



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

November  
2005

## History of the Senior Tennis Players Club

By Carol Hall

The organization came about in 1982 when Twin Cities businessman Jack Dow brought a small group of senior tennis enthusiasts together to form a club exclusively for their age group. These 60-and 70-somethings incorporated under the name of Senior Tennis Players Club, and proceeded to organize doubles matches for themselves at the old Parade Stadium courts near downtown Minneapolis. Their numbers quickly swelled. Today, the STPC membership exceeds 1500 members, aged 50 to 80-plus, who participate regularly in organized leagues, playing year-round at outdoor courts during the summer and racquet clubs in the winter. Their playing venues are scattered throughout the greater Twin Cities area.

Jack Dow is credited not only with founding the STPC, but also with its long-term success. An entrepreneur and go-getter who thrived on tennis, Dow, of Edina, was inducted into the Minnesota Tennis Hall of Fame, served as president of the Northwest Tennis Association, and, at his peak, was ranked No. 6 in Minnesota. He initially got the club off the ground by snagging members from among his tennis-playing friends, even giving out some free memberships to increase the numbers. Somewhere along the way, Dow decided that novices should be admitted to this group of seasoned players and hired senior tennis pros, including Percy Hughes, Virginia Morgan and the late Ernie Greene, to provide them with beginner lessons.

Through the years Dow expanded club activities. Senior tennis camps, parties, drills, clinics and trips were added to the established leagues. Some of these trips saw Dow leading groups to Wimbledon, French Open, and U. S. Open, others to a Florida

*(History of STPC—Continued on page 10)*

## Senior Tennis renewal

You will soon be getting your membership renewal letter. It will look different than in past years, so please read the instructions carefully.

Your Board is concerned about the accuracy of the information that we get from you and that we enter in our member database. We've tried to make it easier for you to respond accurately, and for the people who enter information to do so correctly.

And please send in your renewal **early!** You'll help us to spread out the work of processing over 1500 renewals and checks, so that we can get the 2006 Roster out to you as soon as possible. Send it in when you receive it—this prevents “losing” it somewhere in one of your heaps of “things to do sometime.”



## Thank you tennis clubs!

We are grateful for the kindness of the tennis clubs around town: Lilydale, St. Paul Indoor, White Bear Racquet, Wooddale Recreation Center, all the Northwest clubs, Flagship, Fort Snelling, Reed-Sweatt, and Williston, for letting us use their facilities at reduced rates or membership requirements. Without them we could not run this organization of over 1500 members.

Members, take a moment to thank the club where you play. Let them know you appreciate what they do for us.

## Upcoming Events

February 18, 2006

Valentine Tennis Party

April 29, 2006

Annual Meeting

### Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525  
Hopkins, MN 55343  
On the web: [www.seniortennismn.com](http://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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### 2005 Board of Directors

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Club Founder: Jack Dow

### 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.**

Ad rates (first month/additional months):  
Full page (7.5x10).....\$110/90  
Half page (7.5x4.9) .....85/65  
Quarter page (3.7x4.9) .....60/40  
Eighth page (3.7x2.4) .....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. Include stamped, self-addressed envelope if material is to be returned.

### Membership information changes, newsletter delivery problems, etc.,

can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or [currentmembers@seniortennismn.com](mailto:currentmembers@seniortennismn.com)

Membership total: 1514

November 2005, Volume 18, Number 9

*Letters to the Editor are wanted! This is your space to express an opinion or relate an interesting experience. Letters will be edited only for length.*

I am very unhappy to report that two expensive sweaters of mine have gone missing while playing with Senior Tennis members. Once last season during a practice session on Monday afternoon and once this year on Friday morning from 9am to 10:30am. It makes me very angry to think we have someone who steals from us, but I want other members to know so as to be very careful with your clothes.

—David Johnson

## More on your STPC member number

As we explained last month, your member number is on the mailing label of this newsletter. The first line of the label looks like this: "John Doe [2005 #1234]." The "2005" means you've paid 2005 dues. The "1234" is your member number. Clip it out and keep it for ID at club events.

As you pay your 2006 dues (some have already!) the label will contain "2006" rather than "2005."

*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](mailto:editor@seniortennismn.com).

We need help and input from writers, artists, and photographers.

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## Percy's tennis rhythms



### By Percy Hughes

Well team, as I start this column (October 6th), we've had our first snow flakes, much flooding (especially Lakeville, Inver Grove, plus many other areas).

Needless to say, our indoor tennis program is now in full swing. Have you put in fresh strings for the indoor season? That's not a bad idea if you've played quite a bit through the outdoor season - maybe you should even replace your handle wrap. You'll think you're playing with a new racquet! Wow! Now I'm in big trouble with my **Head Regional Representative, Dave Mathews.** ☺☺☺

I hope you've purchased **Roger Boyer's** 50¢ pamphlet on **Grips**—everyone should have it—just ask at the counter at Reed-Sweatt. The 50¢ just covers the cost of the materials used, not for anyone's profit.

WOW! Are we ever lucky! **Oakdale Racquet Club** lost their bubble in that terrible storm that hit the Twin Cities a while back. They decided to finish the indoor season without replacing it, so tennis is "on hold" there for awhile. Fortunately, **Ft. Snelling Club** has come to our rescue—check the les-

sons listing. I'd also like to remind you. The **Oakdale** Wednesday class moves to the Fort Snelling Club on Wednesdays—starting time will be **11:00 AM, every Wednesday**, until outdoor time, May 2006.

We can also use our own instructors—that's a break! We'll go back to the same area we've always used for the St. Paul outdoor lessons. Please commend our President **Darlene Moynagh**, St. Paul pro **Tom Bauman**, and yours truly for finally getting courts for this indoor season for Oakdale area club members—some St. Paul area clubs couldn't find a way for us to have a lesson period. Don't forget, all club members are eligible to attend all club lessons. Indoors it's \$3.00 to defray indoor court time fees, and **totally** free during the outdoor season. Hey! Enjoy this Minnesota winter with lots of tennis—come help the **Inner City tennis program!** This is our mentor, Roger Boyer's baby, and he would appreciate our help. Last Saturday was their first - they were expecting 70 plus kids, *but* ended up with something like **180!** If you have time, come **help**—it leaves you with a good feeling, believe me. Give Dilcea Peterson a call, she being Roger's helper.

Meantime, *no foot faults!*

Perc

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## New member: Dr. James Priest

### By David Sommer

STPC attracts many interesting people, who show by their interest in tennis and other pursuits that "retirement" doesn't mean "tired." Jim Priest is such an example.

Jim has written an excellent book "Beating Prostate Cancer without Surgery"—more about this later. But first his interest in tennis. At the age of 18 he won the Minnesota Open Junior Singles title. He played #1 at Carleton College. While in the US Army, he played in Japan



at #1 & 2, and won the Far East doubles championship.

Currently, he plays about three times/week. He's always played except time-out for injuries.

He says about a health benefit of tennis: "There are studies that show exercise helps in treatment of prostate cancer. Tennis is good exercise."

Jim's book is mainly a diary of his experience with prostate cancer. He had great difficulty in making a decision about what to do. He shares the ups and downs of his struggle.

(Dr. James Priest—Continued on page 7)

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

Some court locations are subject to change during the season. No reservations necessary.

Location	Day	Time	Skill	Cost	Instructor	Phone
<b>Reed-Sweatt Family Tennis Center</b> 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
	Wed	9:30-10:30 "Owies"	All	\$6.00	Roger Boyer	612-825-6844
	Thu	8:30-10:00AM	All	\$3.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
<b>Fort Snelling Tennis and Learning Ctr.</b> 100 Federal Drive, Minneapolis	Wed	11:00 AM - 12:30 PM	All	\$3.00	Tom Bauman	651-738-6726
<b>Williston Fitness &amp; Sports</b> 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Duane Ryman	612-865-9517

**Free or low-cost 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.

\* Lessons are free during outdoor season; they cost \$3 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

## ●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
<b>Reed-Sweatt Family Tennis Center*</b> 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$7.00	9:00-10:00 AM	612-825-6844 Call for reservation.

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

## Fort Snelling saves drill!

The drill that used to be at Oakdale is now at Fort Snelling (see schedule above).

The Fort Snelling Tennis and Learning Center is a beautiful facility located one mile east of the airport and one mile south of the VA Hospital near the intersection of Hwy 55 and Crosstown 62. Look for the Bloomington Road exit from Hwy 55.

## Tip from a pro

**By Tim Burke**

Attitude and confidence. Do you have these in the right order? How often do you bring your won-loss record to the court? Why would you play tennis if you're unable to play in the moment and enjoy it? Winning or losing every match doesn't make you a better player—it skews the attitude and confidence thing.



## Ruttger's romp

By Marilyn Coady

Twelve of our Senior Tennis women enjoyed a wonderful time playing tennis, boating and relaxing at Ruttger's Bay Lake Lodge the week after Labor Day. Pictured back row left to right: JoAnne Schmid, Ginny Morse, Susan Rosenberger, Lois Kukuk, Linda Kraft, Libby Hargrove, and "Noonie" Shermock. Front left to right: Rita Welch, Sharon Engel, Jane Tischbein, Marilyn Coady, and Sally Enstrom. This was our third annual trip.



## The last day of summer

The last day of summer tennis at Tartan Park. Some of the players captained by Walt Lewis, Jim Hansen and Darlene Moynagh.



## Stealth sub in women's group

Dateline 09/27/2005

The Reed-Sweatt 11:00-12:30 group desperately needed subs. This lovely lady showed up and played ferociously. She said her name was Wilhelmina Prawdzik. Anyone with further information please report in a Letter to the Editor (see page 2).



## Donaldson park gang

Willie Prawdzik captained this 3.0 group, MWF. They regularly used 4 courts, sometimes overflowing to another nearby court. Left to right, back row: Bob Campbell, Herman Swanson, Dale Hartley (almost hidden), Bernie Larson, Gary Butler, Cody Connell, Dorothy Rossing, Lyle Lassonde, Jim Wiggins, Bea Mattson, Pat Fredricksen, Don Bartolerio, Bob Ylvisaker, Bruce Abrahamson, Don Wahlund, Kim ???. Front row: Carol Brager, Chuck Mickelsen, Ann Barten, Margret Prawdzik, Sally Finnegan.



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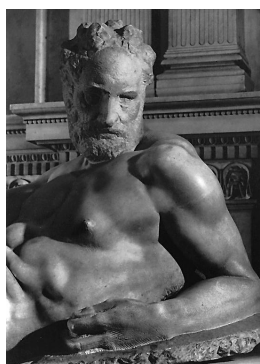
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**Trevor Erlandson MSPT**

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Edina, Southdale 952-922-0330



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*Physical Therapy for the Twin Cities*



## 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.

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

**Handyman Services.** Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, [rthompson111@earthlink.net](mailto:rthompson111@earthlink.net).

**2 Greek homes, 3BR, 2.5BA, near Nafplio, furnished, \$750(Euros)/week.** Sally Howard 612-340-9706.

**3.0-3.5 female will sub in Mpls/west suburbs.** Weekdays, available Nov. 15. Marsha Jarvela 763-971-8997.

**NWAC/Oakdale, in Mtk., 90 min. drill/play sessions T/W/T.** Dunc Welty, USPTA, 952-933-8592.

**Leaf vacuum/blower/chipper 3.5 HP Sears.** New was \$450, now \$75. Joan 952-829-5650

**Beautiful 3 BR townhouse on Lake Superior** for rent by day or week, sleeps 8. Call 952-831-0880.

**One-level 2-BR townhome near Lexington & Hamline (Shoreview)** for sale. \$280k 651-784-0343.

**FL, Bonita Beach 2BR 2BA, pool, tennis Dec 05 - Jan 06, \$5250/mo.** 952-933-3434.

**Wanted: Prince racquet—Stealth or Hornet, Mid-plus.** David 952-831-7303

# Gopher tennis

By David Sommer

This is the best tennis in town, and it's free! University of Minnesota men's and women's tennis teams play their home matches at the Baseline Tennis Club on campus—it's between 4th and 5th streets in the same building as the women's hockey facility. Go to <http://www.gophersports.com/> for

Gopher men's tennis – home matches	
Jan 22, 2006 12 noon	Texas A&M
Jan 28, 2006 6:30 p.m.	Texas
Feb 4, 2006 1 p.m.	Minnesota Invitational
Feb 4, 2006 6:30 p.m.	Minnesota Invitational
Mar 25, 2006 12 noon	Ohio State
Apr 14, 2006 6:30 p.m.	Penn State
Apr 15, 2006 12 noon	Indiana
Apr 27, 2006 T B A	Big Ten Championships
Apr 28, 2006 T B A	Big Ten Championships
Apr 29, 2006 T B A	Big Ten Championships
Apr 30, 2006 T B A	Big Ten Championships

(Dr. James Priest—Continued from page 3)

From his website [www.jamespriest.com](http://www.jamespriest.com) is this synopsis of the book:

“When retired surgeon James D. Priest was diagnosed with prostate cancer, he documented his experiences in a daily journal. Dr. Priest quickly learned that, although some physicians recommend surgical removal of the prostate gland, other treatments for prostate cancer can be as effective but with less risk of such life-changing complications as impotence and incontinence. After an exhaustive search into his medical options, Dr. Priest successfully underwent a non-surgical treatment, radiation therapy, that not only saved his life, but left him

more detail and stories about the players. There's a “Select sport” in the upper left corner - choose M Tennis or W Tennis.

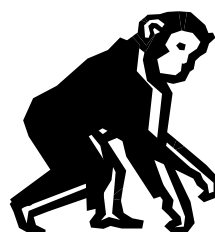
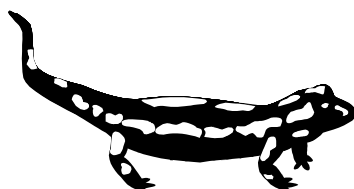
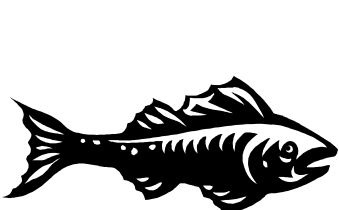
Here are the remaining home schedules for the men and women. Mark your calendar!

Gopher women's tennis – home matches	
Jan 28, 2006 10 a.m.	Minnesota Court Classic
Jan 28, 2006 3 p.m.	Minnesota Court Classic
Jan 29, 2006 9 a.m.	Minnesota Court Classic – Third-place match
Jan 29, 2006 1 p.m.	Minnesota Court Classic - Championship match
Feb 17, 2006 6 p.m.	Iowa
Feb 18, 2006 12 noon	Iowa vs. Dartmouth
Feb 19, 2006 11 a.m.	Dartmouth
Apr 1, 2006 11 a.m.	Michigan
Apr 2, 2006 11 a.m.	Michigan State
Apr 8, 2006 11 a.m.	Northwestern
Apr 9, 2006 12 noon	Wisconsin
Apr 22, 2006 11 a.m.	Illinois
Apr 23, 2006 11 a.m.	Purdue

without the dreaded, post-treatment complications most men fear.

“Dr. Priest's book, *Beating Prostate Cancer without Surgery*, includes his compelling journal, 20 brief articles on key aspects of prostate cancer, and a FOREWORD by South African Archbishop Desmond Tutu, who is also a prostate cancer survivor.

“James D. Priest, M.D., served as a U.S. Army physician during the Viet Nam War and practiced orthopedic surgery until his retirement. He has authored fifty medical articles, four novels, and dozens of travel essays. He currently divides his time between Minneapolis, Minnesota, and Koloa, Hawaii.”



## Recent changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone
Oakdale Golf and Tennis	Closed indefinitely. Groups moved to Wooddale, Fort Snelling, & White Bear					
Normandale Racquet and Swim	Thu	7:00-9:00 AM	5	3.0	Polly Maki	952-472-7707
					Herman Swanson	612-861-4313
Reed-Sweatt Family Tennis	Thu	12:30-2:00 PM	2	3.0-3.5 MW	Erika Plagemann	651-633-0466
	Fri	7:00-9:00 AM	1-3		Captains and players needed!	
		7:30-9:00 AM	1	3.0 MW	Bob Ylvisaker	612-871-4432
		8:30-9:30 AM	1	2.5-3.0 W	Florence Halverson	952-835-5999
White Bear Racquet Club	Tue	7:00-8:30 AM	2	3.0-3.5 MW	Louis Hauser	651-426-2732
Wooddale Recreation Center	Mon	11:00-1:00 PM	2	2.5-3.5 MW	Patsy Sipple	651-484-5743
		1:00-3:00 PM	1	3.0-3.5 MW	Gordy Manaige	651-429-4046
	Wed	12:00-1:30 PM	2	3.0-3.5 MW	Matt Little	651-773-8141
		1:30-3:30 PM	4	3.0-3.5 M	Woody Gillette	651-436-2614
	Fri	8:00-10:00 AM	2	3.0-3.5 MW	Tom Quitter	651-779-1861
Fort Snelling Tennis and Learning Center	Mon	9:00-11:00 AM	2	3.5+ MW	David Sommer	612-276-1313
	Fri	10:00-12:00	2	3.5 MW	Connie Waterous	651-291-1610
					Gordy Manaige	651-429-4046
Williston Fitness and Sports	Fri	2:00-3:30 PM	2	3.0-3.5 M/W	Dwane Billbe	Cancelled!

## Oakdale dome blown away

By Connie Waterous

The straight-line winds that left more than 200,000 Twin Citians without power on September 21 also left several hundred tennis players without an indoor home. The winds blew down the dome at Oakdale Golf and Tennis, a popular facility in the east metro suburb, and the owners say they're not going to reopen.

The bubble at Oakdale had maintenance issues prior to the wind. But Dee and Larry Weaver, owners of Oakdale and seniors themselves, had kept the facility working, with a pleasant staff and favorable fees. It was welcoming to senior tennis players, as well as groups from 3M and Matched Singles, and was home base for several USPTA pros. Dee

Weaver says she and Larry have other priorities now. Some tennis players and/or some of the tennis professionals who taught at Oakdale have expressed interest in investing in renovation. However, there are no plans in sight.

All senior groups based at Oakdale have found other homes. They are listed in the "Recent changes to fall/winter schedule" in this newsletter, and also on our website [www.seniortennismn.com](http://www.seniortennismn.com), where all schedule changes appear within a day of their occurrence.

## Player needed

Reed-Sweatt, Thursdays 10:30-12:30, men/women, 3.0-3.5. Need one regular. Bob Metcalf 763-571-3596.



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## Q & A: Can Snoring Be Stopped?

**Improve your health with these answers from UCare Minnesota**

**Q. What causes snoring?**

A. Snoring happens when something blocks the flow of air at the back of your mouth or nose. Occasional snoring can be caused by colds or allergies that stuff up your nose. But chronic snoring can often be blamed on anatomy. For instance, large tonsils can block the air passage at the back of your throat. So, too, can excess weight. Snoring also results when the muscles in the throat and tongue relax during sleep, blocking the airway.

**Q. How can chronic snoring be treated?**

A. Snoring that is mild or occasional might be reduced or prevented with the following strategies:

- Avoid alcohol for at least four hours before sleeping. This can help prevent the muscles in your throat and tongue from relaxing.
- Try to sleep on your side. Sleeping on your back makes snoring worse.
- Prop up the head of your bed with 4-inch blocks.
- Lose weight, if necessary.
- Try over-the-counter adhesive strips for your nose. Some research shows these help open up the nasal passages.

Heavy snorers should consult a doctor about other treatments. Loud, chronic snoring is linked to a higher risk of heart disease and may be a symptom of sleep apnea.

**Q. Do I have sleep apnea?**

A. Heavy snorers are more likely to develop sleep apnea, a syndrome in which you stop breathing for 10 seconds or more many times during the night. Sleep apnea is more likely to affect people who are obese or have short, thick necks.

You may have sleep apnea if you:

- Snore loudly.
- Wake up often at night.
- Sometimes sound as if you're choking when you sleep.
- Frequently have trouble waking up in the morning.
- Usually feel tired in the early morning or during the entire day.
- Struggle to stay awake during quiet activities such as reading.

If you have any of these problems, see your doctor. Besides causing daytime sleepiness, sleep apnea can contribute to high blood pressure, diabetes, and other problems. Fortunately, special devices or surgery can help reduce snoring and breathing problems during sleep.

*UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving 140,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare Advantage product for Medicare beneficiaries; 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](http://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).*



**Membership information  
is not shown on the web-  
site to ensure privacy.**

*(History of STPC—Continued from page 1)*

tennis resort where they played tennis daily.

Jack Dow died in 1996. The club thereafter initiated a tournament in his name, which is held annually. The programs and lessons that Dow began are going strong still today, as are the tennis camps and Florida trips. A program for members to teach tennis to inner city youngsters was added to the list, as was a yearly grandparent-grandchild competition.


Each year the Jack Dow traveling trophy is presented to a member whose attitude, character, sportsmanship, enthusiasm and service best typify the organization. Long-time member Mary Kaminski of Saint Anthony, who serves on the STPC Board of Directors, was the 1998 trophy winner. Kaminski says of the STPC: "It does much more for seniors than offer tennis. The club creates the opportunity for new friendships; I've made so many good friends through Senior Tennis. Why,

many members who've met on the courts have even found romance, and we've had a number of marriages."


Promoting the sport he so loved for the enjoyment and social opportunities it offers seniors was important to Dow, but more important was its benefit of improved physical health, of which he was keenly aware. Jack Dow played tennis five to seven times a week, continuing well into his eighties, and he lived to be 89.

Because the Senior Tennis Players Club is a non-profit organization, members volunteer to handle all of its activities. They also serve as team captains for leagues. The STPC Board of Directors elects board members for three-year terms; board officers serve one-year terms. Members are encouraged to volunteer for activities and board positions, and captain league teams.

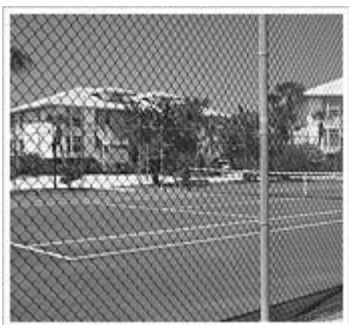
# Florida Tennis Special—January-February 2006



*Experience Old Style Florida elegance within a natural environment that enamors you with the sounds of silence and lasting memories.*



*Unlike the Rest of the World*



1, 2, and 3 bedroom villas right on the beach with views of the Gulf of Mexico. On the Gulf Coast between Sarasota and Ft Myers, Florida at Palm Island Resort.

Friends of David Sommer (all STPC members!) and Dave Sprague have resort discounts of 20% off—available for packages of one, two, or four weeks in January and February 2006. Just mention the “D2T” discount code when making reservations at (800) 282-6142. The two Daves will be on Palm Island December 29 to February 9—let us know when you are coming!

14 tennis courts available. Tennis pro on site for individual lessons, group drills (one free one-hour clinic for every week registered).

Daily doubles matches pre-arranged. Attend as many as you like—no fee.

## **Added extras:**

Rum Bay restaurant within walking distance of each condo.

Bicycles for rent (also at 20% discount). Golf carts are available for rent.

Workout facility, tours, off-island excursions (including golf).

Much more—visit website at [www.Palmisland.com](http://www.Palmisland.com)

Sample rates—all gulfview		<u>Resort rate</u>	<u>Your rate</u>
1 week:	1 bedroom	\$ 1650	\$ 1320
	2 bedroom	\$ 2015	\$ 1612
2 week:	1 bedroom	\$ 3300	\$ 2640
	2 bedroom	\$ 4030	\$ 3224
4 week:	1 bedroom	\$ 5975	\$ 4780
	2 bedroom	\$ 7320	\$ 5856

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