SENIOR & TENNIS & TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MAY 2001

New Board Members and Officers for the Year 2001/2002

Outgoing Board members this year are Liz Kamish and Bob Tischbein. The Board thanks them for their hard and caring work for the Senior Tennis Players' Club.

New Board Members are: Fd Fischer, Sandy Sanstrom, Chuck Slocum and Bill West, Welcome aboard.

Officers for the coming year are: Helco Stecklein, President; Polly Maki, Vice President; Jean Murdock, Secretary, and Bernice Hanson, Treasurer.

Please remember we are always looking for assistance in our many and varied activities. Let us hear from you.

Northland Senior Games

The 2001 State of Minnesota Northland Senior Games will be held June 25-29 in Duluth. This is a state-wide event for persons age 50 and over and includes tennis. Join in as a serious competitor or recreational participant and enjoy entertaining social events throughout the week. The registration deadline is June 8. For more information or entry forms, call the City of Duluth Department of Parks & Recreation (218) 723-3724 or (218) 723-3661 or 1 800 4 DULUTH.

Jack Dow Senior Development Awards

The USTA Northern Section annually presents this award to an individual who has promoted the growth of tennis for adults, and served the adult tennis community in the USTA Northern Section.

Connie Custdio (Posthumously)

If you were lucky enough to meet or know Connie you will first remember his ever present, ear to cat, face consuming smile. You will also remember the passion and joy he brought to his friendships, his students, and the game of tennis.

As a true ambassador for tennis in Minneapolis and Saint Paul, Connie was an excellent and avid player, coach, teacher, tournament director, mentor, and official. He touched all those he met on and off the tourts, from the youth in the Inner City Tennis Program and Southwest High School teams, to the adults of the Senior Tennis Players Club.

It is for his work with the adult population, specifically with the Senior Tennis Players Club that he was honored. As a long time teaching professional, Connie had a tremendous following among the players of the Senior Tennis Players Club where he conducted drills, lessons, and camps which directly contributed to the expansion and growth in popularity of Senior Tennis.

Shirley Pratt, Senior Player, Coordinator and "Tennis Cheerleader"

Shirley has been involved with USA League Tennis for approximately seven years. For two years she had been the Secretary/Board Member of the Senior Tennis Players Club. During the summer of 2000 she coordinated the highly successful Super Seniors League. She capably organized eight teams of at least 12 players each into mixed double leagues at the 3.0/below and 3.5/above levels.

Shirley volunteers her time as a facilitator for the 2.5 "hit and giggle" Senior Tennis Players Club league. These ladies with Shirley leading the charge have played matches throughout the summer and competed successfully in the USA Tennis Area Championships against other teams composed of ladies who are shall we say "not as seasoned."

The Trent Tucker Celebrity event has the benefit of this gal as one of the committee people each year. In addition Shirley assists Roger Boyer during the practical portions of the on court testing for USPTA. Summer also finds Shirley on the courts with the Inner City kids during their summer lesson programs.

The Senior Development award not only recognizes merit for the promotion of senior tennis events but is a model for all seniors who want to get involved in all aspects of Growing the Game.

Upcoming STPC Events

June 5 Bolger Clinic at Nicollet Tennis Center

June 21 Captains Dinner, Town and Country, Saint Paul

July 14Grandparents and Grandchild Tournament

Revised
Summer
Court
Schedule
Inside!



Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 24026, Edina, MN 55424-0826

Senior Tennis Times

The Senior Tennis Times is published monthly by and for the members of the Senior Yerkis Players Ckib, Inc.

Newsletter Editor

Betty M Johnson, 5613 Highwood Or., Edina. MN 55436 (952) 915-0866

E-mail: bigraph@bjgraphics.com

2001-2002 Board of Directors

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Secretary: Jean Murdock 612-825-5826
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£d Fischer
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Nick Pappas
Sandy Sanstrom
Don Schneider
Chuck Stocum
Jack Thommen
Ponnae Wagner
Bill West
Director of Training:

Advertising

Art rates are:

Percy Hughes

Founding President, Jack Dow

Send digital files by e-mail or disk to the editor by the 10th of the month for publication the following month. Please send all payments to the treasurer, We can create an ad for you for a \$20 fee.

......... 952-831-2872

70 · 60 · 60 · 60 · 60 · 60 · 60 · 60 ·	
full page (7 x 9 in)S	
half page (7 x 4.5 in)	575
quarter page (3.5 x 4.5 in)	\$50
aighth page (3.5 x 2.5 in)	30
Classified ad (members only, max, 4 lines)	
2-line ad (members only, 50 spaces/line)	тее

Publication Deadline

Submit articles to the editor by the 10th of the month for publication the following month. All material submitted for publication is subject to editing.

Address Corrections

NEW CHANGE. Please notify the floz Bernstein 952-938-7698 with any address corrections.

STPC Membership

Membership Total: 1,658

May 2001: Volume 14, Number 4

Newsletter Submissions

Senior Tennis now has a NEW Newsletter Editor!!!!

In order for the newsletter to be published on time and without confusion some new guidelines are listed below.

Please submit all items in digital format by email or disk only.
 No phone calls, or hand written or typed information sent by mail will be accepted.

Ads may be sent by e-mail or on a disk or zip drive and mailed. Camera ready ad slicks can also be mailed. A charge will be assessed to scan and convert these ads to digital files.

OO NOT USE PUBLISHER, WORDPERFECT, or POWERPOINT because these programs do not convert well.

All art, and photos must be saved as tif, eps, or ipag only and at 300dpi. If you are not sure how to do this please call and I will walk you through this.

Photos (for articles) can also be submitted by mail with specific instructions as to what article it goes with.

1. Digital format means:

Typed (key boarded) on either a PC or Mac and sent in either an e-mail program or typed into Microsoft Word or Excel and sent as an attachment.

2 Disk

Any ad that has graphics (art, photo) can be e-mailed or put on a disk or zip drive and sent directly to the Newsletter Editor.

- If you have an ad, or article that is a Pick-up (ad that has run before in a previous edition) you must:
 - E-mail the new information, insert date and page number of last time it was published.
 - Fax or send a copy of the previous ad to the Newsletter editor.(Remember, there are no previous newsletters on hand to reference)

Send your submissions to:

Betty M. Johnson

5613 Highwood Dr. - Edina, MN 55436

Fax: (952) 915-0867 • Email: bjgraph@ bjgraphics.com

If you have an idea you would like to see written up, or you would like to write an article, call Mary at 612-781-3271. We need your help and input from writers and photographers.

In Memoriam

Bill Michalko, 76, of White Bear Lake, died unexpectedly in April. An STPC member since 1990, he was a captain at the White Bear Tennis Club. Our sincere sympathy is extended to his son, Gary, his five sisters, two brothers, and their families.

Herbal Remedies: Getting Beyond the Hype

Did you know that there are more than 700 herbal products in the U.S. marketplace? They're available as teas, powders, liquids, extracts, tablets, capsules, creams, and lotions. Herbal supplements are natural drugs obtained from plants, and many people use them in the place of non-herbal or Western medicine because they believe they're safer and have no side effects. Is this a myth?

"Sure it is," said Michael Turne, PharmI), UCare Minnesota's Pharmacy Manager, "It's unwise to assume that herbal supplements are completely safe. If taken irresponsibly or without the guidance of your health care provider, they can cost you your health."

The Food and Drug Administration (FDA), the agency that regulates drugs for safety and efficacy, does not require manufacturers to show proof of safety and effectiveness before marketing herbal products. Due to lack of FDA standards, many herbal products vary in the level of parity, potency, and efficiency. Most herbal remedies don't provide details about exactly what they contain.

When to avoid herbal help

Similar to non-herbal medicine, herbal products can cause side effects such as headaches, nausea, and the shakes. In addition, adverse interactions between herbal remedies and prescription or over the counter drugs, and other herbal products can occur. "People who use both herbal and non-herbal medicine together can experience serious medical complications such as liver and kidney failure, and hemorrhage," said Tume. "And they can worsen their medical condition."

Avoid taking herbal supplements if:

- You're taking aspirin, Coumadin (warfarin), or nonsteroidal antiinflammatories such as Motrin or Aleve;
- You're allergic to any of the ingredients in the herbal product;
- You're taking a prescription or over the counter medication intended for the same purpose as the herb you want to take;

 You have sessonal allergies to ragweed or other weeds.

Avoid taking herbal remedies if you have any of the following:

- High blood pressure;
- · Thyroid problems;
- · Psychiatric problems;
- · Parkinson's disease;
- Enlarged prostate gland;
- Blood clotting problems;
- · Diabetes;
- · Heart disease;
- Glaucoma;
- Stroke (in the past).

"If you'd like to start herbal therapy, talk to your doctor or pharmacist first. And if you're taking herbal supplements, it's crucial that you let your doctor know what those supplements are," said Tume.

UCare Minnesota is a nonprofit health maintenance organization (HMO) established in 1984 by the Department of Family Practice at the University of Minnesota Medical School and is the fourth largest HMO in the state. UCare Minnesota offers three health insiatance programs for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for both Medicare and Medical Assistance.

Herbals that can hort your bealth

Below is a list of herhal products that can adversely affect your health if you take them with other medications, or if you have certain health problems.

Ginseng can cause serious drug interactions for patients who are taking estrogens or corticosteroids, such as prednisone, Ginseng can also affect blood sugar levels. If you have diabetes, avoid taking this product.

Kava can cause serious side effects. Patients who have Parkinson's disease should avoid taking kava because it makes the disease worse. Do not use kava if you're on benzodiazepines (Valium, Xanax), or alcohol.

Karela can affect blood sugar levels. Avoid taking karela if you have diabetes.

Kelp may interfere with the effectiveness of thyroid replacement therapy for patients who are taking products such as levothyroxine (Synthroid).

Products	Interacting Drugs	Side Effects		
Kava	Sleeping pills, alcohol, and anti-psychotics	Sedation and painful, twisting movement of the body		
Ginseng	Warfarin (Coumadin)	Insomnia, headache, hypertension, mank. episodes, tremors		
Ephedra (Ma Huang)	Caffeine and decongestants, such as Sudafed & stimulants	Hypertension, headaches, seizures, and insomnia		
Ginkgo Biloba	Aspirin, warfarin (Coumadin) Ticlopidine (Ticlid) Clopidogrel (Plavix)	Bleeding		
St Johns Wort	Anti-depressants, such as Prozac digoxin, Warfarin, and cyclosporine	Fatigue, confusion, dry mouth, and dizziness		

What's Going On!

The Web

We are there. Check us out www.nicollettennis.com and click on STPC. Find the Dow winners early.

Board Approved Amendments to the By Laws:

The Board approved the following amendments to the By Laws.

Amendment to section 4.1 Section 9.6 The control, business and management of the affairs of the Club shall be entrusted and vested in the Board of Directors composed of 12 (18) members.

Amendment to section 4.2 1st paragraph Section 9.7. The past President will not count as one of the 12 members of the Board. The Past President's role will be advisory only and the Past President will not be required to attend Board Meetings.

Last Chance to Sign Up to Play Team Tennis this Summer

Stecklein Team Tennis was started by John Stecklein many years ago in the Twin Cities and has been played every summer since. Fach team consists of four men and four women. Each match consists of two sets each of men's and women's doubles, and 4 sets of mixed doubles. Sets are 8 game pro sets. Matches are played at various parks and schools throughout the Twin Cities on Tuesday mornings from about 9:00 to 11:00 from about mid-june to mid-August.

Last year we had only five teams captained by (in order of finish) Met Baken, Mary Schneider, Deni Sahr, Bob Powless, and Ronnac Wagner. In some previous years we have had an "A" level (3.5 and above) and a "B" level (3.0 and below).

This year we would like to have one league on the St. Paul side of the river and an "A" and "B" level on the Minneapolis side. To accomplish this, we particularly need people who are willing to be captains. As a captain, you would need to out together a team of four men and four women, attend a few league meetings (or provide a substitute), provide your team with league information (including schedule), make sure your team gets to matches (with subs when necessary), set up match pairings at matches, and call in match results to league recorder.

If you are interested in some great tennis on Tuesday mornings this summer (whether you are interested in being a captain, a player, or a sub), or if you have any other questions about Team Tennis, please call Mary Schneider at 952-975-1895. DEADLINE FOR SIGNUP IS MAY 28.

All Members of STPC SUPER SENIORS:

Summer is coming and so is Super Seniors!

Super Seniors means tennis players 65 and over, If you will be 65 anytime during 2001 you may play!

Cost: One time League fee of \$5.00 and \$4.00 fee to Nicollet desk each time you play.

First year players do not need to join USTA, others, please keep up your memberships.

Play 10 weeks, June 21 - August 30, 2001

Place:

Nicollet Tennis Center, 40th and Nicollet,

So. Minneapolis.

Divisions:

1, 3.0 and below

2, 3,5 and above

Time:

Division 1. 11:00 am -12:30 Thursdays

Division 2. 01:00 pm - 02:30 Thursdays

Start Date:

No play July 5

Play and Pizza Party August 30

If you want more information, WANT TO VOLUNTEER AS A

CAPTAIN, want to play on a team you may call: Connic Waterous 651-291-1610 Division 2

Shirley Pratt

651-433-3583 Division 1

Chris Hennessey 651-483-2935

Liz Kamish

651-735-2600 or 952-887-5001, ext. 17

See you in June!

Two-Liner Want Ads

These free two-liner want ad are available to all STPC members. If you would like to place a free ad, e-mail (bjgraph@bjgraphics.com) or write (no phone calls taken) the editor, Betty Johnson. Your ad can only be about 100 spaces long, so be brief.

Ballroom Dancing, Refreshments, every Thurs, 1-3:30 Dick Macko's band, Lennox Comm. Crtz. 6715 Mtka Blvd. Questions? 763-428-2052

For Sale, interested in Head racquets and clothing? Call Percy Hughes, our director of training, at 952-831-2872

SCOTTSDALE/CAREFRE AZ, Places to rent or buy, free tennis. Call 651-613-1044

For Sale, Used bikes, Women's TREK, white, and Mens DIAMONDBACK, black, good condition. \$95.00 each. 763-545-4996

For Sale. Used Party Berg Golf Clubs & bag. 3 woods, with covers, 5 irons, 651-646-6657

2001 SUMMER ADULT TENNIS CAMPS RIVER FALLS, WISCONSIN

Directed by Bob Smith with professionals Emie Greene, Lois Nordman, Bob Haggerty, Ron Filstrup, Maynard Lieder and other experienced tennis professionals.

Highlights of earnp drills and play:

Flat hour drill sessions

La. 00 00

- i lay with critiquing by pros.
- Video tabing of strokes with evaluation session.
- Farly morning and evening play time.

Bob Smith is an experienced teacher and coach with over 40 years behind him. Bob directed the University of Wisconsin, Stout, Tennis Camps as well as the W.I.A.A. Swimming and Tennis Clinics. He has coached at the River Falls Tennis Camp for several years and continues to give private lessons and drills in our community. He has selected a competent teaching staff for our camp this summer.

Select the camp(s) that bost fits your skills and needs.

Campi	July 23 - 20	MEXIMATION COCCURATION OF	2.0 2.0
Camp 2	July 27 29	Recommended rating:	3.0 3.5+
Camp 3	July 30 - Aug	 Recommended rating: 	3.0-3.5+
Camp 4	August 3 5	Recommended rating:	Open
Fees:	Camps 1 and 3:	\$320/person, double occupancy with a/c	
	3.55% c 17% 4.76% C 3640 M 455% C 156.05	\$335/person, single occupancy with a/c	
	Camps 2 and 4:	\$220/person, double occupancy with a/c	
		\$230/person, single occupancy with a/c	
	Individual	\$ 22/person, single occupancy with a/c (v	
	Nights:	\$ 16/person, double excupancy with a/c	(without food)

Decempended rating:

Send registration form with deposit of \$150/person by June 9, 2001. You will be billed for the balance which is due by July 12, 2001. Openings after July 12 on a space available basis.

There is a service fee of \$25 for all cancellations after June 12. After July 12, half of fees will be forfeited, except in case(s) of documented medical emergencies.

Checks must be made payable to Traveling Tennis and mailed to Pat Williamson, 2465 Londin Lane #304, Maplewood, MN 55119.

Call Travoling Tennis staff with any questions: Karla V. Send 651/739 7397

Pat Williamson

651/738 6953

We look forward to seeing you this summer!

Paid Advertisement

Name:	
Address:	_
City/State/ZP:	
CAMP #:	Termis Rating:
Poormate:	

2025

2001 Summer Court Schedules

STPC has arranged locations and times for summer outdoor tennis listed below. Players should be registered members of STPC. If you have any questions about the location where you want to play, call the STPC captain listed for that location. If you would like to be a captian, call Helen 651-494-0648.

Court Location	Day	Skill	Time	Captain	Phone
Outdoor Courts					
Aquita Pork Minnetonka Blvd & Aquila Ave, St. Louis Park	Monday through Friday	1 10 - 1 1 1	8–12 p.m.	Captain needed	
Augsberg Park 72nd & Blaidell, Richfield	Mondaythrough Friday		7:30-9:30 a.m.	Gigi Stangler Lorraine McDaniels	952-89 <i>7</i> -0811
Bass Loke	Monday	10 TH	9–11:00 a.m.	Joyce Anderson	612-332-7417
Beltline Rd and 36th St, St. Louis Park (not available 7/12–16, 7/26–30, and 8/16–21)	Tuesday		For All	Mel and Milly Warnert	612-588-1887
	Wednesday		1	Barb Webb	612-922-0757
	Friday	25-05	1	Laverne Wilger	952-929-8120
Brooklya Center High School 65th & Humboldt Ave N, Brooklyn Center	Tuesday Thursday	+) 2: 2 .*:	8:30–10:30 a.m.	Captain needed	
Brookview Park Hwy 55 & Winnetka Ave, Golden Valley	Saturday	\$ 40 ¹ 2	810 a.m.	Joyce Hautman Aldean Cummings	952-545-4051 952-474-1731
Carpetter Park Minnetonka Bivd & Raleigh Ave, St. Louis Park	Mondaythrough Friday		8–12 p.m.	Captains needed	
Chanhassen Elementery School Courts Laredo Dr. Chanhassen, 1 block E & N of Chanhassen City Hall	Friday		9–11 a.m.	John Goulett, Jr. Mariyn Goulett	952-445-4165 612-445-4165
Donaldson Park 75th and Humbolt, Richfield	Monday Wednesday Friday		7:30-10 a.m.	Chad Sharkey Jack Kendali	612-866-7682 612-869-0431
Come Park Horton Ave west of Lexington, Saint Paul	Monday Wednesday	(4. 15.1 - 45 5	7–11 a.m.	John Connelly	651-771-2664
Dred Scott Park W Old Shakopee Rd & Ferry Bridge Rd, Bloomington	Monday through Friday		8-10 a.m.	Chuck Suppled Don Snyder	952-884-2573 952-830-9413
Edina Senior High School 6754 Valley View Rd, Edina	Tuesday Thursday		6–8 p.m.	Captain needed]
	Saturday Sunday		4–6 p.m.	Mary Schneider	952-975-169

Court Location	Day	\$kill	Time	Captain	Phone
fridley Commons 62nd & 7th Ave (northwest corner), Fridley	Tuesday Thursday	3.0-4.0	9–11 a.m.	Bob Metcalf	763-571-3596
Gro-Toeke Park North of Minactonka Blvd, east of 101 & Groveland School, Minnetonka	Mondaythrough Friday		8–10 a,m.	Captain needed	
Kolasek Park Baker Rd S of Hwy 62, Eden Prairie	Wednesday, Thursday, Friday		8 -12 a.m.	Captain needed	
Irondale High School Long Lake Rd south of Cty Rd H. New Brighton	Saturday	3.0	8-10 a.m.	Jim Vint	651-636-0071
Lone Lake Pork Shady Oak Rd north of Bren Rd, Min- netonka	Monday, Wednesday, Thursday, Friday		B-10 a.m.	Paul Weinreis	952-935-9463
Murthaler Park 1625 Humboldt Ave across from City Hall, West Saint Paul	Tuesday Thursday Saturday		9–11 a.m.	Jim Mattaini	651-455-5898
North Valley Park Off 70th 1 mile east of Lafayette Freeway, Inver Grove Hoights	Monday Wednosday Friday	2.5-3.5	9–11 a.m.	Shirtey Nelson Irene Davis	651-455-2692 651-457-3940
Oakdale Courts 45th & Granada (§ mile east of 120 on 45th) Oakdale (5/4 through 7/20)	Tuesday Thursday Saturday		8–10 a.m.	Betty Livingston	651-777-9723
Porker's Lake Cty Rd 6 & Niagara Ln, Plymouth	Tuesday, Thursday, Friday		8:30-10:30 a.m.	Ed Fischer	763-550-9770
Reserville Middle School Cty Rd B2, 2 blocks east of Rice, Roseville men only	Monday Wednesday Friday	3.0 3.5	8–10 a.m.	Dan Nedoroski	661-645-2368
Saint Anthony Courts Silver Lake Rd & 33rd, Saint Anthony	Monday	† ·—	9-11 a.m.	Captains needed	
Shownee Park 6516 Scheel Dr (Upper Afton Rd to Martha, north to Scheel), Woodbury	Monday Wednesday Friday		9–11 a.m.	Captains needed	
Skillman Courts East of Cleveland on Skillman, Roseville	Tuesday Thursday		8 40 a.m.	Pat Grames Esther Shivers	651 646 4776 651-646-4776

Court Location	Day	Skill	Time	Captain	Phone
3M Torton Pork 20th St N between Cty Rds 17 & 15, Lake Elmo Enter picnic and sports area. If wet, play at Wooddale Indoor Club	Monday Tuesday Wednosday Thur/Friday	3.0 3.5 3.0 3/3.5	8-10 a.m. 5/1-6/9 7-9 a.m. 6/12-8/11 8-10 a.m. 8/14-10/1	Bob Cripe Muriel Hackney Walt Lewis Darlene Moynagh	651-459-3682 651-436-1972 651-436-8927
Valley View Park 90th between Nicollet & Portland. 8loomington	Monday Tuesday Friday		7:30-9:30 a.m.	Captain needed	
Weyzeta Bell Courts 1 block north of Nwy 12 & Minntonka St, Wayzata	Wednesday	_	9-11 a.m.	Marilyn Thorne	952-471-9813
White Bear Loke High School Cty Rd E & McKnight Rd, White Bear Lake (5/5)	Wednesday		6–8 p.m.	Shirley Kresko Gordon Manaige	651-770-1272 651-429-4046
STPC Free Lessons and Note: When drills go inside in the fall, there is Bass Linke Bettline Rd & 36th St, St. Louis Park		Ali Leve	8:30-10 a.m.	Percy Hughes Paul Storms	952-831-2872 952-944-6286
Bryant Courts 84th & Bryant Ave S. Bloomington	Wednesday		8:30 ·10 a.m. June/July/Aug	Percy Hughes	952-831-2872
Breck School 123 Ottawa Av N.,Golden Valley	Tuesday Wednesday	-	5:30-7p.m.	Jim Erhier Ernie Greene	952-471-9750 - 651-747-8345
Tomer's Lake Century Ave near 94 (Left on Hudson Blvd. frontage road to Greenway. Left to 2nd street, left to lake and tennis courts.)	Wednesday	+	9–10:30 a.m.	Bob Smith	715-386-1319
Private Club Drills ope	n to STPC	Memb	ers —		
Nicollet Tessis Center 4005 Nicollet Ave, Minneapolis	Tuesday	Ī	9–10 a.m.	Rod Vaught Abdul Idi	612-825-6844

Free Lessons. Twelve free 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, a certificate of accomplishment, and congratulations from the STPC president.

You must notify the instructor when you have completed twelve lessons! Members are encouraged to attend lessons and drills at any time. If your game needs improvement, here is your opportunity.

Skill Roting. If you need to know your skill rating, attend one of the lessons/drills and ask the instructor to rate you. If you have any questions, call the instructor.

Corrections to the Schedule. If there are any errors or omissions in this schedule, please notify Helen Stecklein 651-494-0648.



You are cordially invited to participate in May Sharon Sayles Belton's 3rd Annual "Day of Play". Youngsters will be paired with adults in various tennis activities. Parents, Grandparents, Aunts, Uncles - come join your youngster in the "Day of Play"

Return the registration today to assure a playing spot.

Fax 952-473-9450 or mail to InnerCity Tennis.

InnerCity Tennis P.O. Box 29677 Mpls MN 55429

952-473-9200

Mayor's 3rd Annual

Inter-generational Day of Play

InnerCity Tennis and the Senior Tennis Players Club are proud to announce the Mayor's Inter-generational Day of Play

> Saturday, May 19, 2001 Loring Park — 1:00 -3:p.m.

"Day of Play" on Saturday, May	d Annual Mayor's Intergeneration 19th.
Names:	Age
Names:	Age
Address:	King.
City	StateZip
Phone	

Seventh Annual

Grandparent/Grandchild

Round Robin

Saturday, July 14, 2001 8 a.m. - noon Valley View Courts 90th and Portland, Bloomington



Here's an opportunity for you to play tennis with your grandchild, share time together, and most of all, have fun.

Only \$3 per person.

Deadline for reservations is July 10.

Send your reservation form and check, made out to STPC, to:

Helen Stecklein 2670 North Oxford St. No. 211 St. Paul, MN 55113

For more information call Helen at 651-494-0648.

Send this reserva	alion form with your check for \$3 per person, made out to STPC, to
Helen Stecklein	
2670 North Oxfor	
St. Paul, MN 551	13
Name	
Phone No	W-24 NP
Grandchild's Nan	ne
Grandchild's Age	<u> </u>
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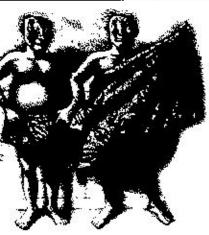
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UCARE FOR SENIORS

IT FEELS GOOD TO KNOW YOU'RE COVERED

Now there's an affordable way to get more out of your Medicare coverage. With UCare for Seniors, you get comprehensive Medicare coverage, generous benefits, freedom of choice and peace of mind. All for an affordable monthly play premium.



For more information about the surprisingly affordable coverage, call 612-676-3500 ext. 125, toll free 1-877-523-1518. or hearing impaired 612-676-6810.



UCare Minnesota is a Medicare+Choice organization with a Medicare contact. You must continue to pay your Medicare Part B premium. UCare for Seniors service areas include: Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott, Sherburne and Washington counties, and certain zip codes in Mille Lac (55371, 56330, 56363, 56313, 56353) and Wright (55328, 55390, 55349, 55363, 55373, 55358, 55343, 55376, 55344, 55301, 55362, 55380, 55320) counties.