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ATFC Newsletter Editor: Jo Wayles



OCTOBER 2022

Hours of Operation
Monday-Friday 7:00am-9:00pm
Saturday & Sunday: 8:00am-5:00pm

RONDA'S ROUNDUP



Adult Events:

CENTURY TOURNAMENT

SAVE THE DATE: November 12 (11am-5pm)

100

The Century Tournament is an ATFC classic! An all-doubles event, the premise is to find a partner whose age, added to yours, is at least 100. There may be special prizes for partners whose ages total EXACTLY 100... Perhaps this is the one time of the year when it is cricket to ask someone's age, though you may want to ease into the question: "I'm curious about who was president when you were born." "I'm in need of someone at least 80 years old. Can you think of someone who might be interested?" Century Tournament is a super fun time at the club for everyone – players and spectators alike!



Note: If you need a partner, please let one of the pros know and we will find one for you!

Junior Events:

FRIDAY NIGHT JUNIOR HALLOWEEN PARTY

Friday, October 28 from 6:30 pm – 8:30 pm

- Games & match play
- Beginning and Intermediate
- \$10 per person, including pizza & drinks
- Dress up in a costume you can play tennis in
- Prizes for best three costumes
- 24 players max
- Register at the front desk by October 26th



Focus on Fitness

Are You Calling Me Dense?

Well, that would be a compliment since today's topic is **bone density!**

Driving on East Main Street, I was struck by the Halloween décor at a particular house – lots of ghosts, skeletons, witches, and goblins! Seeing the skeletons made me think about bones and that, of course, led to bone density. **Bone density is the measurement of the amount of calcium and other minerals found in our bones.**



Through childhood, this measurement increases; by age 30 we have reached peak bone mass. Osteopenia (low bone mass) and Osteoporosis (brittle bones) are the conditions most commonly associated with low bone density.

So...are we doomed to develop these conditions? Actually, no. There are many ways to increase bone density. Here are some:

1. Calcium: Make sure you are taking in enough calcium per day. The recommendation for women over 51 is 1200 mg/day; that is also the recommended amount for men over 71.

Most research suggests that taking in calcium through food intake is preferable to supplements; however, both are good. There seems to be consensus that calcium spread throughout the day is significantly more effective than consuming a lot all at once.

Foods rich in calcium include dairy products, almonds, broccoli, kale, sardines, canned salmon (with the bones), and soy products such as tofu.



2. Weight Lifting and Strength Training: Both are effective in increasing bone mineral density, reducing inflammation, and protecting against bone loss.

If you're not sure how to begin a strength training/weight lifting program, you might want to check out the ATFC **Strength Training** class.

3. Eat More Veggies: Yellow and green vegetables can help maintain bone density and strength.
4. Eat Foods Rich in Vitamins D and K: most of us probably get sufficient vitamin D through the sun; sauerkraut, liver, and eggs are good sources of K.

5. Eat Foods Rich in Omega-3 Fatty Acids: these



include salmon, mackerel, nuts, and seeds.

6. Add foods high in magnesium and zinc such as nuts, seeds, whole grains.

7. If you smoke, DON'T! Smoking can cause osteoporosis and increase the risk of bone fractures.

8. Here's a surprise: **EAT ONIONS!** Studies in women over 50 who consumed onions most regularly had a 20% lower risk of osteoporosis compared with those who ate them rarely.



Of course, before you make any big changes in your diet or exercise routine or taking supplements (even over the counter) it is wise to consult your primary care physician. Next time you see a Halloween skeleton, take a closer look! 😊

Ms. Martina Mannerstilova

Dearest MMM: Of what material are the players' courtside chairs composed at Roland Garros?
Sincerely, Wondering About Other Uses for Chairs

My Dear WAOUFC: Before responding to this unusual – shall we admit, kind of weird – query, let me say a couple of things about professional tennis in the last month. I tip my hat to two of the greatest stars of all time as they retired after having performed brilliantly for decades. **Fare thee well, Serena and Roger!**



Okay, chair talk. On the tour we used the chairs to sit in. I have heard that in some clubs chairs have been used for target practice, but I certainly hope that isn't the case at ATFC! Should you see someone misusing one of the green or white chairs, you might firmly say: SIT! **Sincerely, MMM**



Riddle Me This

Last month's riddle: Why do waiters hate tennis?

Answer: Because everything they serve gets returned.



This month's riddles: What has a spine, but no bones?

How do you get a skeleton to laugh out loud?

Why didn't the skeleton want to go the Friday the 13th dance?

(note: credit to Pat Bibee for this month's riddles!)

