



National Senior Women's Tennis Association

Magazine

2018 Vol. 1

The 90s at the National Clay Court Championships

February 26 - March 4

Will we be able to run at their age? Will we still be playing tennis at all? The six 90+ year olds who travelled to Houston to play tennis are an inspiration to us all. They are fit: Rita Price is in the gym every morning and does Tai Chi as well. They are competitive: Jane Lutz hits with men to stay tuned for tournament play. In tournaments, they usually play both singles and doubles, two out of three sets. You Go, Girls!



90 doubles Lutz/Price (Gold), Hubbard/Smith (Silver)



Elizabeth Harrison



Trudy Kuckhahn

National 90 Clay Court Championships

Houston, TX

February 26- March 4

by Rita Price

Six nonagenarians came to play singles with one team opting for doubles, as well. Elizabeth Harrison came with her son and daughter-in-law and Janet Hubbard had her daughter-in-law cheering her on. The singles was a straight set draw with Jane Lutz numero uno and Rita Price seeded two. Jane and I were already in the semis, so Elizabeth Harrison played a "new kid on the block" Trudy Kuckhahn. Trudy ousted Elizabeth in two sets and was delighted to get to play her second round against the top seed, Jane Lutz. Well, folks, that match was the shortest in history, because Jane served the first game and promptly put Trudy in a walker with a drop shot that Trudy rushed to get, tripped and "took a brodie" injuring her ham string and that was all she wrote!

(Continued on page 21)

National Senior Women's Tennis Association

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President's Message

by Kathy Foulk

My main objective for this edition is to write about the mental and physical benefits of tennis for seniors but I first want to report to our members on our annual meeting held recently at the Houston Racquet Club.



With many being pessimistic about the weather in Houston during February we sure had almost perfection. It was humbling to be back in Houston and see how resilient this city is in the wake of Hurricane Harvey less than a year ago. The HRC accomplished a great feat, rebuilding the courts and repairing many areas of the clubhouse. It was shocking to see the homes around the club, many still uninhabitable and so many people still displaced. Our thoughts and prayers go out to this community and their recovery.

In our annual meeting this year we shared many ideas and reports from our Directors. We spoke of the 2018 Friendship Cup, next fall's Intersectionals in Phoenix, AZ, our website, magazine, the NSWTF Foundation, sponsorships, and even a new idea for a phone app. We continue to search for a broader circle of members that will continue to move us forward. Many thanks to Michael Hughes of the USTA, our guest speaker, for his sharing and listening. Thanks to those of the board and volunteers that were present to help with all of our events during the week. Congratulations also go to our co-president elects Leslie Airola-Murveit and Andrea Barnes. They will continue to make the NSWTA the Go-To organization for tennis.

Now to my main topic. There are all kinds of articles to read on how wonderful the mental and physical benefits of tennis can be. My favorites have become: improved flexibility, balance and agility;

improved brainpower; socialization and overall happiness. With such benefits, I can continue to age gracefully.

If you think about the maneuvering required to hit a ball, the bending, stretching and reaching. We need to be fairly flexible to be in such positions. As we turn, rotating our hips, shoulders and the pivoting moves, we depend on our balance. As these activities are practiced we find our agility increasing. These actions need to be reinforced daily with activities such as gym workouts, on-court drills, yoga, dance or running. Think of the last 3 players you've lost to and think of your movement versus theirs.

Exercise such as playing tennis enhances brainpower, they claim, which reduces anxiety. This is another great benefit for us. It allows us to improve our self-confidence and self-image. Those of us that lose a lot, we need this part of the benefits. And, later, think how you will feel after beating that top 3 player; your brain is in overload, feeling good.

The socialization our game provides was on display in Houston last week. So many friends we have made over the years, even though we may only see them once in a while.

The sum of all this is happiness. With our bodies loose and agile, our minds positive, friends and opponents to engage with, we are happy, winning or losing. Keep your spirits high as the year moves on, think of those that struggle and find a way to give them some of your happiness.

Kathy Foulk

NSWTA President



BUSINESS NEWS

Business Sponsorship

The NSWTA looks for local, regional and national sponsors to help us realize our mission to enhance and promote competitive tennis among age-level women around the globe.

- For donations of \$2,000 (Grand Slam) to the NSWTA or our Foundation, sponsors get a one page ad in each issue of our magazine that year, their logo on our website, our Facebook page and our e-blasts, the opportunity to distribute promotional items at tournaments and a table at the Intersectionals.
- For donations of \$1,000 (Gold) to the NSWTA or our Foundation, sponsors get a half page ad in the magazine, their logo on our website and Facebook page and the opportunity to distribute promotional items at tournaments.
- For a \$500 (Silver) contribution, sponsors get a quarter page ad and their logo on our website.

Become a sponsor and increase your visibility at a national level.

These sponsors are supporting the NSWTA Championships, held this April in Charleston, SC:
Centre Court of Charleston, SC
Stretch Zone of Charleston
Carriage Properties of Charleston
Fiscalini Cheese
Ella Ora Skin Therapy Clinic

We welcome these businesses to our pages and hope our members will support them, if given the opportunity.

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- | | |
|--|---|
| • Anonymous | • Andrea Hines |
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| • Brookes Byrd | • Joanna Kennard in honor of Anne Preston King and Sally Fuller |
| • Margaret Canby in memory of her husband John | • Kathy Langer |
| • Maritoni Carlos | • Sandy Mazzei in memory of his wife Jean |
| • Margie Cooper for the Cooper Cup 2018 | • Joan Silbersher |
| • Gloria Darling | • Michaelin Watts |
| • Dr. Roberta Ralston Dimond | • Phyllis Westerman in memory of Barbara Cooper |
| • Mr and Mrs James Forsyth in memory of Marilyn | • Mary Wilson for her sponsorship of the Wilson Friendship Cup |
| • Skiffington and her wonderful friends on the court | |
| • Molly Hahn | |

Member dues, auction and raffle proceeds plus other donations to the NSWTA are used to cover the costs to run the organization, primarily publishing the magazine, the printed directory, salaries of the magazine editor, treasurer, web master, and the membership chair.

Donations to the NSWTA Foundation (NSWTF) go toward some tournaments (Intersectionals, NSWTA Championships, the National Clay Courts in Houston and others as the Board of Directors determines), speakers, the Margaret Russo Sportsmanship Award, and other special projects determined by the Board. These donations are tax deductible.

CHANGES TO THE NSWTA DIRECTORY

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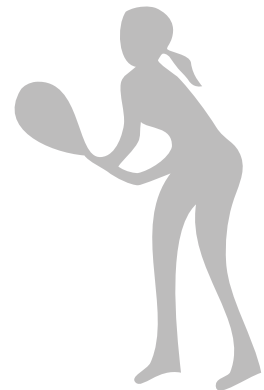
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MEMBER NEWS

Congratulations To:

Louise Russ, of Boca Raton, FL, was named the Lamita Jabbour Sportswoman at the Ft. Lauderdale Grande Dames Tully Cup tournament.



Louise Russ

Fran Chandler, of Jackson, Tennessee, was selected by her peers as the recipient of the Betty Gray Washington sportsmanship award at the National Senior Women's Clay Court Championships in Houston.



Fran Chandler

Kappie Boles, of Houston, TX will be inducted into the Lookout Mountain (TN) Hall of Fame May 6th. Kappie's other Halls include Chattanooga Sports Hall of Fame, GPS (Girls Preparatory School) Athletic Hall of Fame and the Tennessee Tennis Hall of Fame.



Kappie Boles

Carol Clay, of Ft. Lauderdale, FL, has been appointed to the ITF Seniors Committee (2018-2019) and is the NSWTA's sole member on this committee as well as the USTA International Committee. You can reach her at placlay10s@gmail.com with your suggestions and questions.



Carol Clay

Trish Faulkner of Palm Beach Gardens, FL, was recently appointed to the USPTA National Board of Directors.



Trish Faulkner

FIRST BALL

Judy Dixon won her 'First Ball as a youngster' in the National 11 and under doubles with Peaches Bartkowicz and in 1967 won her 'First Ball as a junior' in the National Indoor singles and doubles. Then she went pro and then she became a coach. Well, she finally retired from coaching at UMass and at the Houston Clay Court Championships, she won her First Ball as a 'grownup,' playing the 65 doubles with Vicky McEvoy. Is she excited, or what? Guess she has not looked at the size of the check yet.



Judy Dixon



Attention Members:

The Senior Slams at Yale, usually held in early May, will not be held next month due to a last minute lack of courts. The tournament will return in 2019 at the usual venue.

In Remembrance

Betty S. (Boots) O'Brien

Betty passed away recently in Gainesville, FL, at the age of 89. Previously of Castle Rock, CO., Betty was a longtime teacher of tennis and a 45 year member of the USPTA. She was Editor of the Intermountain USPTA newsletter and was Intermountain Pro of the Year at one time.

In lieu of flowers, please consider donating to Aces in Motion through the Community Foundation of North Central Florida in the name of Get a Kick out of Tennis with Boots Memorial Fund in honor of Boots O'Brien. Aces in Motion is a youth program that uses tennis to promote character development, academic achievement and a healthy lifestyle to people of all abilities, with a focus on underserved youth.

Donations can be mailed to:

Community Foundation of North Central Florida (CFNCF)
3919 W Newberry Rd #3
Gainesville, FL 32607

Susan Rogers

Sue Rogers, 85, of Tucson, AZ, died late last year. Her daughter informed us that Sue developed complications from a pacemaker implant, lost strength and died in her sleep.

Mary Ewing Outerbridge

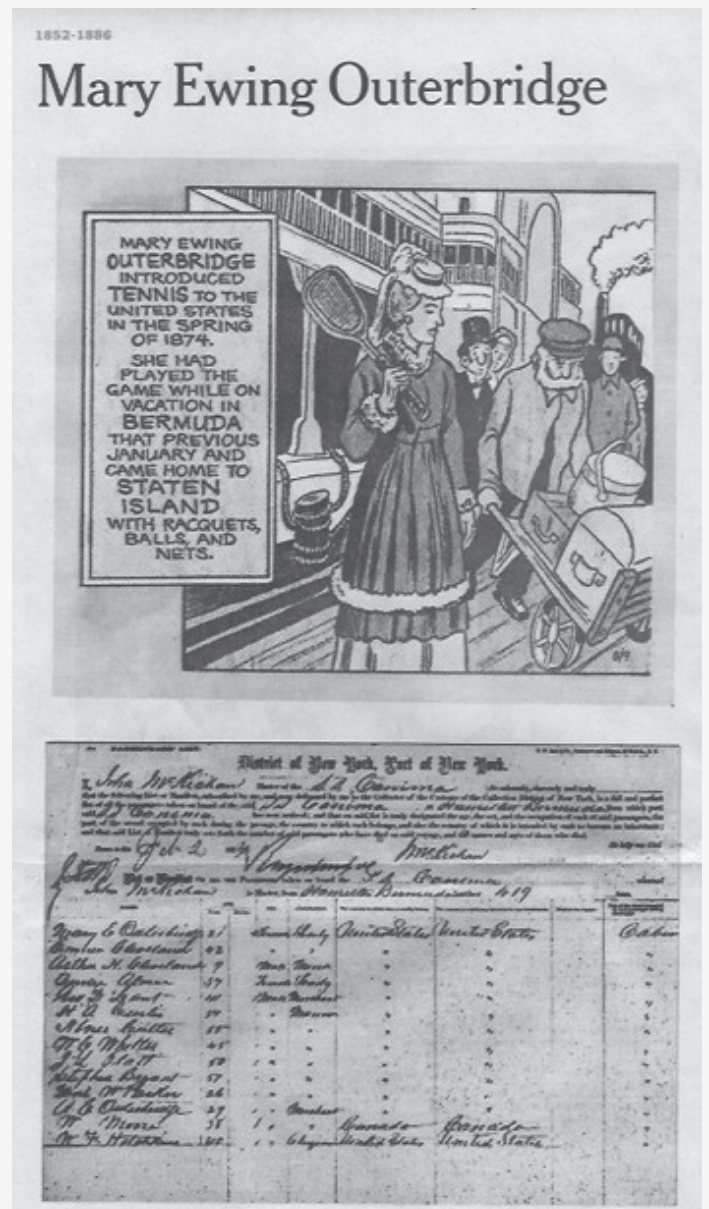
1852-1886

The New York Times recently published a Special Section of obituaries of women it says it 'overlooked' since 1851 when it began announcing the demise of the rich, famous, mostly white males of the world. The newspaper asks its readers to spread the word and add to "Overlooked," which will become a regular feature in the obituaries section.

Among the first 12 women 'chosen' by this august publishing company to profile is Mary Ewing Outerbridge, the unmarried daughter of wealthy parents who lived on Staten Island and vacationed in Bermuda. In 1874, Mary witnessed British Army officers on Bermuda playing a game called Sphairistike, which is Greek for 'playing at ball.' British Army officer Maj. Walter Clopton Wingfield patented this well-known European game, expanding its reach across oceans and Mary, intrigued, brought home to Staten Island a kit, comprising net, racquets and balls. Whether this was the very first time Americans played tennis is in question, but Mary Outerbridge is considered 'a pioneer of the game.' Plus, The Times says in her obit, her involvement may have inspired women to demand that they be included in this sport. Mary died in 1886 at the age of 34 of Bright's disease, or inflammation of the kidneys. A year later the first United States championship tennis game for women was held.

To read more, go to:

<https://www.nytimes.com/interactive/2018/obituaries/overlooked-mary-ewing-outerbridge.html>



Letters to the Editor

Dear Editor:

I know that the men are experimenting with flights of round robins in their doubles events and hoping that this format will attract more participants.

Some of the JoAnne Russell tournament events had few entries and were run as round robins, a format which was most enjoyable, particularly for those players who routinely get knocked out in the early rounds, go into the consolation and suffer walkover after walkover resulting in day after day of no play. Round Robins is a way of ensuring that the lower level players have a good time and thereby hopefully we can attract more entries and ensure the long term health of our tournaments. It isn't inexpensive to travel to play and I think that the dangling carrot of more matches and getting to play the "elite" players would be good for attendance. We need those lower level players-- otherwise, the top players might as well just play each other at every tournament.

Sue Kimball

Dear Editor:

During the Level II tournament at Mission Hills here in the Southern California desert in January, Barbara Milligan collapsed and was sent via Paramedics to the emergency unit at the hospital. She had slowly ambled towards the net, her eyes suddenly turned gray and she fell backwards with a big clang as her head hit the hard court.

Spectators rushed on court; Roz King gave CPR; the Paramedics roared in (though a bit of time had passed). Barbara was whisked off to the hospital; her daughter Pam was summoned from Santa Barbara (3 hours away); and Barbara fought for her life for a few days. With fantastic medical care and her will to live, Barbara started to recuperate in the ICU. Her daughter Pam has stayed constantly by her side.

Now after 3 weeks, Barbara is recuperating slowly. After some time, she will transfer to Santa Barbara to a rehab facility. I'm sure Barbara would love to hear from all her tennis friends. Messages and cards can be sent to her daughter:

C/O Pamela Temple,
1987 Birnam Wood Drive,
Santa Barbara, CA 93108

We all wish her a complete, safe and healthy recovery.
Norma Veal

Dear Editor:

Thank you to the NSWTA for putting in a good word for Rita Price and me to receive a Gold Slam in the 90 Doubles for 2017. This is my last year competing and it feels good to "go out a winner." But to me what is important even more than this award are the many friends I have met through playing tennis and competing at the sectional, national and even international levels. It is the friends I will always remember....not the scores of the matches.

Betty Cookson

Dear Editor:

Attached is a picture of a recent donation made by the 2018 NSWCCC to the Memorial Villages First Responder Fund, which was created in the wake of Hurricane Harvey to assist our firemen who gave so generously of their time while their own homes were affected and lost. The NSWCCC tournament donated \$1,000 to the fund.

The NSWCCC also provided, for the 21st time, a \$1,000 scholarship to a high school senior chosen by the Houston Tennis Association. In the past 14 years, the NSWCCC has made numerous charitable donations: Friends of Lee LeClear Tennis Center, MD Anderson Cancer Center, Wilding Park Foundation Restoration Fund, Galveston County Recovery Fund, Jefferson Davis HS Tennis Renovation Fund, Kim and Don Richards Family Foundation, Zina Garrison Tennis Program, National Junior Tennis League, New Orleans Disaster Relief Fund, Tennis Against Breast Cancer, and the USO. It is our goal for the National Senior Women's Clay Court Championships to give back not only to the Houston Racquet Club, but to the community in general.

Sue Bramlette



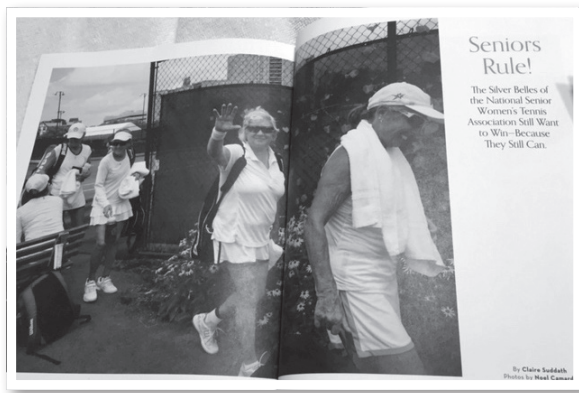
Sue Bramlette (in white cap) and Cathy Lassiter with their firemen

NSWTA in Racquet Magazine

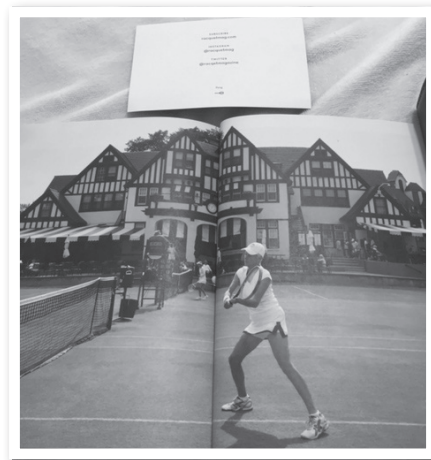
Rita Price, Brenda Carter, Liane Bryson, Alison Bolduc, Lola O'Sullivan and others are the stars of a 16-page spread about senior women's tennis in the most recent *Racquet Magazine* publication. Brenda gives a good overview of the purpose of NSWTA, Lola illustrates our competitiveness, and **Lurline Fujii** gets a shout out in her efforts to continue to play despite her Parkinson's. **Susan Wright** is honored with several paragraphs describing her dropping the game, her return, and her stamina routine. 91-year-old Rita is featured and is our unofficial cheerleader, continuing to play, play, play despite heat, falls and other mishaps.



Competitors hanging out on the porch of the Westside Tennis Club



Seniors Rule during the National Senior Women's Grass Court Championships



Brenda Carter at the net



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REGULAR ARTICLES

What's Happening at the USTA

by Doug Wenger, Chair, USTA
Adult Competition Committee

I want to start by thanking Mas Kimball of the National Senior Men's Tennis Association and Pam Simons of the National Senior Women's Tennis Association for inviting me to provide an update regarding the USTA Adult Competition Committee. I am pleased to share some highlights of our Committee's current goals and initiatives.

As you are aware, for many years we have been battling headwinds from a participation standpoint across a number of our adult tournament events. A few years ago, the charge (responsibility) of the USTA Adult Competition Committee was adjusted with significant emphasis placed on turning this trend around – as well as focusing its efforts across all levels of adult competitive play – from grass-roots through our national championship events.

Several strategies have been put into action across a number of areas of our adult competitive landscape, and I'm excited with their progress and potential. Here is a snapshot:

1. The National Events Task Force has led the consolidation and scheduling adjustments of a number of national events – to improve the player experience and overall viability of these events. The Task Force is now assessing the results of these changes while also taking a comprehensive look at the placement of events on the tournament calendar.
2. Our National Innovation Sub-Committee is focused on building/rebuilding adult competitive products that contribute to the overall growth objective. Working closely with the USTA National Staff, we have recently implemented an individual NTRP national singles and doubles playoff. While still in progress, the preliminary results are very promising and have turned our participation rates positive on a year-over-year basis. We hope this product

will motivate players to continue their tournament journey and play adult age group events. With this in mind, we also plan to develop an adult pathway communication that helps prospective players understand the various play opportunities and how to become an active participant.

3. All Committee members will continue to support local events to build a grass-roots pipeline of players. Our D&I Sub-Committee will reach out to diverse player groups and pursue more cross-promotion and collaboration. I am hoping that the NSWTA as well as the newly-formed NSMTA can assist in this area as well.
4. Our Seeding Assistants and Circuit Chairs will be working to increase their outreach to Tournament Directors and post-event follow-up with players and organizers to provide additional feedback to the Committee on what is working and what adjustments should be considered.
5. The Sanction & Schedule Sub-Committee will examine the timing and methods of receiving bids and awarding Category I, II and III events. We believe there are opportunities to streamline this process.
6. In the Rankings area, our PPR and Rankings Sub-Committee will study our present PPR system and make a recommendation for the future of this area – including leaving it as is or changing it to another ranking method. This is a strategic recommendation at this point – as we recognize that any major change in this area would likely require investment in software and process changes.
7. We have created a Sportsmanship Sub-Committee to determine what opportunities exist to further promote the principles of fair play, sportsmanship and an overall positive environment for everyone involved in our adult events.

As you can see, we are very busy and have a lot to consider. I am excited with the progress we've made in several areas and look forward to building on that momentum.



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Sally's Alley

by Sally Utiger, USTA New England

Dear Sally:

I am watching the Australian Open. The Challenges confuse me. Does the umpire determine some of this? In one instance Federer returned a serve with a winner. Meanwhile the linesman or umpire called the serve out. Cilic questioned the serve. It was in. So it gave Cilic two serves. Seems unfair to Federer. He had won the point twice. (He lost the point in the end.) Is there some determination the umpire makes, like whether it's a do over or a point? It seems Cilic could not have gotten Federer's return of serve.

A Federer Fan

Dear Federer Fan:

I have got lots to say about the instant replay system. I actually have some personal history with automatic line calling.

About your question: First - the instant replay is the final word on the shot; end, period. Now, how it gets to that point is the question, and it definitely can be fraught with opinion and judgment. Since the system is used exclusively for professional tournaments, there is no mention of it in Friend At Court. I am sure it is covered in the training for the pro officials, but I am sure you have noticed how even the announcers have differing opinions on this and other issues, some opinions being totally wrong with respect to rules! (Do not get me going on that one!)

Now, your question. The umpire can determine some of this, yes, but if the player requests replay, and it is allowed, the replay is final as to where the ball landed. In the question you asked, what happens now? Play stops immediately when an out call is made. Cilic requests replay. Serve was in. Replay the point. You argue that

Federer returned the serve for a winner, but remember that the point was already over with the out call of the serve, so Cilic does not even try for Federer's return. YOU say that it was a winner, but that is your opinion. Replay the point. When the server serves what appears to be an ace but the linesman calls it out, play stops, replay determines it was good. If the Chair Umpire determined that Federer had no play on the ball (ace), then he/she can declare point to Cilic. That's where the chair's judgement comes into it, as it can also on a line call other than the serve.

As an official, I have problems with the amount of time it takes between first and second serves if one of the players questions the first serve. Rule says second serve should be taken 'without delay.' Well, we all know that's not possible if we are waiting for a screen to light up with the answer. I have seen cases where I feel the questioning player is just buying a breather, because the process definitely takes longer than 'without delay.'

There was also a case today in the Federer-Cilic match where the umpire overruled a linesman, player requested replay, replay showed ball concurred linesman's call, Chair Umpire eats crow. Whoops. Definitely replay point. Official interference.

It was a great match and Federer has been one of my heroes for years, so I am having a nice wine in his honor now. Cheers.



HEALTH & FITNESS

Boot Camp at 60

by Sally Smith

Martha has been my fitness heroine since I met her 10 years ago. Legends abound about her endurance: Once, I heard, she rode her bike over the city's enormous bridge and then five more miles to play two hours of 5.0 level tennis. No, no, no, her friend corrected me, I had the story all wrong. She ran across the bridge and the five miles to the courts.

A few months ago, Martha looked sad after a match and told me that everyone but her had dropped out of the 5 a.m. boot camp she attended twice a week. The trainer suggested she find some friends to set up a 7:15-8 a.m. boot camp Tuesdays and Thursdays, an hour that non-legends might consider. "Any takers?" she asked.

I was about to turn 60. My forays to the gym had been haphazard at best, stunted by the scarcity of parking spaces, the misplacement of my workout instruction sheet, the habitual loss of focus and urgency on the elliptical machine while listening to a meditation podcast about emptiness and impermanence . . . and, truth be told, the Siren call of a sun-splashed tennis court whenever I had a spare hour to exercise.

Martha looked at me. I stammered something, buying time to take inventory. Could I turn into Martha? Unlikely. Could I get out of bed at 6:30 twice a week? Unlikelier still. "Yes," I heard myself say.

The alarm buzzed. Dark room. Warm bed. Long pause. I can't face Martha if I don't do this. Thirty minutes later, I slid into the driver's seat and turned onto a road leading who knows where. Judy, Martha's trainer, has a small studio about the size of a dining room, rimmed by weights, bosu balls, slam balls, pulley weights, medicine balls, kettle bells and a TRX contraption. Judy had recruited a hairstylist named Victor, her 29-year-old daughter Lauren and a fine tennis player named Jen, while Martha had pulled in Charlotte, a 5.5 player, and me.

We started. I watched Martha closely as we moved around to six stations: hammer curls while balancing on a bosu ball, up-down plank moves, burpees mixed in with "mountain climbers," tricep extension on the TRX, wide squats while doing bicep curls. She picked the 12-pound weights; I picked the 10s while eyeing the 8s still on the weight rack. After 20 minutes of a dizzying array of exercises, we ran laps around the building while Judy set up six new torture stations. When I arrived at the pushup mat, I

sank to my knees for 20 girl pushups, no shame, no blame, just get me outta here. I was too exhausted to look at the clock.

Two days later, we were all back, sore in places I never knew existed. And that was before we finished the session with the "Ab Blast," 10 different sets of 20 crunches each. At the end of Day 2, Judy singled us out to say, "Good job!!" -- a life raft of praise to carry me back for Week 2 against a powerful current of resistance.

Six months later, I still go to boot camp twice a week. I still finish last, and I still have no interest in Martha's 12-pound weights. In fact, I'm NOT Martha, not even close, yet I'm so glad she encouraged me to start this boot camp and learn to dig deeper physically and mentally. Every time I get my racquet on a drop shot I'm reminded there is a payoff for a mere forty-five minutes of misery twice a week.

The other day I walked out and realized we did 3 sets of 20 men's pushups --- and gave myself a good-job-ol'-girl pat on the back. Then Martha caught up to Charlotte and me and said, "Hey, we should try running stadium steps on Wednesdays . . . then we'd really be in great shape!" Uhhhhhh . . . Martha? Maybe when I'm 70.



Sally Smith, Martha and Charlotte: 45 minutes of misery twice a week



After Knee Replacement, Play On

From: *HealthDay News*, by Maureen Salamon,
March 8, 2018

Knee replacement patients can continue to enjoy sports -- such as skiing, tennis and dancing -- without worrying that high-impact activities might compromise their new joint, a small, new study finds.

The researchers tracked patients for between five and 15 years after knee replacement surgery, known as total knee arthroplasty. They found that sports participation had no significant impact on the longevity of artificial knees. Historically, knee replacement patients are advised against high-impact activities to preserve the new joint.

"Patients were coming back for their annual review . . . and were participating in a range of 'prohibited' activities. There were patients competing in downhill skiing and tennis, but there was no wear, no dislocations, no loosening and no revisions," said study author Dr. Samuel Joseph. He's an orthopedic surgeon at Linacre Private Hospital in Melbourne, Australia. "Yes, there are patients running marathons and participating in triathlons after knee replacement surgery," he added.

More than 600,000 knee replacements are performed each year in the United States, according to the U.S. Agency for Healthcare Research and Quality. The procedure replaces the natural joint with a prosthetic version made of metal and plastic. It's typically done because of severe arthritis, trauma or other joint damage.

Joseph and his colleagues identified 355 knee replacement patients who continued to participate in sports after surgery, more than 100 of whom did high-impact sports. Another 139 knee replacement patients in the study did not participate in regular sports. In the sports group, three patients underwent further operations on the knee area, though none to modify the new joint. In the nonsports group, three patients underwent surgery to modify or replace their artificial knee because the joint loosened.

Dr. Elizabeth Matzkin is an assistant professor of orthopedic surgery at Harvard Medical School and wasn't involved in the new research. She said she wasn't surprised by the findings. "I think as we collect more data, we'll see the tide turn a little bit," said Matzkin, who is also chief of women's sports

medicine at Brigham and Women's Hospital in Boston. "The goal is to keep patients active."

Matzkin pointed out that knee replacement patients who desire to return to high-impact sports are likely motivated and strong. Additionally, she said, they're probably not obese, a condition that typically threatens the longevity of an artificial knee. "I think we need to follow large [groups] of patients and their activity levels and how that plays out," Matzkin added. "This is a pretty small study, and we need big, multi-center studies to look at these patients over the

"...knee replacement patients who desire to return to high-impact sports are likely motivated and strong. Additionally... they're probably not obese, a condition that typically threatens the longevity of an artificial knee."

long term. But this was a fantastic starting point."

The study was scheduled for presentation this week at the American Academy of Orthopaedic Surgeons' annual meeting in New Orleans. Research presented at meetings should be

considered preliminary until it's been published in a peer-reviewed journal.

More information

The American Academy of Orthopaedic Surgeons has more about knee replacement.

SOURCES: Samuel Joseph, M.D., orthopedic surgeon, Linacre Private Hospital, Melbourne, Australia; Elizabeth Matzkin, M.D., assistant professor, orthopedic surgery, Harvard Medical School, and chief, women's sports medicine, Brigham and Women's Hospital, Boston; presentation, American Academy of Orthopaedic Surgeons annual meeting, New Orleans, March 6-10, 2018

Opioids and Arthritis Pain

(from the *New York Times*, March 13, page D4)

The Journal of the American Medical Association recently published a study of 240 patients with moderate to severe chronic back pain or hip or knee osteoarthritis. They were randomly given opioids and non-opioid pain relievers (like Tylenol, topical lidocaine or nonsteroidal anti-inflammatories). The authors say this is the first study of long-term pain and function outcomes. At the end of 12 months, the opioid and non-opioid groups were insignificantly different on the function scale. On the pain scale, the non-opioid group did slightly better. The lead author advises readers not to give up on non-opioids too soon, plus use exercise and rehab for most osteoarthritic pain.

BOOK REVIEWS

STRING THEORY: David Foster Wallace on Tennis

(David Foster Wallace; Copyright: 2016 Literary Classics of the United States, Inc.)

Reviewed by Lois Harris

Everyone in my family read this book before I did—and they have zero interest in tennis. I was forced to read it by way of receiving it as a Christmas present. Immediately I knew why it had been foisted on me. If I could write, and if I had been a top junior player in what was then the Western Section of the USTA, and if I were honest, insightful and self-revealing, I might have written this book myself. Like me, David Foster Wallace grew up in a small town in the Midwest—Philo, IL population about 1,000 at that time; I grew up not that far away in Green Valley, IL population 500. There the similarities end, but a few coincidences begin in this book of essays about tennis collected from their original appearances. The five essays published originally as magazine articles include *Derivative Sport in Tornado Alley*; *How Tracy Austin Broke My Heart*; *Tennis Player Michael Joyce's Professional Artistry*; *Democracy and Commerce at the U.S. Open*; and *Federer Both Flesh and Not*.

Tornado Alley: The accepted tradition in our area was that we lived in Tornado Alley and further that it was Amelia Earhart flying over the area who named it. Factually, the town of South Pekin—about five miles away from me—was virtually destroyed by tornados twice in its history. (Coincidentally, Amelia Earhart was a cousin to a family in our small town, and when DFW discusses his junior tournaments in places like Schaumburg and Pekin, he mentions a motherly woman from Pekin—Mrs. Swearingen. A girl from my high school of 100 kids married a Swearingen from Pekin.) In this essay, DFW talks about playing tennis in the wind and how he learned to successfully use that to bolster his own less-than-great talents to become a successful junior player. He calls himself a shallow-chested pusher, but clearly loves the game and sees it as a metaphor for life.

Tracy Austin: DFW reveals a youthful crush on superstar Tracy Austin who was his age; her talent and success at such a young age were both shocking and wonderful to him and his peers. He segues from this into his own book review of her book *Beyond Center Court*. His disappointment in the book sounds a little like heartbreak, and he uses it to move on to a discussion of sports bios in general. (I read

the book several years ago, and sadly the pabulum offered up by Tracy at that young age is hard to swallow.) Adult Tracy as a tennis commentator still only has nice things to say about almost everyone (except according to DFW--Pam Shriver). DFW reveals as much about himself and his relationship with women as he does about Tracy in his review. He further pursues the questions of how much was the tennis star pushed at a young age and what sets the star apart—issues that are also raised in the subsequent articles.

Michael Joyce: We know him better as long-time and successful women's coach of Maria Sharapova and Victoria Azarenka. DFW provides an in-depth view of him as a tennis prodigy, cum journeyman pro, cum perhaps Hall of Fame Coach and his unique road there. DFW again reveals an intense interest in the upbringing of these prodigies as well as the characteristics necessary to succeed at the very top.

The U.S. Open: By the way, this is a USTA Event—as the marketing pitches go. The only thing really surprising about this article is that DFW is surprised that it is all about the money—and secondly all about being the biggest. The focus on comparison-based achievement is very American, but he questions who would choose being the biggest rather than the best. He also questions why the USTA was building such a huge stadium (Ashe) and who would want to watch tennis from there—a question I ask myself every year as the U.S. Open--A USTA Event--is broadcast.

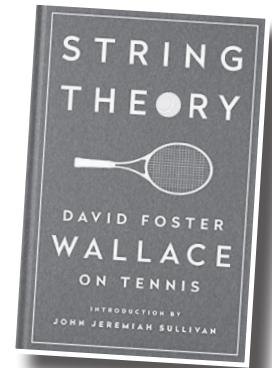
Roger Federer: DFW is prescient in calling him at age 25 (when this article was written) possibly the Greatest Of All Time. The look back at the tennis world over ten years ago shows that many of DFW's insights and analyses have become accepted truths. He suggests that people need to get out and see Roger before he retires. (Certainly I made a trip to the Cincinnati Western and Southern Open a few years ago just for that reason.)

After his career as an almost great junior, DFW studied at Amherst, Arizona and Harvard and then taught English and Creative Writing at Illinois State University (my alma mater). He has been called the greatest tennis writer, but his other work is also award-winning. His writings reveal that he loved tennis so much that it almost seemed he would have preferred to have had world class talent as a tennis player than as an author, even though his writing has put him in the pantheon of great authors.

A flat description of his essays does not do justice to the language, detail and flow. I suggest



Lois Harris



that if you are a fan of tennis and also love excellent, seemingly effortless writing, you will savor this book. (If you are like me and love to see new and/or slightly familiar words used with aplomb, I have to tell you that I had to look up threnody, saprogenic, glabrous, stygian and agnate, among others, and I can now use them in a sentence.)

Spoiler alert and tragically, the list of other books and articles you might want to read by DFW is small but worth the effort. DFW ended his life at age 43. His father, a professor at the University of Illinois, said that he had suffered from depression his whole life.

LOCKER ROOM POWER: Building an Athlete's Mind

by David Solomon Sammel

(2014; Westbrook Publishing)

Reviewed by Lizl Kotz

This is a quick but a deep read. Within the first few pages of reading, this book has the feel of an insightful and practical book. It is very clear that David Sammel authors from years of experience as both a competitor and a coach. Sammel explains 'Locker Room Power' as that positive aura that surrounds an athlete and can be thought of as the X-Factor in competition. LRP is the culmination of practice, the intent and commitment that creates a fear factor to sap an opponent's self-belief. With effective LRP, many matches are won before a player steps on court. Simply put, Locker Room Power is the perception that a player is better than he actually is, generated by other players talking about his game in a way that creates a positive aura. Based on the fact that I used up an entire highlighter while reading his 106 page book, one can safely assume that I found LRP to be loaded with great quotes and helpful tips.

"Discipline and diligence is up there on the list, but one of the most important qualities of really successful people is humility. If you have a degree of humility about you, you have the ability to take advice, to be coachable, teachable. A humble person never stops learning."-Todd Blackledge

The following statement from Sammel makes this book relatable, believable and practical: "One of the most significant factors about top performers is the capacity to find a way to perform when they are not in the zone. One of the ways they do this is by fully accepting that it is impossible to be in the zone at all times particularly in high pressured

performance situations. In fact, it is no exaggeration to say, that the best performers understand and accept that they have to learn how to manage their mind out of the zone and that this is a never ending challenge."

Sammel provides the following equation to help make the term LRP more tangible:

$$\text{D(esire) + (W)eapons) + B(elief) + R(esults) = \text{LRP}$$

He shares his coaching philosophy in five steps:

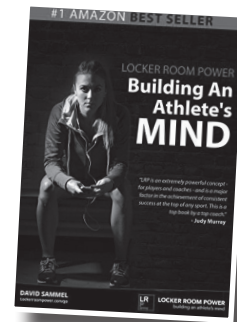
1. Inspiration: Paint the dream but then forget about it and focus on the immediate next step.
2. Work hard and good things will happen, you just don't know when.
3. Success is based on your weapons not your weaknesses, so spend more time building your weapons than improving weaknesses.
4. Keep it simple. Love the process and never work on more than two things at once.
5. There is no competitive advantage unless you create it--it is called Locker Room Power. And the process of building Locker Room Power begins through understanding what constitutes a competitive mentality.

Sammel lists another five ideas on how to build a positive mentality:

1. Perseverance is the mental foundation. No 'one-loss' makes you bad and no 'one-win' makes you good. Setbacks are part of the process and nothing to panic about.
2. Tone of voice from the coach and the player is more important than what is said. Loss of voice control rarely gets the job done. Use a decisive and firm tone.
3. Feeling sorry for yourself as a competitor is arguably a 'sackable offense'. Sammel accepts a short period of disappointment from his athletes after a loss (1 hour) but then it is time to move on and improve again.
4. Same Sh*t, different level. The same tests need to be passed at every level.
5. There is no greater confidence builder than preparation and believing that you are making progress.

Sammel concludes Locker Room Power with the following:

"MENTAL TOUGHNESS IS A CHOICE. TRUST YOURSELF AND YOUR GAME. WORK HARD UNTIL YOU CAN TRUST YOUR GAME. REMEMBER THAT SUCCESS IS COMMITTING YOURSELF FULLY TO YOUR GOAL; THE RESULT IS BONUS."



Lizl Kotz

TOURNAMENTS

Les Grandes Dames at Palm Beach Gardens

January 24-28

by Carol Wood

Les Grandes Dames hosted by BallenIsles for the past 23 years had a new site this year because of extensive ongoing renovations at BallenIsles. The hosting facility was the Palm Beach Gardens Tennis Center, a national award winner. The tennis director at the center, Bill McDermott, did an extremely capable job running this event having only had 3 months to schedule around previously arranged programs. The site provided us with an array of weather-- actually no rain but one morning of just above freezing temperatures. However most of the time the playing temperatures were comfortable; no heat retirements. The field of players from the 30s thru the 80s was full of many highly nationally-ranked players with a number of current World Champions-- including 70 doubles World Champions Brenda Carter and Betty Wachob, the 80s doubles Champions Inge Weber and Dorothy Wasser and Diane Barker the 60s singles Champion.

All the #1 singles seeds managed to fulfill the expectations of their seeders by winning their age division. In the 30s Heather Nobler won over Elizabeth Kobak with 3rd going to Sarah Sproull. Sophia Ronan defeated Amy Gorden with Stacy Girdley at 3rd in the 40s. Jenny Klitch managed a loss of only 2 games in the entire tournament with a win over Shelly Works in the 50 final. Erin Boynton won the 3/4 playoff. Diane Barker dominated the 60 singles with a win over Wendy McColskey. Bunny Allare was 3rd. In the 70s Brenda Carter beat Molly Hahn. Sue Kimball won 3rd place over Gwenda Ward.

The biggest upset in singles in the tournament was 70s' #2 seed Betty Wachob's loss to "darkhorse" Gwenda Ward. Gwenda is returning to tennis after a long interlude from competitive tennis. Betty did win the FIC playing Brenda Winstead in 3 sets for the second time during the week. In the 80s Inge Weber won over Burnette Herrick in a very long 3-set match.

And here is what happened in the finals of the doubles: 30s Heather Nobler/Natalie Novak won their RR. Jenny Klitch /Andrea Piski defeated Ligia Bottinelli/ Anelise Tregansin in the 40s. The 50s went to Shelly Works/Anna Zimmerman over the unseeded team of Gabriela Chase/Michelle Williams. Bunnie Allare/Betsy Savitt defeated Mary Morgan/Francis O'Sullivan in the 60s. The 70s were won by Molly Hahn/Sue Kimball over Carolann Castell/ Lee Delfausse. And in the 80s Burnette Herrick/Carol Wood edged out Inge Weber /Dorothy Wasser.



Amy Gordon, Finalist,
with Sophie Ronan, winner



Andrea Piski, Jenny Klitch



50's Finalist Shelly Works
with Anna Zimmerman



60s Finalist Wendy McColskey
with winner Diane Barker



60s winners Bunnie Allare and
Betsy Savitt with Runners Up;
Frances O'Sullivan and Mary Morgan



70s Gwenda Ward, Tish Rowe



70s Molly Hahn



70s Lee Delfausse
doing a sun dance



70s Winner Brenda Carter



80s Dubs Winner Carol Wood



Betty Wachob, Anne Rungi



80s Winner Inge Weber
with finalist Burnette Herrick

WILSON World Tennis Classic

Rancho Mirage, CA
January 20-28

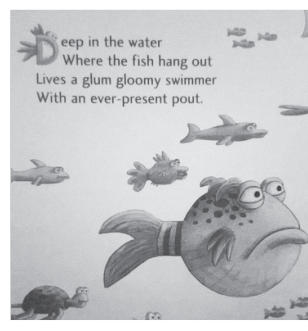
by Kandy Chain

This Palm Desert tournament is the biggest Senior Tournament in the World with over 700 entries. Ed and Jane Trost are great hosts and do an outstanding job organizing and moving the matches along. The high quality matches makes it a fun tournament to watch and a good atmosphere to socialize among old friends. The tournament definitely has a good vibe and energy.

The Southern California desert has become a popular place to buy or rent a second home. Many players are able to get housing because they either own/lease a home or know someone they can house with. This creates a fun dynamics because there is a lot of hosting and side parties going on. I also want to mention that Palm Desert is surrounded by restaurants, theaters, golf, hiking and shopping. All that being said I am going to be a bit of a "pout." My 4 month-old Grandson shared one of his books with me called the "Pout-Pout Fish." (Mr. Fish lives with a permanent pout on his face. He always seems to be sad and frowning.) I have supported this desert tournament for most of the 32 years of its existence and there are a couple of things that make me "Pout:"

There is no back draw. The entry fee is high (\$150 for 2 events) and there is no guarantee that you will play more than one match. I noticed some tournament regulars didn't enter this year. Senior open events are tricky because there is such a gap in ability. One player told me she stops playing tournaments when Tina Karwasky enters her age group because she always draws her in the first round. Even in the finals there are lopsided scores. With thousands of courts in the desert there should be a way to guarantee that everyone gets to play 2 matches per event. USTA Leagues are taking over because everyone gets to play. It's a huge financial commitment to travel to tournaments. Participants should feel they got something back for their commitment of time, effort and money—like a backdraw.

I would offer 2 or 3 strategic nights of cocktails and appetizers instead of a dinner party. By the night of the dinner, most of the older players had gone home. (The younger players usually don't partake.) The main attendees at the dinner are the club members at Mission Hills. I would also offer a good



Pout-Pout Fish

T-shirt, box lunches, fruit and energy bars. I am afraid I left this year feeling like a "Pout-Pout Fish."

Results:

- 40 – Singles: Hiromi Sasano d. Alisa Yee 6-1, 6-3
Doubles: Higa/Jones (round robin winner)
- 45 – Singles: Marlo Carruth d. Mariko Atoji 6-3, 6-0
Doubles: Jong/Saunders d. Filyus/Stuart 6/7, 5-5 Ret
- 50 – Singles: Jennifer Dawson d. Nathalie Herreman-Bagby 6-7, 6-1, 6-1
Doubles: Finerman/Herreman-Bagby d. Dawson/Keller 7-5, 6-4
- 55 – Singles: Tracy Houk d. Kenny Keller 7-5, 6-1
Doubles: Foreman/Nunez d. Drakulich/Ferguson 6-4, 2-6, 6-1
- 60 – Singles: Susan Wright d. Colleen Clery Ferrell 6-0, 6-0
Doubles: Harris/Wright d. Clery-Ferrell/Davis 6-2, 6-1
- 65 – Singles: Tina Karwasky d. Kathy Barnes 6-1, 6-0
Doubles: Barnes/Shephard d. Karwasky/Stanley 6-4, 6-2 Ret (Inj)
- 70 – Singles: Mary Alice Pisani d. Catherine Anderson 4-6, 6-2, 6-2
Doubles: Bennett/Bryson d. Graves/Louie 6-3, 6-2
- 75 – Singles: Brookes Byrd d. Nancy Garcia 6-1, 6-3
Doubles: Steel/Willauer d. Byrd/Janc 6-0, 6-2

National 50-80 Mixed Hard Court Championships

Rancho Mirage, CA
January 20-28

by Liane Bryson

50s Mixed

16 draw. #1 seeds Crow and Currie lost 8 games total in their 4 rounds and won every match 6:2, 6:0

Gold: Patrick Crow / Tracie Currie (#1 seeds) 6:0, 6:2
Silver: Frederick Lageman / Michelle Saunders (#4 seeds)
Bronze: Laila Leichter / Michael Peltz 7:5 4:4 over Brett Huffington and Deborah Higa who retired (pc)

60s Mixed

In the 60s Mixed, the #4 seeds, pick up partners Una Davis and Randall Berg, cruised to a 0 and 1 victory in their first round as did the #2 seeded team of Susan Wright and Michael Tammen. Ultimately, the #3 seeds, Robin Harris and Kevin Kearny, advanced to the finals with a win over the #1 seeded team of Kurt Chan and Jennifer Shorr. Wright and Tammen defeated Davis and Berg to reach the final. Harris and Kearny won gold (7:6, 1:6, 7:6) and Davis and Berg bronze (5:7, 6:4, 6:1).

70s Mixed had an 8 team draw with first time partners Kathy Bennett and Jim Parker as the #1 seeds and old Berkeley Tennis Club hitting partners Cathie Anderson and Brent Abel seeded second. Both seeded teams advanced to the finals where Bennett and Parker defeated Anderson and Abel 6:3, 6:3. In the playoffs for 3rd and 4th, Liane Bryson and Marc Stewart won bronze with a hard fought 6:4, 1:6, 6:4 win over Andrea Polisky and Tad Yukawa.

In the **75s Mixed** there were quite a few last minute partner changes. Suella Steel partnered with Chuck White after her partner Ken Robinson had to drop out due to a broken toe. Diane Willauer was slated to partner with Pete Smith who was felled by the flu and she ended up playing with Michael Stewart. Katie Koontz and partner, P. J. Anderson from Colorado Springs had been planning to compete in the 70s but P. J. had to back out at the last minute, so Katie teamed up with Dean Corley in the 75s. Willauer and Smith proved to be the winning combination. They defeated Jane Pang and John Poppelwell 7:6, 4:6, 7:6 to win the gold. Katie Koontz and Dean Corley defeated Suella Steel and Chuck White in the playoff for third and fourth.

The **80s Mixed** was a four team round robin format and noteworthy not in the least for the strength of the women players, Phyllis Cornish, Norma Veal, Roz King, and Dori Devries. Norma Veal, a newcomer to the 80s division, comes with a very impressive resumé. Roz King and Dori Devries are known for their stellar play and legendary successes. In fact, between the three of them, Norma, Roz, and Dori have won a staggering 200+ gold, silver, and bronze USTA National Championship balls. They added to their collection here as follows: Norma Veal and James Berry won bronze, Dori Devries and Wilbur Jones silver, and Roz King and Saul Snyder gold.

Les Grandes Dames – The Tully Cup

Lauderdale Tennis Club, Ft. Lauderdale FL
February 7-11

by Cindy Babb

Tournament names change but one thing remains constant: Lauderdale Tennis Club is the place to be in early February! While many parts of the country dealt with snow and cold, we were treated to Florida sunshine and a warm welcome from Margy Edmunds and her wonderful team of volunteers. The tournament name changed this year to honor longtime Lauderdale Tennis Club resident, member, and tournament supporter, Bill Tully. Bill's grandson, Tim, was on hand to observe play and award prizes to the winners.

It is always fun to welcome players we haven't seen in a few years. This year we welcomed back Barb Sasser and Elizabeth Bohac who have taken a few years off from competitive tennis to follow other pursuits. These two former Vanderbilt University Commodores competed as a team in 65 doubles. Another member of their 1971 Vanderbilt women's tennis team, Wendy McColskey, also competed in the doubles and singles draw. It is pretty special to find that three players from the same college team are still competing after more than 45 years. Wouldn't it be great if we could all convince our former college teammates to join us in this wonderful life of competitive age group tennis!





Les Grandes Dames- JoAnne Russell Cup

Academia Sanchez Casal, Naples, FL

February 20-24

by Sue Kimball

The first day of play was a frustrating one for me and my partner: our doubles match scheduled for 12:30pm didn't start until 4:00 pm! A combination of rain delays and a 3 hour singles match which began at 11:15am and didn't end until 3:00pm. Uh Oh, I thought – I hope this isn't a harbinger of things to come.

I am happy to report, however, that everything ran very smoothly for the rest of the week. The whole tournament was a big improvement on last year's event: entry fees are reasonable, scheduling was efficient, courts were groomed between matches, practice courts were available and the atmosphere around the club is very pleasant. Plus, they were really good about finding housing for players. Academy students were much in evidence but their "tennis etiquette" is impressive: no running past courts while a point was being played, doors held open for us, a crew of polite students even helped out at the banquet by clearing our dishes. Lunch was available every day for \$5, one of the choices being a bowl of really, really good soup created by the in-house chef.

Some of the events had few entries and were run as round robins, a format which was most enjoyable for everyone, particularly for some of those players who routinely get knocked out in the early rounds, go into the consolation and suffer walkover after walkover resulting in day after day of no play – very discouraging. I know that the men are experimenting with flights of round robins in their doubles events and hoping that this format will attract more participants.

Results of this year's Tully Cup finals:

- 45 Singles: Unseeded Kristen Kepler defeated Tangerine Manning (1)
- 45 Doubles: Unseeded Kepler/Stubbs defeated Cooke/Neuthaler (2)
- 55 Singles: Sue Boyer (1) defeated unseeded Melanie Crampton
- 55 Doubles: Bottinelli/Lumia (1) defeated local team Adler/Hicks
- 65 Singles: Wendy McColskey (1) defeated Lil Peltz-Petow (2)
- 65 Doubles: Leprovost/Peltz-Petow (1) defeated McColskey/Babb (2)
- 75 Singles: Charleen Hillebrand (1) defeated Suzanne Clark (2)
- 75 Doubles: Hunt/Weinstock (1) defeated Clark/Woo (2)

Results

Singles

- 40 – Leslie Wargo
- 50 – Daniela Esswein
- 60 – Bunnie Allare
- 70 – Toni Novack
- 80 – Dorothy Wasser

Doubles

- 40 – Corrina Bode/Kimberly Jones
- 50 – Susan Danac-Smith/Lori Goodfellow
- 55 – Daniela Esswein/Ruth Hessert
- 60 – Abbi Neuthaler/Patricia Purcell
- 65 – Milly Back/Elly Leary
- 70 – Susan Kimball/Betty Wachob
- 75 – Laura Baetz/Carolyn Clark
- 80 – Dorothy Wasser/Carol Wood

National Women's 35- 90 Clay Court Championships

Houston Racquet Club, Houston TX

February 26- March 4

35s

1st seed Julie Thu (Gold) def. 4th seed Heather Nobler (Silver) 6-3, 2-6, 7-6 (4)

3rd seed Katerina Janosek (Bronze) def. 2nd seed Patrician Zerdan 6-3, 6-2

Consies: Evgenia Dockter def. Lizl Kotz 6-2, 6-4

Doubles:

1st seed Julie Thu /Kaysie Smashey (Gold) def. 3rd seed

Katerina Janosek /Heather

Nobler (Silver) 6-3, 6-3

Evgenia Dockter /Jennifer

Sinclair (Bronze) def. Correne

Loeffler /Masha Phillips 6-3, 6-2

Consies: Nancy Dingwall /

Linda Sheldon def. Erin

Arnold /Dominique Glinzler

6-4, 6-4



35s Dianne Lee, Lizl Kotz

45s

by Carolina Blouin

Houston in my opinion is by far the best organized, most generous and prestigious senior women's tournament in the country. I hadn't played there in a couple of years and I had forgotten how good and abundant the food is, how friendly the Houston Racquet Club staff is, and how tough the competition can be!

We meet incredible athletes ages 35-90! Almost three generations of women with stories to tell, from being World War II survivors to managing a household of four children and full time jobs. I like to think that senior tennis players are the "creme de la creme!"

We were blessed with good weather and at the end of the week, some of us had the chance to meet both Martina Navratilova and Zina Garrison, both in a private tennis court 2 miles from the club, raising money for Zina Garrison's Foundation for underprivileged children. I brought with me from Augusta, GA a 85 year old tennis friend who was delighted to play her first national. She (Mrs. Nicole McDonough), got high fives from Martina and Zina, and was encouraged to keep going!

Thank you Houston Racquet Club for your 50 years of existence and sponsorship of our tournament. Thank you to all sponsors and organizers, and I hope to see you all next year!

Results:

Singles: Nancy Hilliard def. Julie Cass 6-2, 6-2

Marlo Carruth def. Carolina Blouin for the Bronze when Carolina retired injured

Doubles: Cass /Tracie Currie def. Hilliard /Joanna Suskic 6-3, 6-0

Pam Cooke /Kim Lackey took Bronze when Morris /Toney withdrew



35s and 45s Whitney, Smashey, Suskic, Hudson with Bella, Hillard, Wade, Blouin

55s

by Gail Warden

It was the end of February when 26 women and 26 doubles teams competed for the 2018 National Clay Court singles and doubles titles. Everyone thought the weather might be a bit chilly, but Mother Nature rewarded those that competed with beautiful days with temps in the 70's. In the singles draw the top four seeds made it through to the semis, with Vicki Buholz and Fran Chandler competing for the Gold ball. I was able to catch the final two sets of the match between Buholz and Chandler. Both players fought hard, drop shots chased down and corner to corner sprinting with excellent defense. The cruelty of competing is that there has to be a loser and a winner; no matter how well you play, it just might not be enough that day. Buholz won the Gold 4-6, 7-6, 6-4, Chandler got Silver and the Bronze was won by Shelly Works. The back draw was won by Gayle Prejean over Cynthia Johnson 6-2, retired. Congratulations ladies.

The 55 doubles draw was jam packed with talented players from across the country. I saw some serious doubles matches, soft hands, powerful overheads and yes, even some poaching. The four teams that advanced to the semis were, Newman-Prejean, Boyer-Boynton, Dailey-Smith and Buholz-Johnson. The Gold was won by Dailey-Smith in another three set nail-biter over Judy Newman and Gayle Prejean (3-6, 6-3, 7-6). The Bronze was awarded to the team of Buholz-Johnson. The back draw was won by Cooke-Lackey over Bottinelli-Lumia 7-5, 6-3.

65s

by Vicki McEvoy

Another week of strong competitive tennis, clockwork organization despite some weather challenges, lots of delicious food, good tunes, and the legendary Texas

hospitality was offered once again to all participants in the National Clay Courts at the Houston Racquet Club. Thanks to Sue Bramlette, Kathy Lassiter, Judy Job and their hard working committee, all competitors had a great week in Houston.

In the 65's it was Tina Karwasky, once again, who prevailed over a determined Wendy McColskey in the Gold Ball round 6-3,7-6 in a fine match of deep drives, drop shots, and an occasional foray into net. Rita Giles received the Bronze when Judy Dixon opted for elbow preservation and bowed out. Both Rita and Judy had an excellent tournament with Judy finally succumbing to Tina 6-2,6-2 in the semis and Rita battling but ultimately losing to Wendy 6-1,6-1 in the other semi-final round. The scores hardly reflected the quality of the on-court battles.

In doubles Tina Karwasky and Jan Kirkland-Cochran outlasted and outplayed an ever hopeful team of Judy Dixon and Vicky McEvoy in a 5-7, 6-4, 6-0 showdown. Wendy McColskey and her sister Dale McColskey took home Bronze when the Sue Bramlette/Ann Stanley team defaulted due to an ailing body part for Stanley. However, Sue Bramlette marched to the finals of the back draw, finally succumbing to an increasingly imposing Marlie Buehler 6-3,6-3. In the finals of the back draw doubles Lil Peltz-Petow and Marlie Bueller took down the strong team of Kristen Padberg and Janet Rice 6-4,6-2.

Lots of good tennis was played throughout the week, with frequent interruptions to run to the breakfast buffets, luncheon extravaganzas, and cocktail interludes. HRC really outdid itself in providing good healthy food, access to PT and massage, and all the club facilities including the gym and pool. The week was capped by a lovely gala highlighting the auction to raise funds for the NSWTA followed by a superb dinner with country and western music. How lucky we all felt to be able to participate in this week of good tennis, warm hospitality, and of course, a chance to visit with old friends and make new ones.



65s Wendy McColskey, Dale McColskey



65s Nancy Lucas, 75s Teri Eggers

75s

by Dorcas Miller

The weather was mild, and the courts were in prime condition. Houston Racquet Club wined and dined us all week with marvelous breakfasts and lunches, banquet with live music, courtside wine, beer and snacks.

The top seeds dazzled us with their clever shots. In the semis, Hillebrand beat Steel 6-1, 6-2. Ann Hunt finally aged up and had a close first set against Cathy Anderson, losing 6-4, 6-2. Ann won third place with Suella Steel retiring in the second set. In the finals, Charlene Hillebrand was on fire and aimed for the lines, beating Cathy Anderson 6-3, 6-1.

The consolation was marred by players racing for their ride home, so Grace Woo was the winner by default.

In the doubles Hillebrand and Steel breezed through the draw, beating Hunt and Weinstock 6-2, 6-1. The three /four playoff went to Patti Boyer and Jane Pang over Brookes Byrd and Sue McCandless who had a wonderful run. The doubles consolation was won by Cathy Anderson and Jan Pierson by default.



75 and 65 dubs Silver winners; Sheila Weinstock, Vicky McEvoy, Ann Hunt, Judy Dixon

85s

by Lucille Kyvallos

Since the 85 draw was small with only four participants, a round robin format was selected for play. The singles competition was dominated by Lucille Kyvallos with wins over the field beating Irene Bretzel 6-0, 6-1, Margaret Canby 6-0, 6-1, and Nicole McDonough 6-0, 6-0, thereby winning the Gold.

Canby had a win over McDonough 6-1, 6-2 but came up against a very competitive match with Bretzel. Canby took the first set 6-4. She was comfortably up in the second set serving for the match several times but Bretzel rose to the occasion erasing Canby's lead and taking the tie breaker 7-6. The third set was drama down to the wire but Canby prevailed taking the set 6-4, the match and the Silver.

Bretzel won her match over McDonough 6-1, 6-2 and won Bronze. Even though McDonough lost all three of her matches she was delighted with her first national competitive experience and looks

forward to coming back better armed.

In doubles action Canby/Ray took Gold, Minotti/Gralka won Silver and Wiedenmann/McDonough took the Bronze.

We players cannot say enough about how magnificent this tournament is at the Houston Racquet Club. It is generous in food, facilities and friendliness, superbly organized right up to the tournament desk, and hugely entertaining with tons of fun. We thank the Houston Racquet Club, the Tournament Committee, the Sponsors, the support staff and we appreciate all that you have done to make this such a fabulous experience.



85s & 90s, top row, left to right:
Pat Wiedenmann, Rita Price, Jane Lutz
Seated: Nicole McDonough, Angie Ray, Margaret Canby



85 medalists: Canby/Ray (Gold), Kyvallos (Gold),
Wiedenmann/McDonough (Bronze)

90s

by Rita Price

(continued from cover)

Sad to say that Trudy and her partner Martha Smith were the only other doubles team to play Lutz and Price. In the other first round match, Janet Hubbard ousted Martha Smith and faced Price in the semis, losing in two close sets. So, Janet won the Bronze by default in singles, and was so gracious to replace Trudy to give Price and Lutz the one and only double's match, to which they ungraciously never gave up a game. Martha Smith won the backdraw over Elizabeth Harrison.

Oh, yes, Price lost to her partner in singles in a ten point tie breaker which she protested and hoped for a third set! On the change over, Charlene H. said she agreed with me. We nonagenarians came to play! This is not the USTA Leagues, right?

Time to thank the sponsors for the delicious breakfasts and lunches, and the club for a banquet fit for a queen! Marinated Asparagus, poached Egg & Smoked Salmon Salad, Blackened Chicken Breast with sautéed Corn Medley, Roasted Cherry Tomatoes, Wilted Spinach, Sliced Avocado & Pico de Gallo followed by the scrumptious Vanilla Ice Cream with Fresh Berries, Dark Chocolate Sauce & Sugared Vol-au-Vant!!

At the "Hell or High Water" function, with an open bar, Mickey Hobbs got everyone to shake their booties, notably Judy Lehman and Bonnie and Marvin Champion. In closing, I give everyone, staff, Directors, sponsors, players, new friends TEN STARS!

Please come back next year everyone.
P.S. Martha Smith brought a group of players from Florida who promptly joined our NSWTA! YAY!
P.P.S Caroline Blouin also brought a new player in the 85's who also joined the NSWTA. Caroline took a few players to see her guest Martina Navratilova play in an event hosted by the Zina Garrison Tennis Academy. All had a photo shoot with Martina who had concluded the event when we arrived.



90s: Kay Hubbard, mother-in-law
Janet Hubbard, and Rita Price



Judy Lehman, Marvin Champion, Mickey
Hobbs, Bonnie Champion

Les Grandes Dames-- Barbara Cooper Cup

Maitland, FL

March 21-25

Results:

45 singles: Trish Riddell def. Julie Dybendahl
4-6, 6-2, 10-5

45 doubles: Gabriela Chase/Michelle Williams
won the round robin

55 singles: Terri Thomson def. Kathy Foulk
6-3, 6-0 in the finals

55 doubles: Ligia Bottinelli/Felicia Hutnich
won the round robin

65 singles: Elizabeth Froehling won the round robin

65 doubles: Margaret Machoian/Joan Oelschlager
won the round robin

75 singles: Vera Konig won the round robin

75 doubles: Flora Arnold/Kuulei Kozlik
won the round robin

Every Monday for over 40 years Barbara Cooper voluntarily ran a junior tennis clinic for beginners in Winter Park. Many of those young participants ended up playing for various universities around the country. Barbara died in 2010 but her kids carry on in the game as does the tournament named for her.



NSWTA Legal Counsel Margie Cooper with brother Herb;
Margie with sister Libby; older brother Dave.

National Women's 40-80 Clay Court Championships

Academia Sanchez-Casal, Naples, FL

April 9-14

40s

Jenny Klitch (Gold) def. Lizl Kotz (Silver) 6-1, 6-1
Tangerine Manning (Bronze) def. Renee Alexis 6-1, 6-3

50s

#3 seed Shelly Works upset first seed Alicia Rowley before falling in the finals to #2 seed Andrea Rice 6-1, 6-0
Rowley took Bronze by defeating #4 seed Vesna McKenna 6-3, 7-6 (1)

Yvette Kruger won the Consies

Doubles:

#1 seed Klitch/McKenna (Gold) def. #2 seed Mary Dailey/Andrea Rice (Silver) 6-1, 4-6, Ret
#3 seed Rowley/Works (Bronze) def #4 seed Yvette Kruger/Lucia Wauterlek 6-2, 6-3

60s

The Sixties was wonderfully predictable. There were quarter finals playoffs due to the size of the tournament.

#1 seed Diane Barker (Gold) def #2 seed Susan Wright (Silver) 6-4, 7-6(3)

#3 seed Bunnie Allare (Bronze) def. Francis O'Sullivan 6-3, 3-6, 6-1

Sally Smith won one Quarter finals play off; Kathy Foulk got a walkover in the other.

Doubles:

#1 seed Caroline Nichols/Susan Wright (Gold) def. #2 seed Bunnie Allare/Pat Purcell 7-5, 6-0

#3 seed Kimberly Jones/Abbi Neuthaler (Bronze) def. Sherri Bronson/Kathy Foulk 6-1, 3-6, 6-4

Janet Moseley/Sally Smith won the Consies.

70s

There were several upsets in this age group, which is usually the largest in the overall tournament.

#2 seed Molly Hahn upset #1 seed Brenda Carter to win Gold, 6-1, 6-1.

#8 seed Betty Wachob (Bronze) def. #3 seed Leslie Pixley 6-3, 6-0

Ellen Goodman and Carol Clay won the QF playoffs

Doubles:

Unseeded Barbara Hubbard and Janet Watanabe had a good run, defeating #1 seed Molly Hahn/Sue Kimball and #3 seed Carol Clay/Ellen Goodman to get to the finals.

Kathy Bennett and Liane Bryson upset #2 seed Brenda Carter/Betty Wachob to reach the finals in their half of the draw.

Bennett/Bryson took the Gold 6-0, 6-1.

Carter/Wachob took Bronze in a 3-setter over Clay/Goodman.

Hahn/Kimball won their QF playoffs; the other was not played.

80s

Singles seeds did the job and showed their strength in the doubles.

#1 seed Roz King took Gold over #2 seed Dori Devries, 6-0, 6-2.

#3 seed Inge Weber defeated #4 seed Burnette Herrick for the Bronze, 6-1, 6-2. Youngster Lola O'Sullivan won the Consies.

Doubles:

Unseeded Devries/King won Gold, defeating the first seeds (Herrick/Carol Wood) 2 and 2 and second seeds Wasser/Weber 4 and 4 in the finals. Herrick/Wood took the Bronze.

Photos from All Over



More Photos from All Over





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Houston-native Zina Garrison when her city hosted National Clay Court Championships, surrounded by (left to right): Nicole McDonough, Carolina Blouin, Rita Price and Catherine Billecci.



A couple of legends: 90+ Competitor Rita Price with spectator Martina Navratilova at the 2018 National Clay Court Championships in Houston

2018 Major Tournaments Schedule

(As of March 20, 2018) *Go to NSWTA.org for updates*

Date	Tournament	Age Division	Surface
*January 17-21	Grandes Dames at Palm Beach Gardens, FL	30-80	Clay
*January 20-28	WILSON Classic, Rancho Mirage, CA	35-85	Hard
	Also the National Mixed Hard Courts	50, 60, 70, 75, 80	Hard
*February 7-11	Grandes Dames Tully Cup, Ft Lauderdale, FL	35-85	Clay
February 20-24	JoAnne Russell Cup, Naples, FL	40-80	Clay
Feb 26-March 4	National Clay Cts, Houston, TX	35-90	Clay
March 21-25	Grandes Dames Cooper Cup, Maitland, FL	35-85	Clay
April 9-14	National Clay Cts, Naples, FL	40-80	Clay
*April 25-29	NSWTA Championships/Anne Grier Cup	35-75	Clay
May 7-13	National Hard Cts, La Jolla, CA	40-90	Hard
May 24-28	National Indoors, Lexington, KY	30, 35-85 (mixed 30)	Indoor
*May 24-28	Westwood Seniors, Austin TX	35-80	Clay/Hard
June 6-10	Marin Championships, Mill Valley, CA	35-70	Hard
June 8-10	National Hard Cts, Kansas City, MO	30(S,D, Mixed)	Hard
July 9-15	National Grass Cts, Forest Hills, NY	30-80	Grass
July 15-22	National Grass Cts, Philadelphia PA	35-85	Grass
August 12-18	ITF Seniors, Ulm/Neu-Ulm, Germany		
August 20-25	National Indoors, Seattle, WA	60(S,D,Mixed)	Indoor
Sept 3-9	National Indoors, Vancouver, WA	40,50,70-90	Indoor
Sept 16-22	ITF Super Seniors, Umag, Croatia		
October 1-7	National Hard Cts, La Quinta, CA	35-85	Hard
October 4-7	National Mixed Clay Cts, Seabrook, SC	40-70	Clay
October 11-14	World of Tennis, Austin, TX	55-80	
October 21-29	ITF Young Seniors, Miami Beach, FL		
Nov 1-4	National Grass Cts, Rancho Mirage, CA	90	Grass
Nov 26-Dec 2	National Hard Cts, La Jolla, CA	40 (S,D,Mixed)	Hard
Nov 28-Dec 2	Fiesta Bowl, Scottsdale, AZ	30-90	Hard
Nov 30-Dec 4	National Clay Cts, Ft. Lauderdale, FL	30 (S,D,Mixed)	Clay

Bolded Tournaments are Category 1

* Tournaments are Super Category II