



Senior Tennis Times

The 50+ tennis experience

October 2012

New courts for us!

By Steve Caruso

The STPC board has been active in securing new programs and facilities for the membership. The following are new and existing facilities that welcome and support STPC members.

Note: in health clubs charging a monthly membership fee, some insurance companies (including Blue Cross and UCare) will reimburse part of the monthly cost if you use the club enough—typically 12 times/month.

Life Time Fitness Bloomington South

Mark Mudra has negotiated a program at Life Time Fitness Bloomington South, aka the 98th Street Club. The program provides unlimited tennis. Initially the STPC members can play from 7:00–9:00 AM 6 days a week (Sunday through Friday). Also free court time on Saturday, 2:00-4:00 PM. Once the total of STPC members reaches 10 to 20, other non-prime times will become available.

There are 11 courts available all season. The cost of the program is \$99.50 per month and no additional charges are payable. You sign up from month to month. You can drop any month and sign up again any month. No additional membership charges are imposed.

Beside the playing time available, you get two free drills

(New courts for us!—continued on page 5)

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Tennis events

By Bob Busch

We send our sympathy to the family of Lee Betts who passed on to the beautiful courts in the sky on Friday, August 24. He played his last doubles match 7 days earlier in the ICT tournament with partner Michael Schneider at Interlachen Country Club. Memorials can be made to InnerCity Tennis at www.innercitytennis.com.



Volunteer for ICT programs

The 2012-13 InnerCity Tennis Saturday program starts on Saturday, September 29th and runs to the final session on Saturday, April 13. This free program again plans to serve 1500 to 2000 youth in the 20 sessions at Reed-Sweat Family Tennis Center. The new schedule will offer four levels of participation as follows: Level I, ages 3-6, 3:00-4:30; Level II, ages 7-11, 3:00-4:30; Level III, Junior High, 4:30-6:00; and Level IV, High School, 4:30-6:00.

High school girls

No surprise in the State Coaches Association Rankings: Edina is again the #1 favorite to repeat as champions in Class 2A. Edina has won the past 15 state championships. Edina and Blake, ranked #1 in Class 1A, finished 1st and 2nd in the Dominican Cup Tournament in Madison, Wisconsin in mid-August. This tournament usually includes some of the best teams in the Midwest. Other teams ranked in the top four of Class 2A are Minnetonka, Rochester Mayo, Rochester Century and Wayzata. In Class 1A, St. James,

(Tennis events—continued on page 6)

October tennis mixer

October 27, 6:00-9:00 PM
At PublicIndoorTennis.com
Information & signup page 7

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

Ad rates (first month/additional months):

Full page (7.5x10) \$165/135

Half page (7.5x4.9) 110/85

Half page on back cover 125/100

Quarter page (3.7x4.9) 70/50

Eighth page (3.7x2.4) 45/30

Business card special 30/20

Horizontal strip ads: \$55 first two inches; \$20 each additional inch. Vertical: \$75 first two inches; \$25 each additional inch.

2-line ad (members only), first three months free, then \$5/issue. Additional lines \$5/issue.

Membership information changes, newsletter delivery problems, etc., can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or email dsommer7@usiwireless.com.

Membership total: 1352

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Letters to the editor

Editor's note: We welcome letters, and also Peeves. I invite readers to submit their own Peeves. It's OK to be peevish—anonymity protected if you wish.



Felix Perry's tennis "rules"

Felix Perry has been an icon in Senior Tennis for a long time, but we don't play with wooden rackets anymore. His letter to the editor in September's newsletter recommends several mistakes that are common in Senior Tennis.

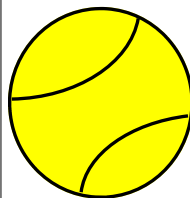
In reverse order:

"3. Do not stand close to the center line when your partner is receiving." With a good serve the receiver may not be able to keep the return away from the serving team's net player. So touring pros, teaching pros and high school and college coaches recommend the receiver's partner stand just behind the service line close to the center line to react to the quick volley. Distraction? Get over it and play!

"2. Pick up the ball, that as a result of a faulty serve is laying on the court." (In English that would be "lying".) Actually, good players pay more attention to avoiding disturbing the server's rhythm than running around collecting all the loose balls. What is more annoying than a fault returned to the deep corner or into the net and chased down while the server sits? With such a delay, "First serve" should be called! Or, better still, how about letting the ball go and focusing on the game?

(Letters—continued on page 5)

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 15th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose a self-addressed stamped envelope if you want materials returned.

Send your submissions to:

David Sommer, 3657 17th Avenue S, Minneapolis, MN 55407.

Email: dsommer7@usiwireless.com.

Opinions expressed in articles, letters or advertisements are those of the author, and do not necessarily represent views of the newsletter editor or the Board or officers of STPC.

Mark's corner

By Mark Mudra

For years I heard the complaint we don't have any Saturday tennis. Now thanks to Life Time Fitness we do. Just yesterday I finalized the details to have available to participants of the Life Time 98th St tennis program free Saturday court times, at convenient 2:00-4:00 PM.



That means use of courts, ball machine, and I'll try to be there most Saturdays if you need someone to hit with.

This year we have some exciting new lessons:

1. Saturdays, 2 hours of tennis at Life Time 98th Street October 13, November 10, and December 8 2:00-4:00 PM for only \$7.00. These "get acquainted" sessions are open to all STPC members
2. New Wednesday class at Baseline (where we rebate back \$2.50 to cover your parking).
3. New Life Time 98th Street classes on Tuesday and Friday 9:00-10:30 AM, free for participants in the Life Time 98th Street tennis program.

See details of the Life Time tennis programs on page 1 article by Steve Caruso.

We had our first open Saturday tennis at Life Time 98th Street. Almost 40 STPC members attended. (See item 1. above.) This month on Saturday October 13 for only \$7.00 we will feature two hours of tennis plus:

- Free use of ball machine
- Free food/drinks (protein shakes)
- Guest Speaker—Jesse Schultz, Certified Fitness Trainer/Lifetime to answer all your tennis fitness-

Players wanted

Reed-Sweatt Tuesdays 9:00-10:30. Subs needed for 2.5-3.0 MW. Start play September 4. Donna Borgerding 612-721-7038 or 612-810-4549.

Reed-Sweatt Tuesdays 9:00-10:30, 3.0-3.5 M. One regular and subs needed, new players welcome. Contact Benton Randolph at 612-889-9086.

Reed-Sweatt Thursdays 10:00-11:30, 3.0-3.5 mixed doubles. Need two men regulars plus subs.

Reed-Sweatt Fridays 10:30-12:30, 3.0-3.5 M. One regular and subs needed, new players welcome. Contact Jim Uecker at 763-559-2753.

Fred Wells Fridays 9:00-11:00, mixed doubles 3.0-3.5. Men & women subs needed. Caryl Minnetti 952-884-5136.

related questions

Jesse Schultz is a graduate of St. Olaf with a degree in Sports Science and a certified fitness trainer employed by Life Time Fitness. He is to be our STPC Fitness Consultant. Email jschultz@lifefitness.com.

Already, the unlimited tennis pass program at Life Time Fitness has over 10 STPC members. See the page 1 article in this newsletter or on the web site (click Tennis Schedule) for details.

This week one morning when I arrived at our courts there were two STPC players on the ball machine, another two playing a match, and one working on his serve. Then at 9:00 they attended my free volley clinic—not a bad morning of tennis!

Annual picnic

Special thanks go to all the people who made the annual picnic so successful. Ann Barten, Mary Ann McGuire, Lee Peterson and their team provided a fun afternoon of tennis, games, and food. A great time was had by all.

Stroke of the month

The Serve—see bottom of page 4 (lessons page).

Fitness tip

Try to eat more blueberries. Some of the benefits of blueberries are:

- Help reduce high blood pressure, and high cholesterol.
- Promote good bacteria, which are critical to digestive health and the immune system.
- Contain compounds that prevent the bacteria responsible for urinary tract infections.
- Contain anthocyanin, which improves night vision and prevent tired eyes.
- Promote healthy aging through improved motor skills and by reversing short-term memory loss.

NTRP rating class

(Mark's corner—continued on page 5)

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.

Furnishd mobile hme. Apache Jct AZ. 2BR, 2BA AZ rm. Wkshp/comp rm, lndry, pantry \$11,500. 763-571-2287.

WANTED old **Prince Thunder Rip racket**. Call Peg 952-935-6187 if you have one sitting around.





SENIOR TENNIS PLAYERS CLUB

Senior Tennis Players Club Indoor Lesson Season

The 50+ Tennis Experience

Lessons and drills—September through April—All levels

No reservations needed—show up and play.

Cost \$7, except where noted

Day	Location	Time	Instructor, Phone, Email
Mon	Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis, 612-825-6844	1:30-3:00 PM	Dilcia Pederson 612-824-6099 dilcia.pederson@innercitytennis.org
			Duncan Welty 952-933-8592 idwelty@q.com
Tue	Life Time 98th St – only open to Life Time Unlimited Tennis Pass Members. FREE!	9:00-10:30 AM	Mark Mudra 952-833-1469 markmudra@aol.com
	PublicIndoorTennis.Com. 7833 Highway 65 N.E., Spring Lake Park, MN 55432	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com
Wed	Baseline Tennis Center , 1815 4th St SE, Minneapolis, 612-625-1433 (will rebate \$2.50 to cover parking)	9:30-11:00 AM	Mark Mudra 952-833-1469 markmudra@aol.com
	Williston Fitness & Sports , 14509 Minnetonka Drive, Minnetonka 952-939-8370	5:30-7:00 PM	Duane Ryman 612-865-9517 dhrtennis40@hotmail.com
Thu	Reed-Sweatt Family Tennis Center. Coaches Dilcia, Duane, & Duncan rotate with Paul Stormo	8:30-10:00 AM	Paul Stormo 952-944-6286 pjstormo@aol.com
Fri	Life Time 98th St – only open to Life Time Unlimited Tennis Pass Members. FREE!	9:00-10:30 AM	Mike Johnson or his staff
	PublicIndoorTennis.Com. 7833 Highway 65 N.E., Spring Lake Park, MN 55432	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com
Sat	Life Time 98th St. Special! Open to all STPC members these dates: 9/8/12, 10/13/12, 11/10/12, 12/8/12	2:00-4:00 PM	Mark Mudra 952-833-1469 markmudra@aol.com

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Information
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$10.00	9:00-10:00 AM	Call 612-825-6844 for reservation.
Williston Fitness Center 14509 Minnetonka DR. Minnetonka, MN 55345	Mon	Williston member \$8, non-member \$10	3:00-4:00, 2.0-2.5	Call front desk to sign up: 952-939-8370
	Wed		8:00-9:00 am, 3.0- 3.5	
	Fri		8:00-9:00 am, stroke & play	

Skill for October—the serve

- Grip continental.
- Toss 1 foot in front of you, 1 foot in court.
- Toss high so that you extend racquet to meet ball at top of arc.
- Shoulder tilt.
- Point with left (non-dominant) hand to contact point.

(New courts for us!—continued from page 1)

per week: Tuesday 9:00-10:30 AM Mark Mudra will conduct a lesson and Fridays 9:00-10:00 AM Mike Johnson (Life Time Director Of Tennis, 98th Street) or another staff member will conduct the lesson.

In addition, you get a Tennis Fitness Class, Tuesdays at 10:30, taught by Life Time's staff trainer Jesse Schultz.

The full facility resources are available at any time. In addition there is free use of a ball machine during the free court time periods.

Questions, call Mike Mudra at 952-833-1469, [e-mail markmudra@aol.com](mailto:markmudra@aol.com) or Mike Johnson at 952-830-7990, e-mail mjohnson@lifetimefitness.com.

Life Time Fitness Lakeville

Thanks to Bruce Abrahamson for negotiating this program!

This is for STPC members who are not currently members of Life Time Fitness. If you join this program you receive a Platinum membership to Life Time Fitness for \$59.95/month. You will have unlimited court time 7:00-9:00 AM weekdays at Lakeville for \$40/

(Mark Mudra—continued from page 3)

Our next free NTRP rating class is Saturday October 13 at 1:00 at Life Time 98th Street.

The information is on our website. See the site for all details on the free program and please fill out the application and return to me since the class is limited to the first six respondents.

Any questions pertaining to any of the above please contact me. markmudra@aol.com.

Eric Butorac's Minnesota Tennis Challenge

By Sharon B. Kurtt, InnerCity Tennis

Eric Butorac's Minnesota Tennis Challenge returns to the Twin Cities, Saturday, November 17 at Life Time Fitness Club in Eden Prairie.

Want to see the **Bryan Brothers** together in person? Then, plan on attending Eric Butorac's Minnesota Tennis Challenge on Saturday, November 17th at Life Time Athletic Club in Eden Prairie. The evening includes the chance to see tennis exhibitions by Eric, the Bryans and other touring professionals—live! Your ticket



month. You may reserve court time at other times at the regular court rate.

You will not incur any additional membership fees for your membership.

You can use the other facilities at the site.

Contact Evelynda Swope for this program. Reach her at 952-232-1311, or eswope@lifetimefitness.com.

Wooddale Tennis And Health

2122 Wooddale Drive, Woodbury, MN 55125, telephone 651 735 6214. STPC members are welcome here.

The court rate at this club is \$16/hour. For two hours of doubles play, each player would pay \$8.00. In addition the club charges an additional non-member fee of \$8.00 for the day. The latter charge entitles the participant to use all the club facilities. They currently have very little open court time.

STPC members 50 and older can pay a \$25 per month membership fee and forgo the daily charge. Members of UCare and Blue Cross Blue Shield can get a discount on the monthly charge.

(Letters—continued from page 2)

"1. Return the 3rd ball to the serving side." Fine, if it's easy. But 4 people can chase 2 or 3 balls in the time they can chase one. Why delay things if the server has 2 balls? And who cares if the 3rd ball is in an opponents pocket? How long does it take to get that back to the server?

I will ignore the sexism in the last paragraph. And I don't think the playroom analogy is applicable. Geez, we are all over 50, some over 80! Tennis balls are not Beanie Babies, and courts are not family rooms!

—Steve Keefe

includes admission, food and beverages, live and silent auctions.

Please go to www.ebmntc.com for more information about the event. The Minnesota Tennis Challenge proceeds benefit the youth tennis and learning programs in Minnesota, locally Saint Paul Urban Tennis, InnerCity Tennis, and Fred Wells Tennis & Education.

Editor's note: Louise and I have enjoyed this every year. Costs \$100, but the entertainment and food are excellent, and the profits support great youth programs. The pros take time from their touring schedules to do this without compensation. We can help by attending!

St. Paul Academy and Breck were included in the top four. Jim Paulsen, Star Tribune sports writer, credited programs like InnerCity Tennis for developing strong tennis programs at city schools. He indicated that Minneapolis South, Southwest and St. Paul Harding have been consistently turning out top teams. Mark your calendar for the Sectional tournaments October 1-6. The State tournaments will be played October 23-26 at Reed-Sweat Tennis Center (Class 1A) and at the U of M Baseline Center (Class 2A). Enjoy some great high school tennis this fall.

US Open

Serena Williams won her fourth US Open Singles Championship in a hard-fought 2 hour, 18 minute match of high quality tennis with lots of intense rallies over **Victoria Azarenka** of Belarus, 6-2, 2-6, 7-5. It was the best women's Grand Slam final match in many years.

Andy Murray of Scotland won the first Grand Slam Championship of his career by defeating **Novak Djokovic** of Serbia 7-6, 7-5, 2-6, 3-6, 6-2. It was a classic five-set final that lasted almost 5 hours. Murray's play in the 5th set produced a remarkable display of physical and mental toughness in a match that took all of the strength of both competitors.

The **Bryan twins, Bob and Mike** from the USA

recorded their 12th Grand Slam Doubles Championship by defeating Leander Pas and Radek Stepanek 6-3, 6-4. It took them several years to break the long-time record held by Todd Woodbridge and Mark Woodforde of Australia.

Nash wins grass title

David Nash of Bloomington won the USTA National 65 Singles Championship in early September at Seabright Lawn Tennis Club in Rumson, New Jersey. David, an internationally-ranked player, was also the winner in several categories in the InnerCity Tennis Northern Sectional Clay Tournament in August. It was reported that David has won more than 20 national championships. In mid-September he traveled to Umag, Croatia to compete in the 32nd International Tennis Federation Super-Senior World Championships. Results were not available when this was submitted for publication.

Hoecherl inducted

Long-time STPC member **Duane Hoecherl** was recently inducted into the Bloomington Kennedy High School Athletic Hall of Fame. Duane was a phy-ed, health and art teacher and coach from 1965-1990. He created Bloomington's gymnastics program in 1965 and coached tennis and boys' & girls' gymnastics at Kennedy High School.

New member recruiting incentive

By Bob Busch

As an incentive to stop the decline in membership of the Senior Tennis Players Club, our existing members are encouraged to bring in new members from October 1 through November 30. The first 15 STPC members who recruit a new member will receive an autographed copy of "Tennis in the Northland" written by Jim Holden of Northfield. Holden was a high school tennis coach in Northfield for 17 years, a high school teacher for 29 years and also taught at Gustavus Adolphus and St. Olaf colleges for 11 years.

Jerry Noyce, former U of M Men's tennis coach stated that "this volume is a remarkable history of high school tennis in our state—a must read for all of us connected with Minnesota tennis in any way."

Use the membership application on page 11 of this newsletter to recruit new members. Write your name in the box (upper right) on the application as a recruiting member.

Life Time Senior Experience

**NOW! Play 7 days a week for free!
Sun-Fri 7-9 AM, Saturday 2-4 PM**

Yes, that's right! You pay \$99.95/month, with no initiation and no obligation to continue. For that you get as much court time as you want in those hours. If you play just two times per week, you'd break even compared with the cost of playing at other facilities. But in addition:

- Two free weekly drills: Tuesdays 9:00-10:30 AM by Mark Mudra, and Fridays 9:00-10:30 AM by Mike Johnson (Lifetime director of tennis or his staff)
- Use of a ball machine free during the 7:00-9:00 AM time slots.
- Access to all services at 98th Street: Weight room, Pool, Spinning, Yoga, etc.

Try before you buy? Get acquainted at the once a month open sessions. Next one is Saturday, October 13 2-4 PM.

For details on the program and how to sign up, go to our website. Click Tennis Schedule, and then Membership Offer....

October Tennis Mixer

PublicIndoorTennis.com at Spring Lake Park

Mixed doubles. Rotating partners. 32 players only!
You do not need to bring a partner.

Time: Saturday October 27, 6:00-9:00 PM. Play one
90 minute session (either 6:00-7:30 or 7:30-9:00).

Place: PublicIndoorTennis.com—see directions
below.

Cost: \$13/person. Guests welcome.

Light snack food and beverages. Bring your own water bottle.

Limited to first 32 who sign up.

You will be notified as to the time you are scheduled to play. Questions? Call Lee
Peterson 952-270-9472, or Ann Barten 612-724-0712.



From the North: U.S. Highway 10 to Highway 65 South. Take a left on 81st Avenue. Take a quick right at Buchanan Street (you will see the dome straight ahead of you once you get on Buchanan). Take a right on 79th avenue. Take a left on Highway 65 service road.

From the West: Interstate 694 to Highway 65 North. Take a right on Osborne Road. Take a quick left on the service road (follow service road *around* Biff's to dome).

From the East: Interstate 694 to U.S. Highway 10. U.S. Highway 10 to County 10. County 10 to Highway 65 South. Take a left on 81st Avenue. Take a quick right at Buchanan Street (you will see the dome straight ahead of you once you get on Buchanan). Take a right on 79th avenue. Take a left on Highway 65 service road.

From the South: Interstate 694 to Highway 65 North to Osborne Road - take right. Take a quick left on the service road (follow service road *around* Biff's to dome).

October Tennis Mixer Reservation Form at PublicIndoorTennis.com

Name: _____ Phone _____

Skill Level: 2.5 3.0 3.5 4.0 Email: _____

Send check, payable to STPC, and this form **by October 20** to:
Lee Peterson, 8225 York Ave S, Bloomington, MN 55431

All players must sign the Release Form below:
RELEASE FORM

I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a nonprofit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC and its officers, directors, members, employees, agents, tennis pros, tennis clubs, courts and facilities used or licensed by STPC, and all independent contractors with STPC (all being "Associated Others") for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature: _____ Date: _____

Magnetism, Beethoven, and tennis

By Bill Cosgrove

A lot of us senior players are attracted to tennis by what may seem to be something of a natural force of nature. We are drawn to it almost as a given part of the natural world we live in whether we want to be or not. It's kind of like being subject to the laws of physics that we don't even think about or have any control of—magnetism, gravity, sunlight, time-space, three-dimensionality.

That may be overstating it for some of us, but you probably know someone for whom this is true, for whom tennis is a personal obsession or compulsion, almost involuntary, like breathing the air around us. There's something called the autonomic nervous system in us that controls breathing, heart rate, blood pressure, perspiration, and other bodily functions performed without our conscious control or consent. They are involuntary, automatic, and operate whether we want them to or not. We cannot not do these things. Tennis is like that for many of us.

In just this way, we are committed, some of us, to tennis as one of the few truly lifetime sports that have health benefits close to those sports we benefitted from when we were younger. Unhappily, such a commitment can have its physical demands that sometimes exceed our bodies' abilities to endure them.

What was a ding or tweak or strain in middle age can become much more serious as a senior tennis player. Not to mention the sheer fact of accumulated wear-and-tear and general diminishment of bodily prowess. Not quite, perhaps, the accumulation of the "consecutive concussions" we hear so much about today, but still the accruing deterioration of the parts of the body tennis players put so many demands on—ankles, knees, hips, back, wrist, and especially, it seems, the rotator cuff of one's serving arm.

The repetitive forward and downward motion of the arm on the serve and overhead can be costly to the average tennis player, especially for those of us who may have less than perfect form; and even costlier for those of us who have been executing our less than perfect form for half or more of a lifetime, a senior lifetime.

So, what happens when overuse, wear-and-tear, or injury threatens to shut down the natural magnetic attraction of tennis for us? What happens when the old shoulder goes haywire, unliftable, or dead?

Beyond x-rays and CT scans there is what might be called the Tommy John stage of the rotator-cuffed tennis player—an MRI of the rotator cuff. When that happens,

the magnetism of tennis takes on a whole different meaning and can pull at us in different directions and in mysterious ways. Here's how it could happen.

You have an examination and strength test—"Your shoulder is all over the place," your doctor may say. "You don't have much strength in that supraspinatus" or "It could well be torn a little...or a lot." And then the magic, magnetic, and expensive words, "Let's do an MRI."

If you've had one for any reason in your life – herniated disc, cancer, joint damage—you know pretty much what to expect. If you haven't, you may have a few nervous moments creep up on you along the way. An MRI doesn't exactly sound like "root canal" or "colonoscopy" or "catheter" or "suppository," but it may not be far behind (you should pardon the expression).

You likely do know you get to slide into a tomb-like tube flat on your back with barely tolerable clearances surrounding you on all sides. You are kind of like a human torpedo slid into the firing tube on a submarine. And perhaps you've even heard the word "claustrophobic" bandied about with regard to an MRI.

That's because when you open your eyes inside the cylindrical firing chamber in which you are the bullet, you see the top of the tube 1-2 inches from your eyes, and you immediately decide to close them again. While you're not really a character in one of Edgar Allan Poe's "Premature Burial" stories who has to claw his way out of a pine box six feet under, it's close enough to get your attention and fire up your claustrophobia reflex. Indeed, very recently a Twins player who needs a shoulder MRI had problems with the tube, and so he may become the first player in baseball history to be put on the DL due to claustrophobia.

You may have heard, too, that there are now "open-side" MRI machines, and that new fully enclosed ones can be a little shorter, wider and therefore less claustrophobic. All true. But they're still some compelling things about today's MRI experience for the tennis player that succeed in getting your attention quickly and holding it doggedly. When being prepped, you're usually asked your weight, height, and whether you are claustrophobic. If you can field that last question without a momentary feeling of confinement or restriction—without *being* claustrophobic for just an instant—you are way ahead of many people. Then you are offered an array of mitigating services, such as a cloth covering your eyes (so you don't see how close the top of the tube is to your nose), a fan blowing air across your face for offsetting a sense of constriction, headphones for listening to your favorite

(Magnetism, Beethoven and tennis—continued on page 9)

(Magnetism, Beethoven and tennis—continued from page 8)

radio station or music CD, and an emergency call button in your hand (opposite the shoulder being examined).

And these days you don't have to wear a gown, but can remain fully clothed and feel a little more like yourself if not exactly at home—except for unloading any magnetically sensitive metal hardware you may have about your person before you can be slid in. Yes, it is magnetism that performs the magic in the machine, a *lot* of magnetism.

And one other thing before blast-off—you can get a bit of a relaxant to ease any anxiety you may have. May have? *May* have! I say take the shot of Valium and everything else they offer you along the way. The whole nine yards. The full Monty. The entire ball of wax.

The coffin-like metal cylinder you are being slid into is officially called a “bore,” though it is anything but that in its effects on you. You're actually inside a huge magnet weighing tens of thousands of pounds. It's not like the ordinary alloy magnet on your refrigerator, though; rather you are encased in a superconducting magnet that has about 3000 times the power of a reefer magnet and 60 times the force of the earth's magnetic field.

There's no radiation involved, however, because an MRI actually uses the water in your body (we're 60-65% water, remember) to generate its three-dimensional images. Since 1977 when the first ones were performed, MRI scans have been the gold standard for diagnosing soft tissue damage much better than x-rays and CT scans. Not to mention its applications to diagnosing multiple sclerosis, tumors, strokes, Alzheimer's, cancer, and the entire circulatory system.

OK, so now you're in. The secret is to stay motionless while the MRI machine is actually doing its thing with your rotator. During the scan a technician is talking to you through your headset while a magnetic field runs horizontally through the bore from your head to your toes. What it's looking for are a relatively few select hydrogen protons that can, by various magical ways, absorb energy, then release that energy, emit a signal back to a coil, after which that signal gets turned into an electric current which the MRI scanner digitizes.

The lower the water content in a soft tissue area, the fewer hydrogen protons from there will be emitting signals back to the coil. And the weaker the signal, the darker that part of the image will be. So, muscle can be fairly dark, while fat will usually be light. Some MRIs can distinguish more than 250 distinct shades of grey, each reflecting slight variations in tissue density or water content. It's these subtle shades that allow radiologists to, as they say, “unlock the secrets of the tissues” in your rotator cuff.

The secret you may learn to your dismay, as I did, is that what you don't want in your rotator cuff is nice, white, fat tissue where solid, dark muscle should be.

Well-marbled red meat
is good to order and eat,
but not good to have
in your shoulder or feet.

Or in your infraspinatus or supraspinatus. Fat fills in, it seems, the voids left by tendon and muscle tears.

But it seems that the technology magic of showing the well-marbled steak in your rotator cuff can only be achieved by accompanying noises that mimic a Brobdingnagian brass band on steroids. That's why your nurse tells you to expect a few short bursts of “loudness” for the 30-40 minutes you are entombed. Three magnets that rapidly turn on and off to get the scan's three-dimensional effect are responsible for the entertaining loudness you'll hear. It's during these two-to-three-minute bursts of banging noises, it seems, that the actual MRI scans take place. If you planned on sleeping off the Valium while encapsulated in there, forget it.

So the question is how to somehow lie completely still without being driven beyond the bend by the blasting, grating, grinding, pile-driving, drilling work being done around you by the MRI machine. And not get claustrophobic. I can tell you one way to get it done—choose a music CD that complements the music of the machine since you can't drown it out. Indeed, maybe you could choose something by a composer who was deaf himself and use that to your advantage. Now, Beethoven isn't the answer to everything, but here he works.

The first blast of the MRI machine's **1st Symphony for Supraspinatus and Infraspinatus in Teres Minor** can hit you with what sounds like a riot of wild horses pounding across an old wooden bridge. It's surprising how you can ameliorate it with the multiple repetitions of little, short motif sounds of country life from the 1st movement of Beethoven's **6th Symphony in F Major “Pastoral”**.

The second 3-minute crash you hear sounds like large, loud, angry birds being pasted by blasts from a rocket-propelled water cannon and stun grenades. These can be nicely modulated by the flowing water of Beethoven's cadenza for woodwinds that imitates smaller, less angry birds like the nightingale, quail, and cuckoo with flute, oboe, and clarinet in the second movement.

Beethoven's third movement with its country folk dancing and reveling merges quite nicely with the MRI's next percussive arrangement for bugles, bullhorns, rock concerts, collapsing buildings, and shifting tectonic

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plates.

Then, when the MRI reaches toward its climaxing movement of jackboots on a tin roof with bullhorns and shotgun blasts accompaniment, it is offset nicely by Beethoven's beautiful rendition of a thunderstorm sweeping across a pasture.

By the time we get to the final movement of the MRI's

Symphony #1 with its jack hammers, fire alarms, and exploding volcanoes we are as thankful that the MRI scan is completed as Beethoven's country folk are thankful that the thunderstorm has passed. And both the MRI adventurer and Beethoven's humble country folk are grateful to have avoided a tsunami—of sound, suffocation, or rain.

As for your adventure with Valium, you may remember neither the scan nor the symphonies.

STPC new members, renewals, and changes

	Name	Rating	Primary phone	Other phone	Address, Email, Member #
New	Anderson, Mary C	F 2.5	218-326-2612	218-244-8696	2525 Dupont Ave S, Minneapolis, MN 55405 kostoryz@gmail.com #4672
Rnw	Blomlie, Joan	F 3.5	952-405-9228	612-998-6765	2331 Village Terrace, Bloomington, MN 55431 jblomlie@gmail.com #141
New	Blomlie, John	M 3.0	952-405-9228	612-296-6765	2331 Village Terrace, Bloomington, MN 55431 blomliejp@gmail.com #4673
Rnw	Boyer, Roger	M 4.5	952-470-5443	612-825-6844	95 West Point Ct, Tonka Bay, MN 55331 conro10s@msn.com #163
Rnw	Brandt, Richard	M 3.5	612-803-5786	763-533-0579	7825 Noid Dr, Brooklyn Park, MN 55428 ahdickbrandt@yahoo.com #171
New	Doherty, Barbara	F 3.5	952-435-0620	612-245-8747	17185 Jackrabbit Path, Lakeville, MN 55044 eggdoh@frontiernet.net #4668
New	Gershan, Barbara	F 2.5	952-935-2883	612-432-8883	15050 Crestview Lane, Minnetonka, MN 55345 barbgershan1@gmail.com #4664
New	Hample, Patricia	F 3.0	651-773-5541	651-263-5465	562 Homewood Ave, Mahtomedi, MN 55115 pdhample@comcast.net #4663
New	Henry, Diane	F 3.5	952-855-4405		3111 Spring Lake Rd SW, Prior Lake, MN 55372 williamdiane.henry@mchsi.com #4665
New	Hildreth, Linda	F 2.0	651-330-8885		1920 County Rd E-2 W, Arden Hills, MN 55112 amajud17@comcast.net #4671
New	Hoffmann, Gail	F 2.5	952-829-0650	612-719-3909	6816 W 82nd St, Bloomington, MN 55438 ghoffma81@aol.com #4666
Rnw	Hughes, Percy	M 4.0	612-866-3967		6711 Lakeshore Drive, #202, Richfield, MN 55423 percychjr@live.com #683
Chg	Prince III, Luther T	M 3.5	612-224-0003		3733 Columbus Ave S, Minneapolis, MN 55407 #1228
Rnw	Ruppert, Steph	F 2.5	952-854-7034	612-840-8645	910 E 90th St, Bloomington, MN 55420 stephr925@msn.com #1325
New	Samson, Lynn	F 3.0	612-223-0083		15615 17th Ave N, Plymouth, MN 55447 lynnmsamson@gmail.com #4669
Rnw	Schill, William	M 3.5	952-913-6481	612-308-5643	18701 Stratford Rd #139, Minnetonka, MN 55345 kbschill@aol.com #1361
New	Storlie, Jeff	M 3.0	952-492-5209	952-486-1839	20019 Twin Oaks Circle, Jordan, MN 55352 jstorlie@np.k12.mn.us #4667
Rnw	Stuhl, Bob	M 3.0	651-714-0651		2541 Wimbledon Pl, Woodbury, MN 55125 stuhlw@comcast.net #4113
New	Summers, Eileen	F 3.0	507-581-2929		2885 Knox Ave S #506, Minneapolis, MN 55408 esummersafg@yahoo.com #4674
New	Summers, Jon	M 3.5	507-581-2565		2885 Knox Ave S #506, Minneapolis, MN 55408 summersjonL@yahoo.com #4675
New	Weer, Bob	M 3.5	612-356-8999		18716 97th Pl N, Maple Grove, MN 55311 bdweer@yahoo.com #4670



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Team Tennis 2012 season

By Marv Schneider

Another successful STPC Team Tennis season ended on Tuesday, August 21, as the team captained by Don Harnish won the league championship by a large margin. Second place went to the team co-captained by Ken Landro and Barb Lewis.

The league had 5 teams. Each team is composed of 4 men and 4 women. Each match consists of 2 sets of men's doubles played at the same time as 2 sets of women's doubles, followed by 4 sets of mixed doubles. All sets are 8-game pro-sets. **Each team plays twice during the season against each of the other teams in the league.** All play was from about 9-11 AM on Tuesday mornings at 3 locations in the western suburbs. Most players are at a 3.5 level.

An unusual feature of the season this year was having a reporter and photographer from the Minneapolis Star Tribune watch some of our matches and follow it up with a nice article in the July 18 issue of the Star Tribune insert called "The Good Life".

Other captains in the league were Marv Schneider, Jon Weiss, and co-captains Ronnae Wagner and Ken Lucas. Anyone interested in playing in the league for next year can contact any of the captains or league manager Marv Schneider.



1st place: Team Harnish. Front row: Adrienne Alexander, Linda Aasen, Sheila Bjore, Pam Gerlach. Back row: Don Harnish, Jerry Kneisl, John Deneka, Steve Bruell.



2nd place: Team Landro. Front row: Norma Schaefer, Marilyn Kelley, Barb Lewis, Carol Rothe. Back row: Denny Schulstad, Ken Landro, Larry Nelson, Ghulam Quraishi.