

TIMES

Senior Tennis

Dick Pratt Sez . . .

Summer (outdoor tennis) is much less structured than winter indoor tennis. Almost all of the outdoor tennis is on an open basis. Just pick a place, a day and a time that you like and show up. No reservations, no fees, no subs or sign-up. Just show up with your racquet, balls, visor and a jug of water.

If you have any questions, call the captain listed in our outdoor schedule. If "captain needed" is shown, volunteer to be a captain by calling Dick Pratt, 433-3583.

ON THE GOLDEN AGERS, DICK PRATT SEZ.....

The Golden Agers (80 years old and above) had an organizational meeting at the Woman's Club, 410 Oak Grove, Minneapolis, on June 6 at 11:30 a.m. Those in attendance were: Ken Muxlow, Charlie Miller, Fred Wahlster, Bill West and Merton Bell. Dick Pratt, not a Golden Ager, arranged the meeting and met with them. Bill West agreed to be the leader for the group, at least long enough to get things started.

They would like to get started playing tennis as a group as soon as possible. They would like a minimum of seven players (four regulars and three subs) for one court, or twelve players (eight regulars and four subs) for two courts. This would assure them that they would always have a full complement when they play.

It was agreed that in the summer Thursday afternoons would be the most acceptable time, and courts in either Golden Valley or Saint Louis Park would be the most central location.

Each of the members and Dick Pratt will try to recruit more members. All Golden Ager members of the Senior Tennis Players Club are urged to contact Bill West at 451-7005 or Dick Pratt at 433-3583.

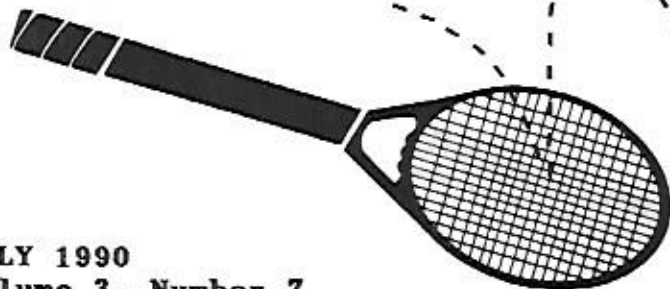
QUESTION: WHERE ARE THE GOLDEN AGER WOMEN HIDING?

A FEW WORDS OF THANKS FROM JACK DOW

Very sincerely, never again, I hope, will Jane and I be faced with the health problems we now have that make it impossible to thank each and every one of you for the many cards, telephone calls and good wishes at the time of my 84th birthday. You're the greatest group of people we have ever known!

Jane is recovering unbelievably well from her surgery. As for me, I'm getting used to and unworried about my health problems.

--Jane and Jack Dow



TENNIS TIPS by Ernie Greene

Move Those Feet

Most pros and good players will tell you that a player is only as good as his or her footwork. You can have great strokes, but they won't do you much good if you don't move well on the court.

The key to good footwork is always to keep your feet moving. Never let them fall asleep on the court. Steffi Graf has great footwork; if you get a chance to see her play, watch how she moves around the court (like a ballerina) with speed, grace and body balance.

Try to stay on the balls of your feet as you watch your opponent go for the ball to make his or her shot. And try to anticipate as soon as you can where he or she's going to send the ball so that you can turn your side to the net and start moving toward that spot.

Remember that a player is generally only as good as his or her footwork. So to get the most from your strokes, keep the feet moving.



UPDATE

ADD ANOTHER SUMMER FACILITY

We have four newly rebuilt courts at Woodbury Senior High School, 2665 Woodlane Drive, Woodbury, Mondays, Wednesdays and Fridays from 9 to 11 a.m. The captain is Ed Conlin, 738-0041.

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EDINA TEMPORARY FACILITY

Due to the fact that Edina Senior High School courts are being repaired, we are working on a temporary location which is the Community Center, east of Hwy 100 and south of 50th Street, Edina. We are certain we will be able to obtain this temporary use, but are in the midst of doing the necessary paperwork. Captains will be advised when it is reserved for our use.

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NICOLLET TENNIS CENTER COURT FEES

Court fees will be increased this fall at Nicollet--from \$9 an hour to \$10 an hour for Monday through Friday. The last increase was five years ago.

* * * * *

CONGRATULATIONS, ROSE MARY SCHMIDT

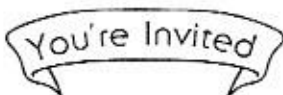
Rose Mary Schmidt is our latest grad; she has completed twelve lessons with Virginia Morgan.

* * * * *

LOST: A PRINCE RACQUET

There was a mixup June 8 at the Sunrise courts. Ed Conlin has a "Dunlap" racquet and is missing his Prince racquet. You can make the exchange by calling Ed at 738-0041.

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**SUNDAY TENNIS AND BRUNCH AT THE FLAGSHIP
YOUR CHANCE TO PLAY AT THIS PRIVATE CLUB
AND ENJOY THEIR WONDERFUL SUNDAY BUFFET**

Date August 19, 1990

Cost \$16 - tennis and brunch
(2 hours of doubles)
\$12 - brunch only

Time 8:00-10:00 - tennis
10:00 - brunch follows

Place Flagship Athletic Club
755 Prairie Center Drive
Eden Prairie
941-2000

We have court space for only 40 to play, but anyone is welcome to join us for the brunch. Balls will be furnished. Court space will be filled by the postmark date of your check so get your reservation in early. Your check is your reservation and must be received by August 14, no refunds for cancellations after this date.

Make check payable to:

Senior Tennis Players Club, Inc.
\$16 - tennis and brunch
\$12 - brunch only

and mail to:

Dick Pratt
12080 Lakamaga Trail
Marine-on-St. Croix, MN 55047
433-3583

If you have questions, call Ginny Owens at 546-9666 (w) or 924-9233 (h).

IT'S OFFICIAL

VIRGINIA MORGAN is now a Field Adviser staff member of Wilson Sporting Goods.

Keeping up

AUGUST CAMPERS, PLEASE NOTE - Orientation for the River Falls Tennis Camp is planned for Friday, July 27, at 7:00 pm at the Richfield Community Center, 70th and Nicollet Avenue. Camp details will be available at that time; final payments can also be made.

THE BLOOMINGTON SENIOR SPORTS-A-RAMA to be held July 31 and August 1 is open to all seniors. There will be men's doubles and women's doubles in tennis. Medal winners will qualify for the National Senior Olympics in Albany, New York in June, 1991. For reservation blanks, call Chuck Supplee, 888-0551, or Jeff Stottlemeyer, 887-9601.

The 1990 Senior Options Expo has many volunteer openings for September 14-15 at the Saint Paul Civic Center. It's a trade show, a job fair, it's education and it's entertainment. Volunteers will be given orientation the day before the Expo and an Expo Gate 2-day Admission Ticket. Celebrities this year include former First Lady Rosalynn Carter, Tony Randall, Susan Vass, Steve Allen and The Golden Strings.

Two-hour volunteer positions are hall guides, information booth people, stagehands, seminar assistants and theater ushers. To sign up, call Jeanne Rogers of the Metropolitan Senior Federation at 645-0261 and identify yourself as a member of the Senior Tennis Players Club.

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*Have a Safe
and Happy*



W A T E R

Water. It's not glamorous and it doesn't make money for any big sporting goods companies. But it can make you a better athlete. Some facts about water, liquids and your body:

- If you do not drink enough water your body gets weaker--right away. If you are 2 percent dehydrated, your performance is reduced by 10-15 percent, according to the Minnesota Extension Service at the University of Minnesota.
- Your body needs water even before you feel thirsty. By the time you feel thirsty, your body has already started to slow down. Drink half a cup of water, every 10-15 minutes when you participate in any ongoing athletic event.
- Sweat is how your body cools. If you don't drink enough water, you tire more quickly and your body temperature gets too high. That can lead to heat stroke.
- Alcoholic beverages take more fluid out of you than they put in by causing you to urinate more often.
- Drinks with caffeine, like colas, coffee and ice tea, may make you nervous, jittery and less energetic.
- Don't worry about losing salt. The little bit you lose in sweating you can replace later in your normal meals. In fact, salt tablets will make you more dehydrated, weaker and less energetic.
- You don't need the souped-up "sports drinks." They give you more salt and minerals than you need, and the sugar makes your body absorb water more slowly and may cause muscle cramps.
- Sweating and losing fluids to make weight hurts your athletic performance. You lose energy, muscle power and your edge. To perform at your peak, set up a weight loss program that builds muscle and decreases body fat. If you lose

water to lose weight, remember you are losing strength, too.

- Muscle is about 75% water, as are kidneys and liver.
- Fat is only about 15% water.

(Submitted by Al Holter, as received from Medformation, Abbott Northwestern Hospital.)



CHUCK LAMPRIGHT NAMED SENIOR-OF-THE-MONTH

Frank Beutel, who certainly does his share of captain's work (and then some), was pleasantly surprised recently by the SENIOR COURTLY COURTESY of Chuck Lampright. As all captains know, there are out-of-pocket expenses incurred when there are copies to be made for the group and postage to cover mailing. Chuck Lampright showed his appreciation by contributing five dollars to help defray Frank's expenses. A courtly gesture.

Frank also lauds his players as being cooperative when there are five people to play for four. They cheerfully go along with "server drops out" and the fifth becomes "server comes in," thereby giving all five a chance to play. Every captain knows this problem, and we gladly mention Frank's great group.

Let's hear from more of you with members who practice COURTLY COURTESY.

* * * * *

BULLETIN BOARD

MINIKAHDA TENNIS TOURNAMENT

Senior tennis players, and all tennis enthusiasts, are invited to support and enjoy the Minikahda Invitational Tennis Tournament to be held at the Minikahda Club in Minneapolis July 27, 28 and 29 (Qualifying Finals on Thursday, July 26). This annual event (now in its 32nd year) is a benefit for inner city tennis and features six international tennis players joined by two local qualifiers. The tournament last year was won by Richey Reneberg; in 1988 by Jay Berger and in 1987 by Andre Agassi.

Rooftopper, Patron and All Events tickets can be purchased in advance with a check to NW Tennis Patrons and mailed to 3769 Towndale Drive, Bloomington, MN 55431. Daily tickets can be purchased at the gate. The "Rooftopper" package includes two all events rooftop tickets, seating atop the tennis shop, refreshments and an invitation to the Thursday evening players' party; the "Patrons" package includes two all events tickets, and an invitation to the Thursday evening party.

The Rooftopper package is \$200 (includes two tickets); the Patrons package is \$65 (includes two tickets) and the All Events ticket is \$20 (one ticket). Need more information? Call Rosemary Rockwell at 831-1461.

THIS MAY BE YOUR KIND OF VOLUNTEERISM

The Urban Program in 19 Minneapolis parks is going on now, until July 27. Volunteers to help instruct the children an hour or two a week, or more, are welcome. The hours are from 8 a.m. until noon Monday through Friday; Armitage Park is noon to 4 p.m.

Contact Nick Pappas, 926-2254, or Vern Backes, 949-2102.

* * * * *

The Pine Tree Apple Tennis Classic takes place August 10, 11 and 12 at Dellwood Hills Golf Club in White Bear Lake. The NWT-sanctioned, mixed doubles tournament is one of the premier events of the Minnesota outdoor tennis season and features 64 of the top men and women tennis players in the Upper Midwest competing for \$3500 in prize money. All proceeds go to the Saint Paul's Children's Hospital to help fight cancer in children.

Anyone can enter a qualifying event to be held August 6-9 at Dellwood Hills. If you would like to help out by working a two-hour shift at the tournament (you can work a shift with friends), call Don or Kathy Fleming at 429-3610. Or if you'd like to attend this three-day event for \$10, here's an order form.



PINE TREE APPLE TENNIS CLASSIC AUGUST 10-12, 1990 DELLWOOD HILLS GOLF CLUB

TICKET ORDER FORM

The Pine Tree Apple Tennis Classic is a three-day, mixed-doubles tournament featuring some of the finest players in the midwest. All proceeds from the ticket sales will go to the St. Paul Children's Hospital to help fight cancer in children. The cost is just \$10.00, which covers admission for all three days. Please, help us to fight these diseases that hinder our children's growth and be a witness to some great tennis, too!

I have donated \$_____ for _____ tickets.
RETAIN THIS PORTION FOR YOUR RECORDS.

Enclosed is \$_____ for _____ tickets.

Name _____

Address _____

City _____ State _____ Zip _____

I would like to help more by contributing another \$_____.

PLEASE MAKE CHECKS PAYABLE TO:
PINE TREE APPLE TENNIS CLASSIC

RETURN ORDER FORM AND CHECK BY JULY 20, 1990, TO:

PINE TREE APPLE TENNIS CLASSIC
P.O. BOX 10939
4453 LAKE AVE. SO., SUITE 202
WHITE BEAR LAKE, MINN. 55110

FOR MORE INFORMATION, CALL: 220-6060

Up Close and Personal: "Murph" Murphy

Willard Murphy or "Murph," as he prefers to be called, was a fireman with the Saint Louis Park fire department for 22 years. He retired 16 years ago with a plan to travel. Murph and his wife, Betty, have since traveled extensively in Ireland, England and other countries in Europe. They have also visited Nova Scotia, Alaska, Mexico and the Caribbean.

"But you can't travel all the time," Murph said. "I kept busy helping with Little League and Babe Ruth leagues, but the winters get long. One day about four years ago, I saw a story in the paper about a tennis group called the Senior Tennis Players Club. I called Jack Dow, the club founder, and he told me to go to the Nicollet Tennis Center and sign up. Since I had never played tennis, it was small wonder that the members chuckled when I showed up with my badminton racquet, part of a set I received as a premium from my bank! Virginia Owens and Percy Hughes, the pros, came to my rescue, lent me a racquet and started me on a series of lessons."

"I liked the game from the day I started," he said. "The people I met were so friendly and helpful--I felt right at home. Joining the club was one of the best things I have ever done because of the game and the people who play it. We're like one big family."

Murph plays regularly at Nicollet during the winter months and at Wolfe Park in the summer. His attraction to the two facilities centers on Owens and Hughes who taught him the game. He now helps the two pros with new-member classes in any way possible - from picking up balls to encouraging beginners.

About a year after he started playing tennis, Murph won a new tennis racquet in a contest of shot accuracy at one of the club's evening tennis parties. His enthusiasm about the club, its members and his new racquet prompted his wife, Betty, to join. It meant that she would have to give up part of her longtime favorite activity, tap dancing. Betty now has the

same enthusiasm for tennis, and still finds time to dance with her tap group, which entertains senior groups around the Twin Cities. She, too, won a new tennis racquet at a club function. Luck of the Irish?

The Murphys, who recently celebrated their 40th wedding anniversary, had lived in Saint Louis Park 40 years. Two years ago, they moved to an apartment complex in Minnetonka, which includes two tennis courts and a swimming pool. "Betty and I play 'soft' doubles with friends in the complex," Murphy said. "Betty's getting better, and Percy says she's going to beat me one of these days."

When asked if there is anything he would change in the STPC, Murph said, "Yes, I'd like someone to make it stop raining Thursday mornings in the summer. I pray, but I'm not doing very well this summer. That's absolutely the only thing I would change."

Murph was born in 1920, raised in Northeast Minneapolis, and graduated from Edison High School. Although he didn't participate in high school athletics, Murph was active in the fast-pitch softball leagues at the Parade Grounds as the team catcher, and he has the bent fingers to prove it. He's proud of his record of catching six no-hit games.

After high school along with other "Nordeasters," he spent two years in a C.C.Camp (Civilian Conservation Corps) in Deer River, Minnesota. The Northeast boys became the Camp 707 fast-pitch softball team, with Murph the starting catcher, and they won every tournament in the Northern league. The group switched to basketball in the winter, and Murph also joined the boxing team. He proudly pointed out that he was named after the famous Irish boxer, Jess Willard.

Two-and-a-half months before Pearl Harbor, Murph enlisted in the U. S. Coast Guard. He served at a lifeboat station on the

Continued on next page

Continued from last page
Willard "Murph" Murphy

Columbia River between Oregon and Washington. Because of storms in the area, freighters ran aground on the reef, and his unit was kept busy saving stranded sailors. Later he was assigned to a new Coast Guard icebreaker, which was made in Duluth. The ship was ordered to Alaska for patrol duty in the Aleutian Islands and to support the installation of long-range navigation stations to aid the U. S. Army Air Force.

Murph attained the rank of Boatswain Mate First Class. In 1945 he was transferred to a Coast Guard base in Racine, Wisconsin for rest and recreation, and that's where he met Betty. They were married in 1946 after his discharge. Betty and Murph built a home in Saint Louis Park. Patrick and Peggy were born in the early 50s. Now, Grandma and Grandpa Murphy naturally boast about their four grandchildren.

Murph's first job out of the service was as an apprentice silversmith. Cyanide poisoning caused him to quit, and he went to work for the Minneapolis, St. Paul and Omaha Railroad as a storekeeper in the roundhouse. Meanwhile, he applied for a job with the Saint Louis Park Fire Department and was accepted. He spent the next 22 years as a firefighter and as a representative of the department responsible for fire prevention. He visited fifth-grade classes in the city's grade schools to teach pupils the importance of fire prevention. "Fifth graders were the perfect age," Murph said, "because they took the subject very seriously. I gave them badges and they would go home and inspect their homes for fire hazards. Their parents sometimes got up in arms because they had to sign a slip for their kids to return to school saying that all hazards had been eliminated. What amazes me is that some of these kids, who are now adults, still remember me."

Murph left the fire department in 1974 and by so doing fulfilled his lifelong ambition to retire early and travel.

However, he had to wait a few years. Betty had always dreamed of being a nurse. She enrolled in a two-year course, completed it, and worked for ten years on the staff of the Westwood Nursing Home. Besides coaching baseball teams, Murph kept busy on his old three-speed bike for a little exercise. Biking became a regular part of his summer activities, and he rides about 500 miles every summer.

Finally in 1978, Betty and Murph went on their long-awaited trip to Ireland. "We rented a car and got lost all over the country," Murph said. "The people were great, the pubs were fun--the Irish really know how to have a good time." What's next in their travel plans? They're thinking of going back to Ireland and England with a stop in Scotland.

-Don Ittner



SPECIAL STPC TEST OFFER

DESCRIPTION

"ASPEN SPORTS LITE" (tm) low surface tension beverage concentrate provides many benefits. The most common is during sports activities.

Low surface tension beverages have been reported to help muscles retain fluids and thus reduce cramping and fatigue.

Other reported beneficial uses are: Enhances cleaning agents for teeth, skin, hair, and body. Refreshing face and body splash or spray.

Add a touch of citrus or other flavor if you like

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As a beverage mix 8 drops in an 8 ounce glass or use 1/2 to 1 ounce per gallon of distilled or purified water. For best results let stand for one hour before use.

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A	THLETE	IMPROVED PERFORMANCE
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P	URITY	MAKES 8 TO 16 GALLONS
E	ASY	UNSWEETENED/NON-CARBONATED
N	EW	ADD TO A GLASS OR GALLON
		<u>THE FINEST FLUID REPLACER</u>

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Call AL HOLTER 537-1843

*****MONEY BACK GUARANTEE*****

FYI

Al Lee wrote us about the 50/50 Outing Club of Eden Prairie, a group of "over 50" living for the "next 50" by staying active. This is a club designed for mature people who want canoeing, hiking and biking paced with their interests and needs. The club meets independently and plans outdoor activities with help of the Outdoor Center/Senior Center staff by providing 1 and 2-day trips in the metropolitan area, as well as longer adventures to the rivers, lakes and trails of the north country.

Coming up July 21 is a Minnesota Arboretum tour, and August 23-26 Lake Superior Trail Backpacking/Hiking. For more information, call Sandy Werts, 937-2262, ext 392.



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.....To my correspondent, The Racketeer. Please call me.....

Mary McNeil
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Senior Tennis Players Club, Inc.
7449 West Shore Drive
Minneapolis, MN 55435

1990-91

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