

Senior Tennis

TIMES

DOWN THE LINE

May I remind you once again of the Annual Dinner Dance scheduled for May 1, 1992 at Midland Hills Country Club. Please make note of this on your calendar. Complete information will be given in the April Senior Tennis Times.

An article in this issue of the Times invites Senior Club members to participate in a study by Dr. Lawrence Greenberg, Professor at the U of M, to help standardize the Test of Variable of Attention (T.O.V.A.). You might want to look into the invitation. It may prove to be an interesting experience for you, and certainly will contribute to the study conducted by Dr. Greenberg.

Want to put more enjoyment in your life? Play tennis!

Bob Curran, President

ATTENTION, BEGINNERS

If you are a beginner with no previous experience and feel you need lessons that are structured more for players at your level than our present classes, please call Dick Pratt at 433-3583.

We will try to schedule some instructions especially for you, providing there are enough of you. Thanks.

Dick Pratt

*In This Issue - Your
1992 Membership Roster!*

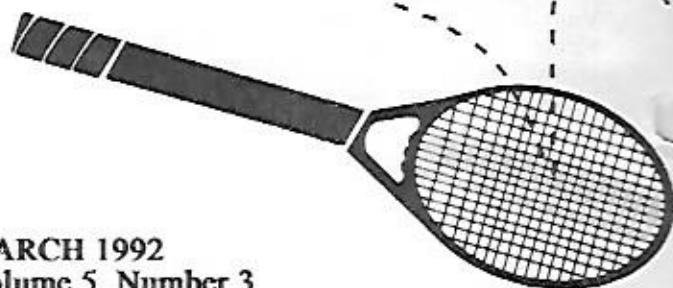
Annual Dinner Dance to be Held at Midland Hills Country Club May 1

Don't forget to mark your calendars for Friday evening, May 1, for the Annual Dinner Dance at the Midland Hills Country Club. All information and reservation form will be in the April TIMES.

Anyone interested in participating in the senior talent revue, call Mona Mae Zarling at 822-5522 or Bob Curran at 450-6243.

WANTED: SUBSTITUTES FOR WILLISTON

Play tennis at the Williston Club on Mondays from 2 to 4 p.m. and Thursdays from 8 to 10 a.m. by adding your name to the substitute list. If interested, call Henry Flesh at 546-7317.



MARCH 1992
Volume 5, Number 3

TENNIS TIPS By Virginia Morgan

Thoughts on the art of tennis:

You're watching a tennis match: The best seats when watching a tennis match are not on the 50-yard line, like at a football game. Your head will be moving back and forth like a windshield wiper! Choose the 20-yard lines, or the ends of the court.

Observe the pros: When they serve, their left arm is extended and their face is looking up ("chin up") as they make contact with the ball.

Think: "FAST FEET, SLOW HANDS!"

Have some questions about court rules or court courtesy? Ted Smith can help. Call him at 925-4133.

Plan ahead: Before going to the court to play, do some exercises and stretching. Fill your water bottle, and have your arm or knee supports in place. Try to be on time so you don't keep the other three players waiting. Our feet are used a lot in tennis - be sure to own a good-fitting, sturdy pair of shoes and allow enough room in them for thick footlets or two pairs of socks to cushion your feet.

Racquet head sizes: Super oversize, about 120 square inches; oversize, 110 square inches, and midsize; 90 square inches.

Be kind to your equipment: It's not a good idea to leave racquets and balls in the car in the cold winter or hot summer. Their performance is affected.

Play one stroke at a time: Prepare as if every ball your opponent hits is coming to you! Try to anticipate where your opponent will hit the ball. Think of every ball as the last and only ball in the world.

Grip wrap: Want to eliminate curling problems when you wrap or overwrap your grip? If you're right-handed, wind the wrap towards you from the far side to the near side of the shaft; if you're left-handed, reverse this and wind the wrap away from you, from the near side to the far side of the shaft.

VOLUNTEER FOR THE TENNIS AND LIFE CLINIC

Once again, we have been asked to work the NWTA booth at the Tennis and Life Clinic to be held Saturday, April 4, at Eagan High School from 9 a.m. to 5:30 p.m. Featured will be Tom Gullikson, Dr. Jim Lochr, Bill Tym and many others.

A crew of two people work the booth for two hours selling tennis literature, T-shirts, sweat shirts and other clothes items. Beyond the two hours' work, volunteers are free to spend the day at the workshops and clinic. Call Percy Hughes at 545-7696.

GRADUATION



Congratulations to **BETTY NELSON** and **BOB NELSON**, the latest grads completing twelve lessons.

NOTE TO NEW STUDENTS: Are you notifying your instructor after twelve lessons? If not, please do so.

THE SECRET OF AL AND JUNE MOHR'S MAGNETISM: ORGANIZATION, DETAIL AND LOVE FOR TENNIS



Throughout civilization there have been legendary pairings - duos etched into our minds. There were Damon and Pythias, Leander and Hero, and Romeo and Juliet. Cinema gave us Astaire and Rogers. And let's not forget ham and eggs or scotch and soda! Of course, currently there's George and Barbara (who?), but they're only famous because of their dog, Millie!

What's all this roundabout left-field tour leading to, you humbly ask? Friends of tennis and all who would respect a couple synonymous with keeping the STPC functioning in high gear - here's Al and June Mohr of Minneapolis. Now most Twin Citians have heard about Moore by Four, local musical group. But guys and gals, we give you Mohr by Two, who perform their organizational skills on the tennis courts with traditional dedication. Their epic unfolds.

Al Mohr, 76, was born in Edmonton, Alberta, the city that spawned Wayne Gretzky (hockey star to the uninitiated), and moved to Minneapolis in 1917. He attended Roosevelt and South High Schools before embarking out into the cruel world to learn the meat cutting trade. He actually apprenticed with his father rather than learning his craft through antiquated classroom drawings of animals. During his long and fulfilling career as a meat cutter, he worked for

Bredesen's, National Tea and Red Owl, from where he retired eleven years ago.

His early tennis playing constituted batting a few balls around until Percy Hughes came into his life. Hughes is not only a competent tennis instructor, but he's persuasive in a charming way. So it came about that Mohr joined the STPC in 1982, although he would have you believe an ad in a local publication was the catalyst. Both he and his spouse played at the old Normandale Club on 84th Street in Edina with other beginners. June is busting out all over to get in a word (she claims Al does most of the family's talking) so let's digress into her tale.

A Minneapolis native, June Mohr graduated from South High School and completed a two-year secretarial course at the Minneapolis Business College. For a time she worked in the bookkeeping department at Sears, and during World War II was a statistician for Federal Cartridge Co. Until her retirement in 1982, she put in 14 years as a secretary with the Minnesota Private College Fund. She excels as a great cook, seamstress and housekeeper.

Both Al and June work for Meals on Wheels and usher at Hope Lutheran Church. June volunteers as a librarian at Fairview Southdale Hospital in Minneapolis, and Al does a stint in physical therapy. During Mandy Johnson's reign as STPC president, June served one year as treasurer and board member. Al also served on the board for two years in charge of the captain's brigade. Meanwhile, back to Al to highlight his saga.

He served almost five years in the U. S. Army Medical Corps in charge of x-ray technicians in his section. Tours of duty included the Philippines and New Zealand, where he headed up PX operations. It has been said he developed his thundering voice in the service, a gift that serves him well on the tennis courts when marshaling his heavy hitters.

Because Al treats his players fairly, despite their age or ranking, the response to his leadership is warming. Above and beyond the call of duty, he gets substitutes and makes arrangements per scheduling that would tax the patience of any captain. One thing he insists on: players should stay on the courts for

the complete allotted time because they have committed to do so. At present, Al is captain for two days and co-captain one day.

Why did Al and June join the STPC? Both concur it was the health and exercise aspect, meeting new people and making wonderful friends to share new outlooks on life. Their philosophies of life are consistent with their love for one another manifested in a happy marriage. Al: "If you give love by your actions, it returns to you. I love to help people with their problems and it returns to you twofold." June: "Our good health enables us to enjoy life and help those less fortunate." There's a wholesomeness about this couple with Good Samaritan overtones.

After 46 years of marriage and two daughters, the Mohrs have retained their sense of humor. They see the humorous side of life by joking back and forth and laughing at "our own mistakes." Some of their fun has been spent in Naples, Florida during the annual STPC jaunts. As long as June takes care of all the details, Al can maintain his heroic stance.

Both are concerned about the world situation and approach their feelings through firsthand travels in six European countries. "People are in want and they are willing to work." Al and June echo, "but first there must be peace." Regarding work, Al is a fixaholic who can repair anything blindfolded. He forsakes tennis in the summer and plays golf (which may be his only handicap).

If you were able to turn the clock back some fifty-odd years, you would find those old-fashioned basics and ethics exist today in the Mohr aspirations. Al and June - they reach for the moon!

Norm Diamond

FREE SENIOR'S GUIDE TO HMOs AVAILABLE

The Minnesota Senior Federation, Metropolitan Region, has developed a 4-page guide of health maintenance organizations' services for seniors. The 1992 Guide to HMOs features a 2-page HMO comparison chart listing available health benefits for seniors. Call the Minnesota Senior Federation's Health Plan Information Center at 642-1398 weekdays from 10 am to 3 pm to order a free copy.

REQUEST FOR VOLUNTEERS

STPC has agreed to help Dr. Lawrence Greenberg find volunteers for a clinical study he is conducting. Dr. Greenberg describes the effort as follows:

"We need men and women, ages 45 to 85, who are willing to volunteer one-half hour of their time to help standardize the Test of Variable of Attention (T.O.V.A.)

"Developed by Dr. Lawrence Greenberg of the University of Minnesota, the T.O.V.A. measures attention span. Originally used to diagnose and monitor children with attention problems, it was recently learned that the T.O.V.A. may be useful in diagnosing disorders of aging, such as Alzheimer's disease. It may be useful also in studying the effects of strokes or brain injuries. That is why we want to test normal older adults - to get norms that clinicians can use for comparison when testing patients.

"The test is a simple test, similar to a video game. You simply press a switch when a specific target appears on the screen. It can be done in your home or at a central location. To be eligible for testing, you cannot be on high blood pressure medication or have suffered a stroke.

"We are sorry that we cannot pay you for your time, but you will have the satisfaction of contributing to the development of the T.O.V.A. and making it possible for others to benefit from it.

"If you are willing to participate in this study or would like more information, please call Dr. Greenberg's research associate, Ted Lau, at 227-3608."

**Don't Forget:
Annual Dinner Dance
at Midland Hills Country
Club
May 1st
Be There or Be Square!**

LEARN TENNIS

1992 Schedule for Beginner Lessons and Drills

LOCATION	DAY	TIME	INSTRUCTOR	PHONE
NICOLLET TENNIS CENTER 14005 Nicollet Avenue Minneapolis 825-6844	Thurs	8:30 - 10 am	Percy Hughes Ginny Owens Paul Stormo	545-7696 546-9666 944-6286
NORTHLAND FITNESS CENTER SOUTH 5250 West 84th Street Bloomington 831-2660	Wed	5:30 - 7 pm	Ernie Greene	488-6359
WILLISTON CLUB 14509 Minnetonka Drive Minnetonka 935-8638	Mon	5:30 - 7 pm	Connie Custodio	824-2569
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury 735-6214	Mon	6:30 - 8 pm	Virginia Morgan Cathy Morgan	459-6059
	Thurs	9:30 - 11 am	Virginia Morgan	459-6059

NOTE: The cost of indoor courts will be defrayed by collecting \$1.50 from each student.

DROP-IN SPRING SCHEDULE

LOCATION	TIMES	DATES
Sunrise Community Center Cedar and Cranbrook, White Bear Lake	Mon through Sun 9 - 11 am	April 15 - June 7
Lakewood College Hwy 120 between 694 and 244 (County Road E) White Bear Lake	Mon through Fri, 4 - 6 pm Sat and Sun, 9 - 11 am	April 15 - June 6

For more information, call Frank Beutel at 426-2440

Senior Tennis Players Club, Inc.
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MARCH 1992

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