we'll see his world champion wife (retired) **Stephie Graf,** and Andre start playing 35s and over mixed doubles.

Meantime, please remember **no foot faults!** 

Perc



(Letters—continued from page 2)

my groups have grown so I now have two courts each day. The rewards for me have been considerable. Although it does take work, I get lots of appreciation from my players, and have made some wonderful friends. And I get to organize play the way I want!

Now suppose you are in the position I was—can't find a group that fills your needs. You might say "Well, you already knew some people to join your group." To tell the truth, I did find some people from those I knew, but I found others by asking "Do you know anyone else who might be interested in such a group?"

Also, this Newsletter can help by posting a story with your need for players. This has worked for others—let it work for you!

—David Sommer

## **Community tennis workshop**

The Ninth Annual Community Tennis Workshop sponsored by Advantage Track & Tennis is November 3-5, at the Fort Snelling Tennis and Learning Center. The workshop reaches out to CTA members, park and recreation employees, community education staff, teaching pros, facility personnel and any other tennis movers and shakers who want to learn more about growing the game. On-court and off-court sessions are available to all attendees.

The theme for this year's event: "It's Your Game." The keynote speaker for the workshop is Kathy Francis, Managing Director of Marketing and Development for USTA. The pre-workshop activities begin on Friday, Nov. 3, with a Community Tennis Rally followed by a Tennis Organizer Workshop given

(Community tennis workshop—continued on page 4)

#### •• STPC lessons and drills—all levels ••

Some court locations are subject to change during the season. No reservations necessary.

Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$5.00	Dilcia Pederson	612-825-6844
					Duncan Welty	952-933-8592
	Mon	10:00-11:00 AM "Owies"	All	\$7.00	Roger Boyer	612-825-6844
	Thu	8:30-10:00AM	All	\$5.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
Fort Snelling Tennis and Learning Ctr. 100 Federal Drive, Minneapolis	Tue	10:30 AM - noon	All	\$5.00	Tom Bauman	651-738-6726
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$5.00	Duane Ryman	612-865-9517

**Free or low-cost lessons\*** are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a free can of balls and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

#### ◆ Private Club Drills Open to STPC Members ◆ ●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$7.50	9:00-10:00 AM	612-825-6844 Call for reservation.

<sup>\*</sup>Additional classes for all skill levels available, open to seniors and younger players.

(Community tennis workshop—continued from page 3)

by USTA National staff member Anne Davis. Bill Mountford, Director of Tennis at the USTA Billie Jean King National Tennis Center, will lead a Recreation Coaches Workshop on Friday as well. Saturday and Sunday workshop topics include Coaching The Complete Player, Anger Management, On-Court Fitness, Managing the Masses, Anticipation and Strategy, Mechanics Made Simple, Administrating Tennis, Grant Writing, Fundraising and Advocating the Game.

Also included in the weekend activities will be the USTA Northern's Annual Meeting during lunch on Saturday, introduction of new board members and the Sectional Awards Banquet on Saturday night. Attendees also receive a gift, workshop manual, opportunities for tennis play, meals, snacks and new friendships.

Please go to <a href="http://www.regonline.com/104933">http://www.regonline.com/104933</a> to register, or for more information, contact Nancy Lundberg at (952) 358-3286 or at <a href="https://www.regonline.com/104933">https://www.regonline.com/104933</a> to register, or for more information, contact Nancy Lundberg at (952) 358-3286 or at <a href="https://www.regonline.com/104933">https://www.regonline.com/104933</a> to register, or for more information, contact Nancy Lundberg at (952) 358-3286 or at <a href="https://www.regonline.com/104933">https://www.regonline.com/104933</a> to register, or for more information, contact Nancy Lundberg at (952) 358-3286 or at <a href="https://www.regonline.com/104933">https://www.regonline.com/104933</a> to register, or for more information, contact Nancy Lundberg at (952) 358-3286 or at <a href="https://www.regonline.com/104933">https://www.regonline.com/104933</a> to register, which is the state of the

### Oakdale update

#### By Tim Jachymowski

Here's the current status of our proposal to open 10 public tennis courts in Oakdale:

- Lifetime Fitness is performing a wetland delineation at our proposed location. There is a significant wetland area in the middle of this property which would need to be mediated for Lifetime's plans. Our proposal leaves the wetlands alone. As a side note, we are unsure if Lifetime has plans for indoor tennis or not at this site.
- As time passes, the chances of public indoor tennis at Oakdale for this winter get smaller.

It is my presumption that the City of Oakdale will not make any decisions until they fully understand the validity of the Lifetime proposal at this site. Our best and only option at this time is to wait out the process. Please let me know if you have any questions. Cell phone 651-442-1295, home office 651-784-2714, Email Tim@ttenniscenter.com.

<sup>\*</sup> Lessons are free during outdoor season; they cost \$5 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

### **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.

**Expert Racquet service**. Fred Jurewicz (952) 496-1018 (H); (612) 250-3185. 10% STPC discount.

**Handyman Services.** Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson123@gmail.com.

**Rent Villages FL** activities for everyone. 2BR 2BA den great house \$1100/mo up. 952-935-5670.

For sale Mercedes Benz 1988 560 SL white conv.. 80,000 miles good condition. Bonnie 612-922-9290.

**Palm Island Resort** for 20% off. Tennis and the most beautiful island on the gulf coast. David 612-276-1313.

Pacesaver 4-wheel electric scooter, front & rear baskets. On board charger. \$1,400. (612) 722-5742.

**Free** St. Paul Civic Symphony concerts start Oct. 22 (1 pm) Landmark Center. <a href="https://www.stpaulcivicsymphony.org">www.stpaulcivicsymphony.org</a>.

Who do you know who needs/wants an electric cart or wheelchair? 952-898-2609, v0204g6@yahoo.com.

**2 Greek homes** 3BR/2.5BA near Nafplio, furn. 780 Euros/week, MN owned, details Sally 612-340-9706.

For rent Park Model trailer, Mesa, AZ, for March 2007 \$1300 utilities included. Sandra 763-788-2024.

**Tucson 2BR Rental**; Active Seniors only; free TEN-NIS+swim+more. Chris Reitan 763-360-8393.

Rent (or buy) Sarasota FL 2B/2B villa \$2800/mo. Upscale tennis resort. Russ/Bonnie 763-544-0943.

## 2006 Team Tennis playoff

#### By Marv Schneider

The 2006 Team Tennis regular season play ended on Tuesday, August 8, as the Schneider team won 5-3 over the second place Ziomek team. It was followed by a two week playoff of the top four teams in the league. On August 15, the first place team (captained by Marv Schneider) won 6-2 over the fourth place team (captained by Ronnae Wagner) and the third place team (captained by Harlan Sween) won 5-3 over the second place team (captained by Bob Ziomek). Then on August 22, the Schneider team won 5-3 over the Sween team, for the playoff championship, thus ending another very entertaining Team Tennis season.

Each Team Tennis team is comprised of four men and four women. Each match consists of two sets of men's doubles, two sets of women's doubles, and four sets of mixed doubles; all sets are 8-game pro sets. Each of the seven teams in the league played one match against every other team in the league. All matches were played on Tuesday mornings at four locations in the southwest suburbs. Most of the players in this league are rated 3.5.

For additional information on the league, contact any of the captains or players. See the summer schedule for a complete list of captains.



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# Buried history resurfaces at a family reunion

#### **By Doug Grow**

[Reprinted from the Star-Tribune, August 12]

The Little-Keys clan was holding a family reunion last weekend. There were the usual hugs, tears, laughs and a picnic along the Mississippi River.

But somewhere between the greens and the peach cobbler, Matt Little, now 84 years old, received a startling American history lesson.

Four years before Rosa Parks refused

to give up her seat on a bus in Montgomery, Ala., a black woman named Sarah Keys refused to give up her seat on a bus in Roanoke Rapids, N.C. Now Sarah Keys Evans, the woman who changed the way Americans travel, lives in New York City. She's also Little's cousin.

"How did I not know her story?" wonders Little, a civil rights giant in Minnesota.

His own story is remarkable.

A WWII vet from Washington, N.C., Little made the decision to come to Minneapolis in 1948 while standing at a train station.

"I flipped a coin," he said. "Heads, Minneapolis. Tails, Denver. It came up heads."

Little, who had a degree in biological science from North Carolina A & T, found work waiting tables.

In 1949 he learned that Minneapolis was hiring firefighters. He breezed through the written test and the physical test. But applicants needed to pass three tests with a minimum score of 75 on each. Part 3 was an interview with three retired firefighters from the all-white department. Little received a 74 on his interview.

A civil rights leader was born.

Over the decades, Little—longtime leader of the NAACP, a pioneer Minneapolis civil rights commissioner, advocate of equal educational opportunities for kids of color—has done more than enlighten Minnesotans on issues of race. With five children, 11 grandchildren, four great-grandchildren and one great-great-grandchild, he's made Minnesota a significant Little-Keys branch home.

Last weekend, more than 60 variations of Littles and Keyses from around the country gathered, including Connie Keys Hargrove, who told the family about her sister, Sarah Keys.



In 1952, Sarah Keys, a member of the Women's Army Corps (WAC), was on leave from her post at Fort Dix, N.J. She bought herself a bus ticket to take her to her hometown of Washington, N.C.

The ticket called for her to take three bus lines, including Carolina Coach.

Her journey ended ugly in Roanoke Rapids, where a driver ordered her to exchange seats with a white Marine at the rear of the bus. She refused.

The driver ordered all other passengers to a different bus. Keys was arrested and

charged with disorderly conduct.

In 1953 she filed a complaint with the Interstate

In 1953 she filed a complaint with the Interstate Commerce Commission (ICC), charging that Carolina Coach had subjected her to "unjust discrimination."

The bus company countered that it had offered her separate but equal accommodation, the standard of the time.

In December 1955, the ICC ruled on the little-known case, Keys v. Carolina Coach, as well as a similar case that had been brought against railways by the NAACP.

Separate is not equal, the ICC said in both those cases. Segregation had been outlawed on interstate buses, trains and depots. After hearing the story, Matt Little said the peach cobbler tasted sweeter than ever.

"Civil rights activism is something that must run in the family," he said, proudly.

But he's also begun to research his cousin.

"There's almost no mention of her in the civil rights history I've found," he said. "I want to change that."

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Editor's note: Matt won the STPC Dow Trophy for 2005 for his many contributions to our club and InnerCity Tennis.

#### 2006 Donaldson Park

This group plays faithfully every Monday, Wednesday, and Friday in Richfield. Special thanks to groundskeeper Willie Prawdzik who keeps the courts clean and the weeds suppressed. Back row, left to right: Bob Campbell, John Burritt, Bill Kruckeberg, Willie

Prawdzik, Lyle Lassonde, Patrick Meekin, Donald Bartolerio, Dorothy Rossing, Gary Butler, Donna Roe, Kim Cummings, Donna Peterson, Lee Peterson, Pat Fredricksen.

Front row, left to right: Sally Finnegan, Margret Prawdzik, Aida Taniguchi.



## More annual picnic pix

Clockwise: "Is it done yet?"; "short wait for an open court"; and "feasting all day."







## **Players wanted!**

- Subs needed M/W 2.5-3.0 Fridays 1-3 pm at Wooddale. Contact Les 651-735-3953 or Pat 651-451-0883
- Baseline Tennis Center (U.of M.) forming 3.0-3.5 Men/Women group. MTWTH, 7 AM-1 PM. (time to be arranged). Contact David Johnson, captain, 612-721-8048, <a href="mailto:dwind.dwind.edu">dwind.dwind.edu</a>.

## In Memory...

#### **Anne Stirrat**

Anne Stirrat of Edina, member of Senior Tennis since 1996, made her transition August 15, 2006 surrounded by members of her beloved family. Anne was an extraordinary mother,



grandmother and friend to all who knew her. She was employed by Honeywell's Residential Division for 25 years. Her passions included her family, friends, tennis, skiing, traveling and fine dining. She will be remembered for her beautiful smile, warm laughter, dry wit, openness and dignity. Preceded in death by her husband, John Rae; and survived by her brother, James Rowse (Evie); and children, Andrew (Susan), Craig (Pamela), Judith Anne, Christopher (Joan), Nancy (Al) and Brian (Colleen); and grandchildren, Erika, Ryan, Kate, Colin, Christine, Laura, Justin, Lindsey, John, Mark and Thomas. Memorials can be made to Fairview Hospice Fund, c/o Fairview Foundation, 2200 Riverside Ave., Mpls, MN 55454 and InnerCity Tennis, 4005 Nicollet Ave, Mpls, MN 55409.

## Ruttger's getaway

The Monday morning tennis girls enjoyed another great time at Ruttger's Resort. Tennis twice a day, spotting a blue heron and a bald eagle on our afternoon of boating on Bay Lake, and an evening bonfire with camp stories and songs were the high-

lights this year. We even found time for bridge and shopping.

We left, relaxed, well-fed and committed to coming back the day after Labor Day next year.

Pictured here are: L-R front row, Mugsy Ferber, Rita Welch, Sally Enstrom, Jane Tischbein; middle row, L-R Ginny Morse, Marilyn Coady, Joanne Schmid, Lois Kukuk; back row L-R Sharon Engel, Susan Rosenberger, Libby Hargrove, Erline Herr, Linda Kraft.

## **STPC** members at US Open

STPC members Dorothy Werner, Sally Browning, Dottie Brazeal, and Caryl Minnetti went to the Big



Apple for five days of sightseeing in addition to five days of exciting tennis at the U.S. Open.

Transportation was simple by subway from Manhattan to Flushing Meadow, home of both Shea Stadium and the newly-named, Billy Jean King tennis facilities. The site is the former N.Y. Expo site from the sixties and includes the large Arthur Ashe Stadium seen on television plus the smaller Louis Armstrong Stadium, the Grandstand, and many side courts where players warm up.

During early elimination matches, the four Minnesotans saw Raphael Nadal, Serena Williams, Justine Henin-Hardenne, Roger Federer and Amelie Mauresmo from "7th heaven" in the Arthur Ashe Stadium, where all seats have a good view. Later events included Martina Navratilova in a fast-paced doubles match with partner Bob Bryan, James Blake and the touching farewell of the great Andre Agassi. There wasn't a dry eye in the stadium.

The four travelers returned to watch the final matches from the comfort of their homes, anxious to start indoor tennis.



## Fort Snelling Halloween Social

Open to singles and couples. Mixed doubles. Rotating partners. 56 players only! You do not need a

partner.

Time: Saturday October 28. Play 4-7 PM, 7-8 PM refreshments.

Place: Fort Snelling Tennis and Learning Center Cost: \$12/person Limited to first 56 who sign up. No refund for no-shows.



Halloween Tennis Party Reservation Form					
Name: Phone ()					
Skill Level: $\square$ 1-1.5 $\square$ 2-2.5 $\square$ 3-3.5 $\square$ 4.0					
Send your check for \$12, payable to STPC, and this form by October 14, 2006 to:					
Ardelle Hansen, 4100 Parklawn Ave #209, Edina, MN 55435					
All players must sign the Release Form below: <b>RELEASE FORM</b>					
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** new members, renewals, and changes

Other phone Rating Home phone Address and Email Name

## **Protect your precious eyes Healthy tips from UCare Minnesota**

When it comes to health issues, we often focus on preventing and treating the most prevalent and visible ones—heart disease, diabetes, lung cancer, and skin cancer are a few of the standouts. Although mothers are notorious for reminding children to eat carrots for healthy eyes, it's easy to neglect eye care until vision problems actually occur.

Rating

Home phone

Glaucoma, macular degeneration, diabetic retinopathy, and cataracts all affect vision differently and can lead to the loss or obstruction of central and/or peripheral vision. Over 1.5 million surgeries are done to remove cataracts each year.\*

"It's important to have regular eye check-ups and to see your eye care professional at the first sign of vision problems," advises Barry Baines, M.D., Chief Medical Officer at UCare Minnesota. Baines adds, "The damage done by eye diseases is usually irreversible, but early treatment can prevent further vision loss."

Eye disease can affect anyone, but some people are at greater risk. Age is a major risk factor in all eye diseases. The National Eye Institute and UCare Minnesota recommend people over age 60 have an eye exam at least once every two years. People with diabetes or a family history of an eye disease should check with their doctor regarding the frequency of eye exams. Three million people

in the United States have glaucoma, and it is a leading cause of blindness.\*

Good eye care may not stop the onset of eye diseases, but you can help keep your eyes healthy by following these recommendations from UCare Minnesota:

- Block harmful ultraviolet rays with sunglasses.
- Wear eye protection when playing sports, using machinery, or working with chemicals.
- Avoid computer eye strain by sitting 20 inches from the monitor and taking periodic rest breaks.
- Don't forget mother's advice: eat plenty of carrots (and other foods rich in vitamins A, C, and E).
- \* Source: National Eye Institute, <u>www.nei.nih.gov</u>.

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving 140,000 members. UCare offers two health plans for seniors: UCare for Seniors, a Medicare Advantage product for Medicare beneficiaries, and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare.

For more information, visit <u>www.ucareforseniors.org</u> 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).

### Changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone	
Flagship Athletic Club	All groups moved to Reed-Sweatt except Marv Schneider's, which have no home						
Fort Snelling Tennis and Learning	Mon	9:00-10:30 AM	1	3.0 W	Sandy Loewenstein	651-454-3699	
		9:00-10:30 AM	1	3.0 W	Sandy Loewenstein	651-454-3699	
	Thu	9:00-10:30 AM	2	3.0 MW	Mary Barrett	651-225-9708	
					Molly Flowers	651-699-5490	
Minnetonka Lifetime (formerly Oakdale)	Mon	7:30-9:00 AM	3	3.0-3.5 W	Marilyn Coady	952-544-2976	
Cardaic)					Sharon Engel	763-383-0575	
Reed-Sweatt	Eri	Fri 7:00-9:00 AM	5	3.0-3.5 M/W	Marty Plitnick	612-247-7412	
	1711				Fred Jurewicz	952-496-1019	
Williston Fitness & Sports	Wed	1:30-3:00 PM	2	2.5-3.0 M/W	Dwane Billbe	952-938-5016	

Senior Tennis Times P.O. Box 5525 Hopkins, MN 55343

October 2006

Nonprofit Organization US Postage PAID Minneapolis, MN Permit No. 3270





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