The Omaha Tennis Association Luncheon was held at Camelot Community Center, October 23, 2016. Awards were presented to individuals who had persevered throughout the year working, playing and competing in tennis activities.
WHAT’S FOR DINNER? … John Dervin

Here are three eating styles you may find of interest.

American

Typical eating patterns for many Americans fail to meet current dietary guidelines recommended by the USDA for a healthy lifestyle. For example:

- About three-fourths of the population has a diet that is low in vegetables, fruits, dairy, and healthy oils.
- More than half of the population exceeds grain (cereals/bread) and protein (meat) recommendations.
- Most exceed the recommendations for added sugars, saturated fats, and sodium.

In addition, the eating patterns of many are too high in calories. Calorie intake over time, in comparison to calorie needs, is best evaluated by measuring body weight. The high percentage of the population that is overweight or obese suggests that many in the United States over consume calories. More than two-thirds of all adults and nearly one-third of all children in the United States are either overweight or obese.

Greek/Italian

The Mediterranean diet portrays itself as the traditional way of eating in the lush Mediterranean area. Typically, fish, some fruits, lots of vegetables, lots of pasta, grains, leafy greens, tomatoes and olive oil. There is very little beef or pork eaten, simply because they do not happen on the historic Med table.

Caveman

With new interest in the Paleo diet, scratch everything that was invented after human beings left their caves. That means no dairy, no grains (rice and pasta), no refined fats, and no sugar. What cavemen ate were meat, fish, tree nuts, vegetables and fruit. It’s a less inclusive diet than the Mediterranean, the logic behind it being that our digestive systems evolved in the hunting/gathering era starting roughly 2.5 million years ago and today we are overweight because we are eating foods we cannot properly digest.

Conclusion

Research has shown that the typical western diet is high in unhealthy fats, refined sugars, processed foods and genetically modified foods and that this may increase the risk of depression. There are natural remedies for depression, including a diet rich in lean protein, wild fish, vegetables, seeds, and healthy fats.
METRO BOYS 2016

#1 Singles
Brett Sleazy
Creighton Prep

#2 Singles
Alex King
Creighton Prep

#1 Doubles
Thomas Kennedy and Ryan McNamara
Creighton Prep

# 2 Doubles
Maxim Oleynikov and Brian O’Flanagan
Creighton Prep

METRO TEAM WINNERS
Creighton Prep
Coach Mike Higgins, Alex King, Brian O’Flanagan, Thomas Kennedy, Ryan McNamara, Brett Sleazak and Maxim Oleynikov
Danny Woodward, Michael McClellan, Jake Jarzynka and Beau Stuckey
BOYS CLASS “A” STATE

#1 Single Champion
William Gleason
Lincoln Southwest

#2 Singles Champion
Alex King
Creighton Prep

#1 Doubles Champions
Thomas Kenney and Ryan McNamara
Creighton Prep

#2 Doubles Champion
Henry Massey and Andrew Hedstrom
Lincoln Southeast

State Class A Champions
Creighton Prep
Coach Mike Higgins, Ryan McNamara, Brett Slezk, Thomas Kennedy, Alex King, Brian O’Flanagan, Maxim Oleynikov
Michael McClellan, Jake Jarzynka, Danny Woodward, Beau Stuckey
The Omaha Tennis Association Luncheon
(continued)

Metro Boys #2 Singles
Alex King

Metro #1 Doubles Winners
Ryan McNamara and Thomas Kennedy
With Ed Hubbs

Metro Girls #1 Doubles
Spencer Roach
with Ed Hubbs

Metro Boys #2 Doubles
Maxim Oleynikov and Brian O’Flanagan

Metro Girls #2 Doubles
Emma Dargy

Outstanding Diversity
Achievement
Mandela Mavs

Facility of the Year
Harry & Gail Family Tennis Center
Steve Slater

High School Coach of the Year
Mariana Hurst

Member Organization
Tennis Buddies
Nancy Sampson
The Omaha Tennis Association Luncheon
(continued)

Media Excellence
Gene Schinzel

Adult Recreational Player of the Year.
Maggie Sweigart

Junior Recreational Player of the Year
Josie Friedman

Adult Female Player of the Year
Heather Blumel

Junior Female Player of the Year
Samantha Mannix

Community Service Excellence
Tom Lilly

Adult Female Sportsmanship Award
Betsy Flood

Boy’s 18 Sportsmanship and Junior Male Sportsmanship
Ben Faulk

Family of the Year
The Faulk Family
The Nebraska Tennis Association Banquet

Outstanding Official
Carol Hodge

Outstanding CTA
Omaha Tennis Association

Junior Player of the Year
Samantha Mannix

Outstanding High School Coach
Ron Messbarger

Adult Recreational Player of the Year
Maggie Sweigart

Outstanding Junior Tournament
USTA MV BG 12-18 Super 2
Barb Rademacher

Facility of the Year
Harry and Gail Koch Family Tennis Center
Ed Hubbs

Community Service Award
Gibby Chapman

Tennis Family of the Year
The Wenger Family

Distinguished Service
Jean Uffelman

Class A State Champion
#1 Singles
Fidan Ibrahimova

Class A State Champions
#1 Doubles
Morgan Edy and Spencer Roach
The Nebraska Tennis Association Banquet
(continued)

Class A State Champions
#2 Doubles
Brooke Shreve and Abby Sullivan

Class A State Champion
#2 Doubles
Michelle Messbarger

Boys Class B Team Champions

Class B State Champions
#1 Singles
Mason Meier

Class B State Champion
#2 Singles
Joseph Dawson

Class B State Champion
#2 Doubles
Brooks Scott

High School Sportsmanship Award
Ben Faulk

High School Sportsmanship Award
Natalie Schiener

High School Sportsmanship Award
Justine Linscott

High School Sportsmanship Award
Joshua Schmidt

High School Sportsmanship Award
Max Radenmacher

Collegiate Sportsmanship Award
Kristian Kiland
The Nebraska Tennis Association Banquet
(continued)

Collegiate Sportsmanship Award
Cheyanna Kemple

Collegiate Sportsmanship Award
Harrison Lang

Collegiate Sportsmanship Award
Katherine Nelson

Girls 14s Missouri Valley Junior Sportsmanship
Bianca Rademacher

Boys 18 MV Sportsmanship Award
Ben Faulk

Grand Slam Award
Amanda Woodward-Kennedy
SUNDAY NIGHT OTA JUNIOR COMPETITION

Hanscom Brandeis Tennis Center
3220 Ed Creighton Avenue
Omaha, Nebraska 68105
(402) 932-2027

FORMAT: This is a competitive program where the participants compete against each other. Each participant’s starting position is based upon performance from the previous week.

Location: Hanscom Brandeis Tennis Center.

DATES: Session Jan. 8, 15, 22, 29 Feb. (No Feb 5) 12, 19, 26
March 5, 12, 26 April 2, 9

TIMES: Two time periods available: 7:00 – 8:15 p.m. for 8th Grade & under
8:15 – 9:30 p.m. for 9th Grade & over

COST: Jan/April $195.00 currently 8th Grade & under, currently 9th Grade & over
Jan/Feb $105.00 (H.S. Girls only, they can’t participate in March/April*)
Make checks payable to City of Omaha.
Payment must accompany entry form. Players’ fees are not transferable.

MAIL PAYMENT TO: MOTA, PO Box 8313, Omaha, Nebraska 68108

MEMBERSHIP: Each participant must be an Omaha Tennis Association member. Junior membership for a full year costs $10, and family membership for a full year costs $25. The OTA provides a scholarship program for eligible applicants. OTA office 680-6303.

QUALIFICATION: Players may need to be moved to a different program level depending upon ability and with approval of the program director.
This is an Omaha Tennis Association program.

THIS WILL BE THE FOURTEENTH YEAR OF THIS SUCCESSFUL PROGRAM.
------------------------------------------------------cut here--------------------------------------------------

SUNDAY NIGHT PROGRAM   JANUARY - APRIL 2017

MAKE CHECKS PAYABLE TO: City of Omaha
Cost: $195.00 per player: Jan - April {+$105.00 Jan – Feb (H.S. Girls Only*)
Send to: MOTA, P.O. Box 8313, Omaha, NE 68108 or leave at Hanscom Tennis Center

Player Name: ___________________________ Date of Birth (MM-DD-YY)________________

Jan/April Session Age Division (Check One): ________ 8th Grade & Under - 9th Grade & over ($195.00)
Jan/Feb Session Age Division (Check One): __________ 9th Grade & Over ($105.00) (H.S. Girls*)

NAME OF PARENT OR GUARDIAN: _____________________________

ADDRESS: _____________________________ CITY: __________ STATE: ______ZIP: ___

PHONE: _____________________________AMOUNT ENCLOSED: $ __________

IN CASE OF EMERGENCY PHONE: _____________________________

*High School Girls cannot play in any outside events during the season.
Happy Days Are Here Again

Good news all around.....the outdoor playing lasted into about 11/20..our group played on the clay until then. But even better is that Omaha has indoor facilities that seem to take care of any Omahans that like to continue their game on the indoor courts. Lucky us. And I have heard no complaints about the cost (just try and play in NYC on an indoor place).

Some local news involving Omahans: Fred Abboud entering the UNO Hall of Fame. Fred was a three-sport letterman at Omaha Central and went on to excel at our local U...and in later life became a club tennis player. Congrats to Fred!

T's 13 founder Terry Petersen to enter Amateur Softball Hall of Fame in Oklahoma...and we all should know that Terry has been a big factor in Omaha's tennis world. Terry also is the father of local pro Chris Petersen.

Kyle Crowl of CB Abaham Lincoln is an Iowa baseball recruit. But Kyle also won many local high school tennis tournaments on the "other" side of the river. Kyle is the latest in a long line of Crowl tennis players

Felicia Hutnick...a former tennis pro was runner-up to Susan Marchese in the state golf tourney at the Wayne Country Club.

OBITS: Dwayne Feeken age 92 died in Arizona A graduate of Omaha Central, Dwayne played many years of tennis on the Omaha scene.

Jodi Gay Veltzer 1939 to 2016. Survived by husband Norman and son Scott, both active in local tennis activities.

GIRLS IN THE SPRING....BOYS IN THE FALL: The high school tennis season is over but the thoughts linger on...be on the lookout as my alma mater, Omaha Central, did some placing this fall cuz they had a player (like the colleges) from South America...and he was good competitive singles player. So here are some notes from the action....in late Aug. Omaha Central actually won a tournament...scoring 65 points to Bellevue West's 61 (yes, it happened).more headlines from our local sports section..at the Millard North Invite Faulks helps Mustangs run away with tourney titles...at the Papillion-La Vista invite..Meier continues roll/Prep takes title....Focus on serve his own game pays for Gleason....at Metro Junior Jays go 4 for 4, will play for first....at Metro/ Prep over Millard North, times 4....in class B, Elkhorn South's triple threat/triplets (Fink) again make up half of Storm's lineup, but this season two of them play together....A Smash down the stretch/Prep's new no. 1 doubles team take win streak into state tournament....State Class A State Meet/Warrior senior shows game is healthy again (Dillon Ketcham)....King extends Prep's reign....Prep extends third straight Class A title.....Class B State meet/Storm star (Mason Meier) wins singles title/Pius X wins the tourney's other 3 brackets for the team title....so the beat goes on...high school tennis in Nebraska is alive and well.

U S OPEN: Yes, I know it was played back in September, but it was after this column went to press, so here are some headlines to remind you of some of the action and stories: Serena, Djokovic dealing with injuries ahead of U S Open....Rain won't bother Djokovic at Open/With pair of medals Sock back at Open....Sock, Djokovic tested in first-round matches....Serena serves notice in first round victory.....American (Ryan Harrison) pulls upset as cramps cost Raonic....What Murray can't hear doesn't hurt him....Sock dispatches No. 7 seed (Marin Cillic), aims higher....Serena's shoulder not a problem in easy win (Johanna Larsson)....Young Frenchman (Pouille) extends Nadal's major strife...Jack Sock lost in three sets to No. 9 Jo-Wilfried Tsonga on Sunday....Sock out as French players rule day....Late comeback comes up short for Venus....Murray loses cool, Quarter final match....Another short night for No. 1 Djokovic....Djokovic takes care of Monfils, reaches final....Serena upset again, cedes top rank to Kerber....No. 1 in New York and the world, Angelique Kerber...by claiming her second mayor of the season, Kerber replaces Serena atop WTA rankings....Wawrinka the Tortoise and Djokovic the Hare...and Stan the man prevails! So the pro players go on playing all over the world (why not pick up a few bucks?) But after our Open in NYC there is nothing really big to report on the tour....then the guys and gals head to Australia where the real fun begins again!
MORE… Jerry

THIS AND THAT OR HITTING THE BALL OVER THE NET: Little notes about some of the pro tennis stars who make the headlines…some good news and some bad news:

In October justice was served. Maria Sharapova…to return in April after doping ban reduced. That was the headline. Here is the story. M/S will be eligible to return to competitive tennis in April after her two year ban was reduced to 15 months by a sports court that found the Russian star bore no significant fault for her positive drug test and did not intend to cheat. Bravo…I though her penalty was too tough for the "crime". She should have just gotten a reprimand or a slap on the wrist.

Now one afternoon I saw Maria being interviewed by a t v host and I found her to be super intelligent and highly fluent in her English (not her native tongue).

Juan Martin del Portal…before his Olympic first-round match spent 40 minutes trapped in an elevator but it might have been a good omen as del Portro upset Djokovic the number one ranked player 7-6 7-6! Angelique Kerber…U S Open Women’s singles champ…is age 28…making the German the oldest player at the top of the world rankings in the history of WTA.

Zero Grand Slam quarterfinal appearances this year for Rafael Nadal…first time that has happened since 2004. Rod Laver called in August a summit of the titans of tennis…who was there? Rod Laver…Bjorn Borg…Rafael Nadal…Rod Laver…Roger Fedeerer…John McEnroe. Tennis anyone?

Enough of the world guys…here are some local ties…Jack Sock is set to attend event for the new Lincoln tennis center. And on September 4th the OTA had a picnic at Koch…with food and beer served for all the happy Omaha Players in attendance.

Rules and Regulations…for this issue just this writer’s main rule…if the ball hits the line or inside the line the point is good. If the ball hits outside the line the ball is out and the point is lost.

NAMES FROM THE PAST: OTA Tennis Tournament spring mixed doubles tournament…these are the seeds:

Open No 1 Bill Roach/Jana Grundy No 2 Jim Hegendetter/Sue Nelson No 3 Joe Mc Daniel/Jean Boicourt
Family No 1 Dick/Carol Roth No 2 Dan/Elena Simone No 3 Rick/Helen Horn No 4 Paul/Lindsey Johanek No 5 Don/Kathy Clees
Class A No 1 Dwayne Feyken (see obits)/Pat Greckel No 2 Greg Allen/Sue Stryker No 3 Joe Donahue/Judy Donahue No 4 Mike Sobczyk/Eileen Boyle No 5 Al Brown/Glenda Bahr
35’s No 1 Dick Roth/Carol Roth No 2 Jack Hohensee/Donna Murphy No 3 Joe McDaniel/Jean Boicourt… p/s year unkown, but some of these players are still "playing".

Eye on the ball!

Jerry F