



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

November
2004

Renewal time is here

You're going to receive a renewal invoice in the mail in November. Like last year, this invoice shows your name, address, phone number, skill level, and other data, all of which is stored in the STPC database.

When you get your invoice, verify the information and return it, with your check for \$25. You should return your invoice **before January 1** to ensure that your name will appear in the 2005 Membership Roster. And there's even more incentive to be prompt: late renewals pay an extra \$5.



So when that envelope comes, **don't** put it in the "sometime" heap. Take care of it promptly—you'll save \$5, stay in touch via the Roster, and help our membership volunteers do their job.

Volunteer for the Tennis and Technology Program

By Margot Willett

Come volunteer and help disadvantaged kids learn tennis, computer skills and improve their reading and writing skills.

Tennis and Technology is a wonderful after-school program providing badly-needed computer training, academic tutoring and tennis instruction. The program is part of the Fort Snelling Tennis and Learning Center, a tennis center, which is three years old. It is a non-profit with seven state-of-the-art tennis courts, a fitness center, locker rooms with showers and a second floor education center with classrooms, an educational library and a full computer lab with seventeen PC stations. The Tennis and Learning Center is a public facility that is open seven days a week with court time, drills and private lessons available for adults and youth. For information call 612-252-8367 ext. 3 or consult the website at www.tennisandlearning.org.

(Tennis and Technology Program—Continued on page 12)

Snowbirds: stay in touch

We envy you, but still love you. Here's what STPC can, and can't, do to help you stay in touch:

Our new website at www.seniortennismn.com has been updated to include all recent newsletters, schedules, and sign-ups for events. If you don't have your own Internet access, you can go to most libraries for access.



Your membership renewal is sent first class, and should reach you wherever you are.

Our printed newsletter won't be forwarded, since it is bulk mail. And if you're still gone in March when we send the new Roster, you won't get it. However, you can request a copy when you return. See contact for Renewing Members on page 2 and on the website.

Upcoming Events

NOW! Updated Web Site

See "Snowbirds" story above

November 17-18, Tennis Trip

See story page 5

December 4, 5-9 PM

Holiday Party

Sign up on page 14

February 12, 2005

Valentine Party

April 2005

Bolger Clinic

May 2-5, 2005

Dow Tournament

June 18, 2005

Captain's Luncheon & Dow Award
Town & Country Club

Senior Tennis Players Club, Inc.
A nonprofit corporation, P.O. Box 385434,
Bloomington, MN 55438
On the web: www.seniortennismn.com

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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Advertising

Send digital files by disk or e-mail to the newsletter editor by the 15th of the month for publication the following month. Please send all payments to the newsletter editor. We can create an ad for you for a \$20 fee.

Ad rates (first month/additional months):

Full page (7x9 in) \$110/90

Half page (7x4.5 in) 85/65

Quarter page (3.5x4.5 in) 60/40

Eighth page (3.5x2.5 in) 40/20

Classified ad

(members only, max 4 lines)..... 15

2-line ad (members only, 50 spaces/line)

First three months: free, then \$5/issue.

Publication Deadline

Submit articles to the editor by the 20th of the month for publication the following month. All material submitted for publication is subject to editing.

Membership information changes

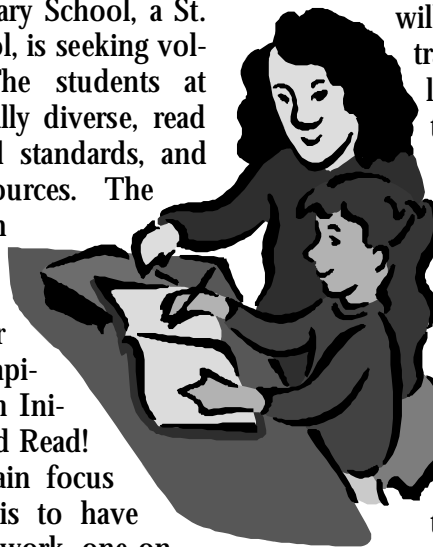
Can be made by writing Senior Tennis Players Club, P.O. Box 385434, Bloomington, MN 55438. Or email to:
currentmembers@seniortennismn.com

Membership total: 1628

November 2004, Volume 17, Number 9

Tutors needed

Parkway Elementary School, a St. Paul Public School, is seeking volunteer tutors. The students at Parkway are racially diverse, read below grade level standards, and lack financial resources. The tutoring program is sponsored through Ameri-corp and Mayor Randy Kelly's Capital City Education Initiative's Read Read Read! program. The main focus of the program is to have volunteer tutors work one-on-one with K-3 students who read below grade level standards. Parkway seeks volunteer tutors any day of the week during school hours: 8:20-3:00, as well as after school hours on Tuesday and Thursday.



Training will be provided by the Minnesota Literacy Council, which will be a three-hour training session on literacy tutoring. The training session will be financially covered through the Mayor's office. Parkway seeks a minimum commitment of half an hour per week, preferably a full hour. This is a great opportunity to help serve the community.

If you are interested, please contact David Hippee, Capital City Education Initiative volunteer/recruiter coordinator, at David.Hippee@ci.stpaul.mn.us or 763-242-3455.

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 20th of the month for publication the following month. Enclose self-addressed stamped envelope if you want materials returned.

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

Email: editor@seniortennismn.com.

If you would like to write an article, call or e-mail David Sommer. We need help and input from writers, artists, and photographers.

Percy's tennis rhythms



By Percy Hughes

Gosh, here we are, into the turkey month already.... Was this summer the summer you had hoped for, weather-wise? I don't think so.... We should be very happy that we live in the state of Minnesota, that's for sure. Some parts of our great

country have not been too fortunate, suffering devastating damage. Our club has many members with nice property in Florida—may our prayers be with them....

Now, a touchy subject, not meaning to offend, please believe me. All of our instructors are caring human beings—they wouldn't be on our staff if not. **But!** I beg you (if your body will let you) to try your best to copy our body mechanics when we demonstrate strokes! Please try—that's all we ask. I promise you, you'll be happy with the changes that can happen to your game. More next month, I promise.

The "Owies" program is on again, with a different time period—it's now 9:30 AM Wednesday mornings. Our Mentor, **Roger Boyer's** surgery was successful, and the program is for injuries that need on court rehabilitating. Call the desk (612-825-6844) to sign up at Reed-Sweatt.

Congratulations to our newest 12 Lessons student, **Ken Olson**. Ken is a special guy—he gets off work at

the Post Office at 2 AM, and is with us at 8:30 AM, Thursday mornings—Isn't that great? I've checked his driver's license, and he really is a Senior like all of us. Gosh, and he even smiles. Congrats, K.O.—stay with us.

Our Newsletter Editor, **David Sommer**, has been a big help with the Thursday morning lesson at Reed-Sweatt—he is an accomplished instructor, take my word. He'll be on call from here on. Welcome, David.

I was invited to Roger Boyer's tennis/picnic in Minnetonka for his **CMT's**. **Wow!!** The food was **awesome!** (I'm on a low carb diet, but believe me, I did fine). Give some thought to being trained as a CMT for the Inner City Tennis Program. Working with and helping the young gives you a very good feeling. If you're interested in joining, please call Roger's assistant, Dilcia Pederson at 612-824-6099—the program can use you. The Saturday afternoon indoor season was off to a good start (October 2nd). So many young people together under one roof, enjoying each other—the Staff, (the music's good also) **and**, "goodies" are passed out at the end of the session. Come observe some Saturday afternoon, and I'm betting you'll want to help with the program. I'll do a Match Point here. **Please** read your newsletter, and **no foot faults!**

Perc

2004 Team Tennis playoff winners

Pictured is the winning team from the Team Tennis League playoff held on August 24. Back row, left to right: Pat Eckelberry, Bruce Williams, captain Marv Schneider, and Larry Watts. Front row: Bettimae Richman, Lois Bunday, Rita Lusky, and Barb Schmit.



Obscure tennis rule

By David Sommer

I've been asked this question twice in the last week: "Who starts the serve for a tie-breaker, and who serves to begin the next set?"

Answer: Perhaps surprisingly, the answer to **both** questions is the same: "whoever's turn it is to serve next." For example, we reach 6-6 and do a tie-breaker. If it is my turn to serve next, I start the tie-breaker (by serving once from the deuce side). When the tie-breaker is over, I **also** serve the first game of the next set!

While I'm at it, here's how serve alternates in the tie-breaker. After I serve once from deuce court (in the same example), the opponent whose turn it is to serve next then serves twice, first from the **ad** court, then from the deuce court. Then my partner serves twice, also starting from the ad court. Then opponent's partner serves twice, in the same way.

Got it? Good!

●● STPC free lessons and drills—all levels ●●

Some court locations are subject to change during the season. No reservations necessary and no fees are charged.

Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Ctr 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$3.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	Thu	8:30-10:00AM	All	\$3.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
Oakdale Golf & Tennis Club 5115 Hadley Avenue N St. Paul 651-770-2719	Wed	12:30-2:00PM	All	\$3.00	Peg Kelly	651-697-1987
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Jim Erler	952-471-9750
Fort Snelling Tennis/Learning Ctr 100 Federal Drive Minneapolis 612-252-8367	Wed	9:00-10:30AM Special class for 3.5 and above.	3.5+	\$6.00	Paul Stormo	952-944-6286 Call for Reservation.

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 and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S. Minneapolis	Tues	\$5.50	9:00-10:00 AM	612-825-6844 Call for reservation.

***Additional classes for all skill levels available, open to seniors and younger players.**

Bass Lake gang

By LaVerne Wilger

We play drop-in five days a week and have a wonderful group year after year. We are presently at the 2.5-3.5 level and have many regulars. It is drop-in so many people come when they are available. We started at Wolfe Park about 12 years ago; when Wolfe Park courts were eliminated,

Benilde-St. Margaret constructed 6 courts on city property so we were able to continue our program—many thanks to Benilde. They do occupy the courts at



certain times and we play at Carpenter Park on those days, trying never to disrupt our program. We have our annual potluck on Labor Day weekend (picture shows this year's picnic) before indoor tennis starts but we do continue to play until the snow flies (or I leave for Arizona). We

start the first week in May and we enjoy new players joining our friendly group.

Tennis trip, Nov. 17-18

By Ron Liddiard

We'll leave the Twin Cities at 9 AM on November 17 and go to the Owatonna Tennis Club for 5 hours of tennis play. Optional trips to Cabellas or the Medford discount mall. Lunch will be provided.

At 4 PM we will go to Treasure Island. At the casino each person will receive a \$3 food coupon, a 20 % discount at the gift shop, and a \$10 coin roll. Each person will receive half a room. The room will be no smoking and have two queen-size beds. Single supple-

ment is \$20.

We will return at 3 PM to the Twin Cities. Cost will be \$57 each with a \$10 coin roll gift. The bus will hold 46 people. We need 40 people to make the budget.

Contact Ron Liddiard at 952-445-5576 or Benz6pt9@aol.com. I need to know if you want to go ASAP.

Please note cancellation

By Rosemary Moneta Rosengren

We recently received notice that our Japanese tennis delegation has cancelled their November travel plans to Minnesota. Our thanks to those who expressed an interest in hosting a home stay for our Japanese friends and to those who wanted to play tennis with them. Perhaps there will be an opportunity to do so in the future.

There may also be an opportunity for a delegation from MN to be formed for a cultural/tennis exchange. Watch for more information in a future edition of the Tennis Times.

Duane Ryman: learning and winning

One of STPC's pros, Duane Ryman, attended the USPTA World Tennis Conference, held at the LaQuinta Resort, LaQuinta, California, September 18-25. The annual event is the tennis industry's premier educational experience for tennis

professionals. Duane also entered the USPTA Tennis Tournament, where he finished as a finalist in the 70's Singles and won the 70's Doubles. Rock on, Duane!



APPLICATION FOR STPC INTENSE DRILLS

DATE OF SESSION REQUESTED: December 3, 2004, 9:00 AM - noon

NAME: _____ AGE _____

ADDRESS/CITY/ZIP _____

TEL: _____ E-MAIL: _____

STPC TENNIS RATING: _____ USTA RATING: _____
(If you have one.)

*ANY SPECIAL HEALTH OR PHYSICAL CONSIDERATIONS: _____

*Please inform us if you have recently had a knee/hip replacement, bypass surgery, etc.

Send application and check for \$30, payable to STPC, to:

Paul Stormo / 6200 Balder Lane / Edina, MN 55439 (952) 944-6286

Preserve the serve, part 2

By Terry Buisman PT

The first article of this series dealt with maintaining rotation through the torso as well as end range motion overhead through a movement pattern called an arm circle. This article will cover rotational motion at the shoulder, which is crucial in regard to racket acceleration and shoulder joint health.

There are two different rotational movements about the shoulder. The first is external rotation, which occurs when one scratches the back of their head (the palm faces forward). The second is internal rotation, which occurs when you scratch your back with your knuckles (the palm faces backward).

There is motion into external rotation as one brings the racquet overhead to serve. The further one can externally rotate, the greater the potential acceleration. The follow through of the serve requires internal rotation. Maintenance preserves the front of the shoulder joint from excessive wear and tear.

The **Putter Stretch** is helpful in restoring external rotation. Place the blade of the putter across the palm of the racquet hand such that the toe (end of the putting blade) is adjacent to the little finger. The shaft of the putter is behind the thumb and comes to rest on the back of the upper arm, just above the elbow. Move the arm straight out to the side, (or as far as possible) with the upper arm parallel to the floor. Grasp the grip of the putter with the opposite hand and move the grip forward (the dominant hand and putter blade will move backwards), create a mild stretch and hold for a ten count, repeat 5-10 times. Do not create any pain with this or any stretch.

The **Behind-the-back stretch** is helpful in restoring internal rotation. Grasp the opposite hand, or if able, the forearm behind the back. Create a mild stretch through the shoulder, again no pain. Inhale deeply and pull the

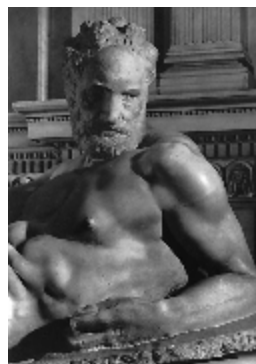
shoulder blades back and down toward the back pockets. Hold this position for 5-10 seconds, rest and repeat 5-10 times. As mobility returns, attempt to grasp further along the forearms with a goal of reaching the opposite elbow.



Player needed

Reed/Sweatt Tennis Center, Thursdays 10:30-12:30, 3.0 mixed group. Need one regular. Call Bob Metcalf, 763-571-3596.

Shoulder Specialty Clinics Minneapolis/Edina



Providing nearly 20 years of exceptional physical therapy care for conservative and post-surgical shoulder cases.

Consultation may require a referral from your physician.

Terry Buisman PT

Trevor Erlandson MSPT

Minneapolis, Medical Arts 612-339-2041

Edina, Southdale 952-922-0330



ORTHOPEDIC REHABILITATION SPECIALISTS, INC.
Physical Therapy for the Twin Cities

21st Annual Winter Tennis Vacation

World Tennis Center, Naples, Florida

Join us for 2 or 4 weeks 2/12-3/12/05 – fabulous location!

Location: Our 82.5 acre resort is located in Naples just 2.5 miles from the Gulf of Mexico.

Who should come? Tennis players of all ages and abilities and their nonplaying spouses and friends are welcome to join the fun. We'll find roommates and tennis partners if needed.

Reserve now! Act soon! Reservations for Naples Tennis 2005 are on a first come, first serve basis. A \$200 deposit per person guarantees your reservation.

Airfares: If you are planning to go as a frequent flyer or senior ultra fare, we strongly recommend you make early reservations.

Attention: There are 15 fewer condos available in the rental pool in 2005, so please make your plans early.

Why choose Naples?

- Temperatures in the 70's almost every day
- Great restaurants & shopping
- Har Tru courts (hard courts also available)
- Most golf courses per capita in the USA
- **FREE COURT TIME!**

Register early if you intend to rent a condo alone, rent for less than 2 weeks, or stay more than 2 weeks.

Note: Reservations can also be made for 3/13-3/31/05 and January 2005.

Fill out this form and send it with your check (payable to Naples Tennis 2005) to:

Don Bratt
3044 18th St. NW
New Brighton, MN 55112

Questions?

Call Don at (651) 636-7083.

Naples, one of Florida's choice spots for vacation fun!

Accommodations: 148 fully furnished 2 bedroom / 2 bath condos, completely equipped kitchen and washer/dryer in every condo.

Recreation: 16 tennis courts (11 Har Tru, 5 hard, 10 lighted for night play), 2,500 seat stadium court, heated pool, outdoor Jacuzzi, saunas, basketball court, and frequent pro tennis exhibitions.

Dining/Amenities: Le Petit Café, pool-side restaurant and bar, full-service pro shop, USPTA professional tennis staff offering instructions, programs, and tournaments. Tennis calendar of activities for all ability levels. Golfing arrangements made for you at golf courses.

Name 1

Address

City/State/Zip

Phone

Name 2

Address

City/State/Zip

Phone

Circle Session	Cost	Date	No. Days	Deposit/ Person	No. Persons	Total \$\$
A	\$545	2/12-2/26	14	\$200		
B	\$545	2/26-3/12	14	\$200		
A/B	\$965	2/12-3/12	28	\$200		
All prices are per person and based on 4 persons/condo plus 9% tax due with the final payment.					Total Enclosed	

STPC Membership Changes, Renewals, and New Members
November 2004

Bollettieri Joins ICT Board

By Bob Busch

Nick Bollettieri was recently elected to the Board of Directors of the InnerCity Tennis Foundation. Bollettieri's successful Florida tennis academy has contributed to the development of many of the players in the world including Andre Agassi, Venus and Serena Williams, Peter Sampras, Monica Seles, Bjorn Borg, Maria Sharapova and Martina Hingis.

During the recent U.S. Open, Bollettieri was engaged as a TV analyst following many of the men's and women's tennis matches.

InnerCity Tennis looks forward to the professional spirit Bollettieri will bring to the history of continuous improvement of the Twin Cities InnerCity Tennis program.

The fall indoor program started on October 2nd and runs through April 23rd. Roger Boyer, Executive Director of ICT, indicates that approximately 65% of the volunteers who help to deliver the program to over 3,000 youth annually are members of the Senior Tennis Players Club. He indicated that these committed senior volunteers help young people build character, competence and commitment for community improvement.

Inner city children through Minneapolis and St. Paul come to ICT looking to learn how to play tennis and they leave ICT as better individuals. ICT is like no other sports program because it has less to do with sports and more to do with improving the lives of the thousands of children it works with.



The Saturday program at the Reed Sweatt Family Tennis Center includes activities divided into three levels based on age and ability. Younger beginning participants are scheduled from 1:30 to 3:00 pm and more advanced high school aged participants from 3:00 to 4:30 pm. Participants work at their own pace, testing their skills and progress, not against each other, but against their own performance.

ICT is also working with Head Start, a community agency, providing programs two days a week at the Fraser and McKnight Centers. Fraser Center programs are scheduled from 10:00 to 11:30 am on Tuesdays and McKnight programs 10:00 to 11:30 am on Thursdays. Programs have also been provided to Boys and Girls Clubs, the YMCA, YWCA and

Creative Clubhouse.

More than 100 volunteers, many recruited through the Senior Tennis Players Club, serve as valuable inter-generational role models. Typically they are retired individuals who love both tennis and children. They share their time and valuable life experiences with kids in need of a caring relationship with an older adult.

Volunteers receive ongoing training at weekly Monday morning sessions. They learn not only how to work with the participants but are also provided with an opportunity to work on their own fitness and physical skills. ICT uses these weekly sessions to gain valuable input and feedback regarding program design.

For more information about volunteering with the ICT program contact Roger Boyer at the Reed Sweatt Family Tennis Center at 612/825-6844.

Edna V. Spearman

By David Sommer

I met this gracious, wise, and funny southern lady on a visit to Atlanta. She was widowed within the past year, and was feeling the loss of her husband especially acutely one day when she went to the supermarket.

A woman at the store said, "Have you been crying?"

"No, I'm all right. Just allergies."

"You look like you've been crying."

"Well, yes. My husband died several months ago and I do miss him so much."

"My husband died a few years ago. I was so glad to be rid of him!"

"Are you trying to cheer me up?"

"No, I mean it. He smoked, drank, and was such an old grouch. I'm glad he's gone."

Edna went on to say how grateful she was for the long life she'd enjoyed with her loving husband, and was working on living the best she could without him.

In Memory...



**LEONA
KOLSTAD**
Leona Kolstad, 78, of Minneapolis,

died October 10. She and her late husband, Elvin, joined the Senior Tennis Players Club February 1, 1985. They were active members and attended every Annual Meeting and Captains' Dinner.

In 2003, Leona commissioned a wood carving of the Holy Family in memory of her deceased friends, John and Mary Haack, and then donated the carving to Saint Joseph's



Home for Children. The piece was dedicated on November 13, 2003 at the celebration of the Mass.

Our sincere sympathy is extended to her two sisters, Elizabeth Loeffler of Madison Lake, MN, and Florence Lenz of Sun City, AZ, and to brother James Haack of North Mankato, MN.

Dick Pratt

Dick Pratt, age 80, of Marine on St. Croix, died October 14 of pneumonia. Dick was a US Navy pilot in World War II and trained pilots for the Korean War. After a 36-year career with Northwestern Bell, he retired, and in



1986 joined the Senior Tennis Players Club and was hooked on tennis and STPC. He was visible at drills for years and became invaluable to the pros by assisting with their programs.

He served on the Board of Directors for several

years, volunteered to be a captain many years ago, and was heavily involved as Captain of the Captains, giving many hours organizing captains, conducting meetings with captains, and locating facilities for drills and play.

Dick was a great organizer. It was he who coordinated the Golden Agers for members over 80, a men's Traveling League, Genuine Seniors, and he was the first to organize the Super Seniors, a USTA-sanctioned activity of mixed players 65 and over who play in the summer. Percy Hughes says "Dick Pratt was a 'Doer' for the STPC club, helping out in many ways—he'd help with the lessons; a board member who always had some input into the subjects being discussed. He'll be missed by many of us, including the ICT program. He touched both the young and old."

Dick, the volunteer, worked with Roger Boyer and the Inner City project as a counselor, mentor, and teacher to children, working at schools and parks. Dick accomplished all of this in spite of hernia surgeries, three rotator cuff surgeries, eye and back surgery. He was very down very long, but was always back in STPC.

He was the fourth recipient of the Jack Dow Traveling Trophy.

Our sincerest sympathy to his wife and active member, Shirley, children, Mary (Thomas) Aadland, Richard (Helen) Pratt, John (Paym) Pratt, and Deanne Pratt. He loved his grandchildren, Jessica, Anna, Emily, Evangeline, Orrin, Brigitta, Isaac, Ciel, Urika, Andrew, Alex, Ythan, Marion, Brianna and Wynn; sister, Audrey (Norm) Dahl; brothers, Wallace (Lorraine), Douglas (Beverly), Lawrence (Nancy).

Jean Wallace

Jean Wallace, 85, of Edina died in October of Parkinson's disease. She had been tenderly cared for by her husband of 14 years, Ted Smith. Her humor, intelligence and love will



(In Memory—Continued on page 11)

be deeply missed by Ted; all 6 of her children, Mark, Mary, Anne, Jane, Suki, and Katy; her 10 grandchildren, and her sister, Lenore James.

She was one of the signers of the Articles of Incorporation of the Senior Tennis Players Club, Inc., a lifetime player, a captain, and a Director of the Board in 1986.

Jean had never played tennis until 1981 when she was introduced to it by founder Jack Dow, who taught her the game. Jean, a widow, met Dr. Ted Smith, a widower, in 1987 when they were both in a Domino's Pizza tournament. Their paths crossed again at an STPC Naples-vacationers' reunion. On February 10, 1990 during a Naples tennis vacation, they drove to Miami Beach, were married, and returned to the World Tennis Center in Naples where they were surprised with a reception in Mandy Johnson's (deceased STPC president) condo, attended by their STPC tennis friends.

Jean, with a degree in biology, worked for thirteen years as a designer and director of a multi-hospital computerized cancer information system. Jean raised a son and four daughters; Ted had four sons. They spent time traveling and visiting their children and grandchildren, always taking their tennis racquets.

When Jean and Ted were written up in the Senior Tennis Times "Up Close and Personal" feature in 1990, Jean was quoted as saying "I can't imagine living without tennis." Indeed, she loved the game.

She will always be remembered for her enthusiasm, and she played as long as she could.

Our deepest sympathy is extended to her husband, Ted Smith, and to their families.

Beware of "hidden" calories during the holidays

Savvy Eating Tips from UCare Minnesota

Holiday gatherings and eating go hand in hand—that's why most people gain about a pound between Thanksgiving and New Year's Day, notes Marie Maslowski, Health Promotion Manager at UCare Minnesota. This pound often lingers past the holidays and can lead to gradual weight gain over the years. Maslowski shares the following tips for keeping the pounds off this holiday season.

If You're Going to a Party...

- Choose small, low-calorie meals earlier in the day. This will balance out the calories you'll eat at the party. Eat a piece of fruit before the party to fill you up.
- Choose boiled shrimp or veggies and a little dip instead of cheese or fried foods. And watch your intake of fat and "empty calories" in sweets, such as eggnog and pumpkin pie. Half a cup of eggnog has 9.5 grams of fat and 171 calories, while one slice of pumpkin pie packs a whopping 14 fat grams and 316 calories. If possible, satisfy your sweet tooth with fresh fruit or angel food cake instead.
- Foods on your dinner plate may also have hidden calories. For example, half a cup of stuffing has nearly 9 grams of fat and 178 calories.
- If you drink alcohol, have only one alcoholic drink if

you're a woman, two drinks if you're a man. Then switch to diet soda or water. Alcohol is high in calories.

If You're Eating at Home...

Prepare foods with plenty of fall vegetables to supply your body with antioxidants, nutrients, and fiber that may lower your risk of cancer and heart disease.

Below are some tips from UCare for cooking with the pick of the season:

- Serve mashed pumpkin instead of mashed potatoes for a delicious side dish.
- Use cooked spaghetti squash in place of pasta.
- Skewer chunks of squash and make grilled veggie kabobs. Baste with a little olive oil to keep them juicy.
- Stack a sandwich with sliced squash and other veggies.

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 130,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare Advantage 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 Medical Assistance with or without Medicare. For more information, visit www.ucare.org or call 612-676-3500 or 1-877-523-1518 (toll free). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).

(Tennis and Technology Program—Continued from page 1)

The after-school Tennis and Technology program partners with the Minneapolis and St. Paul Public Schools, the United States Tennis Association's (USTA) Northern Section and other community groups to provide third through sixth grade students from low-income multicultural backgrounds a rich after-school curriculum that challenges them mentally, physically, socially and emotionally. What makes Tennis and Technology so unique and so timely is that it combines academics—with an emphasis upon reading and writing—with healthy living, including nutrition and fitness education. The program is completely free to all participating kids and their schools, including transportation, which we provide with our own bus and driver.

Students in the Tennis and Technology program come from schools with over 60% minority populations and over 80% families in poverty. About 99% of the kids in Tennis and Technology have never before played tennis, and most have very limited computer skills and show below-average academic performance. Since starting the program in 2002, the program has received high marks from educators and community members for providing a safe and stimulating environment for the kids after school, with caring adults and challenging activities instead of being on the street or at home alone. For example, Gregory Graham, a counselor at North Star Elementary School in North Minneapolis



said, "This [after-school Tennis and Technology] program is one of the best opportunities ever for the kids. Their behavior has changed; they are better disciplined and not as wild. The girls in the program are really interested in working towards scholarships. Some of the kids with health problems are improving their physical fitness."

Tennis and Technology has three part-time teachers and a variety of volunteers. The program runs Monday through Thursday from 2-6 PM and is looking for more volunteers to help with tutoring, in the computer lab and with homework. They are especially looking for help on Tuesdays and Wednesdays from 2:30-4 PM and every other Monday from 4:30-5:45 PM. Volunteers can sign up for weekly, bi-weekly or monthly times. The more one-on-one time the students can have with a caring adult, the more successful they will be in their endeavors.

Besides volunteering yourself, you could contribute good used monitors, keyboards, or mice. The program just received eight computers, but needs these components to make them usable.

If you are interested or for information, contact Margot

Willett, Education Director of the Tennis and Technology program at 612-252-8367 ext. 6 or margot@tennisandlearning.org. Also check out the website at <http://www.tennisandlearning.org/>

Out... or Not?

By Tim Burke

This is from Tim Burke's final test for his Introduction to Tennis class at the U of M. A player, believing a ball is headed out of bounds, calls "Out!" but then hits the ball. His shot lands out of the opponents court. What's the correct call?

Point to the opponent. You cannot claim a let on the basis of your own chatter! In fact, USTA Comment

21.2 says "Nothing a player does entitles the player to call a let."

Same situation, but player's ball lands in bounds for an apparent winner.

Opponents may claim a let if the "Out" call was loud enough that they heard it. See *The Code* paragraph 12: "If a player mistakenly calls a ball 'out' and then realizes it was good, the point shall be replayed if the player returned the ball within the proper court...."

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Holiday Party at Fort Snelling

Saturday, December 4, 2004

5-8 PM Tennis, 8-9 PM Social

- Mixed doubles
- Light refreshments
- 56 players ONLY
- Register by November 30
- All players must be STPC members

Directions to Fort Snelling Tennis and Learning Center, 100 Federal Drive, Fort Snelling (612-252-8367)

From the North:

Starting at the junction of Highway 62 and Highway 55: go 1/2 mile south on 55. Take Fort Snelling exit. The facility will be 100 yards ahead of you.

From the South:

Starting at the junction of Highway 5 and Highway 55: go 1/2 mile north on 55. Take Fort Snelling exit. Horseshoe under 55 and turn right on the frontage road. The facility is 200 yards on your left.

Sign Up Sheet - You do not need a partner, this is rotating doubles.

Name _____

Phone _____ Rating _____

Name _____

Phone _____ Rating _____

Send a check for **\$12 per person** made out to STPC with sign-up sheet **by November 30** to: **Earl & Jackie Darst, 1805 Eagle Ridge Dr. #16, Mendota Hts, MN 55118**

No-shows will not receive their money back—sign up, be there!

I agree that any participation by me during my membership or at any other time, in an activity of, or sponsored by, Senior Tennis Players Club, including lessons, clinics, drills, rating sessions, tournaments, meetings, camps, trips, scheduled group (or other) games, and social events, shall be at my own sole risk, and I hereby release and hold harmless Senior Tennis Players Club and its officers, directors, members, employees, agents, tennis pros, and other independent contractors from any and all claims of any nature whatsoever.

Signature _____ Date _____

Signature _____ Date _____



CHANGES TO 2004-2005 Fall/Winter Indoor Court Schedule—Senior Tennis Players Club

•• ST. PAUL AREA ••

For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927

Location	Day	Time	Cts	Skill	Captains	Phone
Oakdale Golf and Tennis 5115 Hadley Avenue N	Wed	8:30-10:30 AM	3	3.0-3.5 MW	Helen Stecklein	651-494-0648
					Louis Hauser	651-426-2732

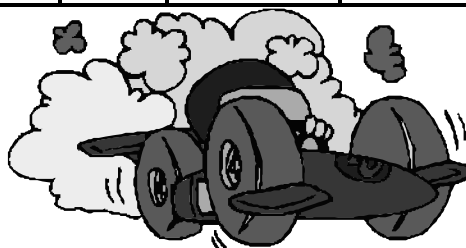
•• MINNEAPOLIS AREA ••

For corrections or changes for Mpls and suburbs call Jack Baloga 952-944-5194

Location	Day	Time	Cts	Skill	Captains	Phone
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka	Mon	10:30-12:00	2	3.0-3.5 M/W	Frank Locke	952-937-9394
					Bruce Mobberly	952-448-9829
	Wed	10:30-12:00	2	3.0-3.5 M/W	Frank Locke	952-937-9394
					Bruce Mobberly	952-448-9829
	Sat	12:00-1:30	2	2.5-3.0 W	Audrey Roe	952-545-9434

Be a Ferrari, not a Jeep

What? Coach Tim Burke says this to his students to emphasize that if you want to move quickly, especially for volleys, you have to keep yourself low—knees bent, racket in ready position. Standing up straight makes it much harder



to push off right, left, forward, or back. And it's more likely to result in a fall and broken bones. So: **be a Ferrari, not a Jeep!**



Two-Liner Want Ads

These two-liner want ads are available to all STPC members. Your ad is free for three

issues. After that, there is a charge of \$5 per publication. Your check should be payable to STPC and sent to David Sommer with instructions.

Interested in Head racquets and clothing? Consult Percy Hughes at 612-866-1102 for what's best for you.

Handyman Services. Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson111@earthlink.net.

Tennis ball hopper \$10. Guaranteed to improve your serve if used regularly. Dave Sprague, 952-944-6419.

Keyboard for sale. Full range chords, rhythms, digital effects, easy to operate, like new. Karen 952-888-9450

Help—my garden needs transplanting & weeding. Many perennials to give. Karen 952-888-9450.

World Tennis Center, Naples, FL. 2/12-2/26 and 2/26-3/12/05. Don Bratt 651-636-7083 for info.

For rent: Park Model in Mesa, AZ. Towerpoint Resort. 763-788-2024

Perfect gift for families—Your unique life story! Call Adorene 651-714-0651 or Rena 715-386-9692 for help **Professional Internet Page Design and Programming.** Call ELINE Web Publishing @ 612-929-2507.

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

Scottsdale studio condo for rent any month or all of Jan-Apr. pools, tennis nearby. 612-377-1352

Wanted: Singer Featherweight #221 or 222 sewing machine. Not working OK. Jim 952-250-6181.

Sun City Grand (PHX), new home for rent Jan-March. All amenities. mprandolph@usfamily.net.

Lazy-Boy Recliner, tan, leather, purchased 1-10-04 for \$600, sell for \$400. Call Bob or Jane 952-938-9348.

On Gulf Bonita Beach 2BR 2B, Jan, Feb, Mar. Tennis, Pool, 4 mi WTC Naples. 952-933-3434.

Reliable '97 Geo-Prism (Toyota), only 67K miles, new tires, AT, AC, 4-door sedan. Call Ken 763-544-9757.

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November 2004



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MINNESOTA

Health care that starts with you.