

# Mid-Atlantic SPORTS Digest

Your Source for Tennis, Golf and Fitness

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**HEADS UP!**



Photos by Andrew Riddle

# Waldman, National Clay Court Finalist



Photo by Andrew Riddle

Bethesda's Dan Waldman came very close to capturing his third USTA National Men's 45 Clay Court Championship, falling to Val Wilder 6-4, 6-4 in the Final. The tournament, featuring a 128-player draw, was held at the Lauderdale Tennis Club in Florida.

Waldman, who came in as the #9 seed, took out several higher seeds along the way. Many competitors were upset about the seeding, feeling that Waldman should have been given a higher seed.

By capturing the title, Val Wilder completes a Grand Slam, winning all of the 45's titles in the past year while also capturing the World Championships last month in Philadelphia. Waldman then teamed up with Van Gladfelter, from Ft. Lauderdale, Florida, to advance to the quarterfinals of the doubles. The chart below documents Waldman's path to the singles final:

|                     |    |                                  |
|---------------------|----|----------------------------------|
| F (1) Vallis Wilder | d. | (9) Dan Waldman 6-4; 6-4         |
| SF (9) Dan Waldman  | d. | (2) Egan Adams 3-6; 6-0; 6-2     |
| Q (9) Dan Waldman   | d. | (9) Don Linebarger 3-6; 6-1; 6-2 |
| 16 (9) Dan Waldman  | d. | (3) Mike Fedderly 5-7; 6-4; 6-3  |
| 32 (9) Dan Waldman  | d. | Angel Lopez 6-2; 6-2             |
| 64 (9) Dan Waldman  | d. | Daniel Simos 6-2; 6-3            |

**Others from the area who competed in the tournament:**

|                      |                   |
|----------------------|-------------------|
| Frank B. Avent       | Alexandria, VA    |
| Fred S. Sommer       | Olney, MD         |
| Daniel H. Friend     | Richmond, VA      |
| Gregory J. Pifat     | McLean, VA        |
| Daniel M. Simos      | North Potomac, MD |
| Thomas G. Quesenbery | Fredericksbrg, VA |
| David J. Fitzgerald  | Rockville, MD     |
| Carl Kravitz         | Washington, DC    |

# Mooney Takes "Extreme" Drives to World Championships

Kieron Mooney, the Head PGA Golf Professional at Red Gate Golf Course, just competed in the 2004 RE/MAX World Long Driving Championship. The World Championship was held in Mesquite, Nevada, from October 19-23rd.



Kieron, who is in his first year of competition on the Long Driving Tour, was able to qualify for the World Championships by tearing through the competition at both local- and district-qualifying, and by attaining one of the coveted 64 spots. The LDA is similar to the PGA Tour, with seven regular season tour events and a season-ending Tour Championship. To be competitive, one must be able to carry the ball at least 340 yards while in the air, all the while steering it into a grid that measures only 50 yards wide.

Kieron's drives of 366 yards in the opening round and 360 yards in round two fell just short of advancing him.

Kieron, who is still learning all the nuances of the tour, vows to keep working on his already-long drives and hopes to make it back to the World Championships next year.

To watch and learn more about this ever-growing sport, check out ESPN 2 on Nov 1st at 7:30-8:30 p.m. The station will also feature weekly coverage throughout December highlighting the competition

## We Welcome your Submissions

The *Mid-Atlantic Sports Digest* is a free publication, publishing weekly from April through December and can be found in the Washington Metropolitan area at most Country Clubs, Fitness Clubs, Tennis and Golf Shops.

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### Get Published

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Include your name, address and telephone number, for verification purposes. The editors reserve the right to accept, reject or edit any submission for content and length. The paper cannot take responsibility for the return of unsolicited editorial material and photographs.

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**Tennis Tidbits**

# Bring back the ballboys

## *Use of models at Madrid Masters causes stir*

The Madrid Masters Tennis Tournament was getting a lot of press last week, but it wasn't for the tennis! It seems the tournament decided to replace the ballboys with Hugo Boss fashion models. The models, most in their early 20's, wore black tank tops and white knee-length skirts, and were paid around \$1,100 each for the week.




Soledad Murillo, an official from Spain's labor ministry, sent a demand to the director of the ATP Masters Series, in which Tim Henman, Andre Agassi and Roger Federer are competing, ordering that the 25 models be withdrawn on the grounds that their presence "contributes to fomenting

clear discrimination towards women who appear as simple objects of decoration and amusement."

Many parents complained that the children were essentially being replaced in favor of the models. One young ballboy complained that the models were being paid over \$1,000 for the week while he usually receives only a free sandwich each day. Many wondered if this move was going to be replicated at tournaments all over the world. The Australian Open, the First Grand Slam of the year, has already said they have no intention of doing the same.



**Upcoming Events**

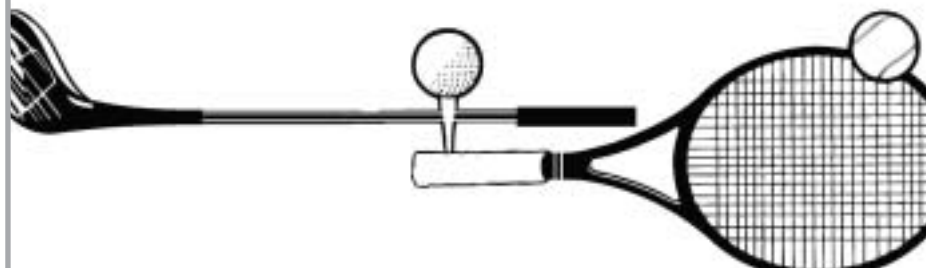
- Oct 30-31  Mid-Atlantic Section High-Performance Training Camp-Tennis Center at College Park
- Nov 9-10  MAPGA Chapter Challenge Cup-Golden Eagle Golf Club- Irvington, VA
- Nov 20 USTA/Mid-Atlantic Section Annual Meeting & Awards Luncheon, TBD, 8:30am-2:00pm
- Nov 20  Mid-Atlantic Tennis Foundation Hall of Fame Dinner, TBD, 6:30pm

## Wimbledon Champ Heads to Baltimore

Wimbledon Champion Maria Sharapova will headline an all-star cast at the Mercantile Tennis Challenge presented by the Baltimore Sun on Friday, December 17, 2004 at the 1st Mariner Arena.

Tickets are on sale now and can be purchased at the 1st Mariner Box Office 410-347-2010 and all ticket master locations. To charge by phone, call (410) 547-SEAT.

*Additional ticket and sponsorship information can be obtained by calling the Tournament Office at (410) 296-2929 or on the web at [www.tennischallenge.org](http://www.tennischallenge.org)*



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# THAI TENNIS ORGANIZATION

## *courts sponsors, sparks excitement*

If you attended the Legg Mason Tennis Classic, watched the U.S. Open, or follow tennis in any way, you've probably wondered who all those people were in the sea of bright red t-shirts, cheering for Pardon Srichaphan and bringing a whole new level of excitement to the game...

The Thai Tennis Organization in America is growing at a record pace and is contributing to the area in many ways. Last week, this organization and its title sponsor, Singha Beer, brought a \$50,000 women's Professional Event to Northern Virginia. It was the first time in twenty years a women's professional event was held here.

While some organizations are started by a host of people, this one was started by just two: friends Thanakorn Duangmanee (George) and Kitiphan Srisawat (Nick), who played tennis together before forming the group. What these two have achieved with the help of countless others in only a few short years is nothing short of miraculous.

Nick and George initially attended the Legg Mason to see Thai superstar Paradorn Srichaphan. There, they met a young Thai Tennis player who wasn't ranked very high, who had taken a bus from New York to D.C to try to qualify for the tournament. The player was heading back on the same bus (an eight-hour ride!) to try to qualify for the U.S. Open.

Then and there they decided that there should be a way to help up-and-coming Thai players meet expenses. So, they started the Thai Tennis Organization in America (TTOA) in 2002.

The organization is a non-profit organization whose goal is to promote tennis growth and education to the minority community in the U.S.

Initially, they attempted to find sponsors and began selling the famous red shirts at tournaments. Red is associated with luck in the Thai culture.

While more and more people were getting involved, and as the fan base following the Thai players grew, the two felt like they still needed to do something more.

So, George and Nick began looking at options, asking themselves what was missing in Northern Virginia... The answer? Women's Professional Tennis.

The two contacted Alan Schwartz, President of the USTA, and inquired about hosting a \$10,000 Women's Event, which is a smaller professional level event. They were put in touch with the right people and were told they needed to put in a bid to host the event — something they had no idea about. So, they filled out the necessary paperwork and were disappointed when they got a call saying all of the \$10,000 events were taken for this year and next and, unless someone cancelled, there would be no way of getting an event.

They were told that a \$50,000 event had opened up on the schedule in October, and asked if they'd be interested in that. Being the end of summer, it was hard enough to plan a local tournament for October, much less getting the financing and securing all the necessary elements to put on a \$50,000 professional event. In fact, it would seem impossible. "We just didn't want to wait a few years, we wanted to make this happen now," says George.

With a part-time staff composed entirely of volunteers, and less than two months to put the whole thing together, it did indeed turn out to be a daunting challenge. "We're just lucky we had a good group of people who really care about tennis."

Nick and George asked the USTA for two weeks to try to get a title sponsor. Through many connections, they got on a plane and flew to Thailand to meet with the owner of Singha Beer. Singha, which is the most popu-

lar Beer in Thailand and is making its way into many fine restaurants in the U.S., had been very supportive of the Organization — helping supply t-shirts. However, supplying t-shirts and sponsoring a huge tennis event are two different things, and would prove to be a huge financial commitment.

George says he spent the first half hour of the meeting thanking the owner for his support when Nick just

*continued on PAGE 5*



(l-r) T Sangkhavasi, Nick Srisawat (President TTOA), Vinh Do, George Duangmanee (Managing Director TTOA)



Photo by Andrew Riddle

continued from PAGE 4



Photo is by Andrew Riddle

Brenda Schultz-McCarthy( Former top ten in world) greets Alan Schwartz (USTA President) at the Thai Festival



TTOA at the Mercedes Benz Cup in Los Angeles

came out and asked about sponsoring the \$50,000 event. “You don’t get the chance to speak with the owner of Singha Beer everyday, and we might never have gotten another chance,” Nick laughs.

The owner liked the idea and even sent over a team of twelve from Thailand to help with the event, demonstrating their commitment. “Singha is a very loyal sponsor and is extremely supportive of any endeavor they get involved in. Not only did they send the team over to help with the event, but they even flew over equipment from Thailand at great expense when things got tight on time, and shipping by boat would have taken too long. They are a first-class organization in every way.”

“We see this as a long term relationship and are so proud to be associated with Singha.”

Even JetBlue Airways, which has never sponsored such an event before, became a major sponsor of the challenger.

Besides just the tennis tournament, the organization held an extraordinary Thai Festival the weekend before the event. It was a great way to get the community involved, as over 10,000 people came out for some tremendous Thai food, and a

whole host of elaborate performances. The festival featured 30 vendors, traditional Thai food, and all-day stage performances. Singha Beer provided the largest Singha Beer Garden in the United States and the famous Thai Kickboxing Team from Las Vegas, NV showcased their talents. They also sported many cultural and art exhibits, displayed for everyone to see. The Royal Thai Embassy took a leading role in organizing and promoting the Thai Festival.

The Thai Fans are known for their cheering during events and supporting their players in a fun way. When asked about the excitement generated by Thai fans, Nick responds, “The game is changing, the clothing is changing, the rackets — everything. If you go to a Davis Cup match, there’s cheering between points — a real excitement and support of your favorite player. Why can’t we cheer like that at all the tournaments?”

The Thai Tennis Organization in America is growing by leaps and bounds, and the excitement they generate at events adds a tremendous amount to the sport. The tournament was a huge success in year one and, as both Nick and George say, just wait until next year!



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# Singha Beer USTA \$50,000 Tennis Tournament and Thai Festival

Laura Granville def Lucie Safarova 6-4, 6-2



Laura Granville

Lucie Safarova



# Interclub Tennis Standings and Results

## Fall 2004

### Red "A" Division

| Team            | (Wins/Losses) | Matches Won |
|-----------------|---------------|-------------|
| Chevy Chase I   | (6/0)         | 24          |
| Congressional   | (5/2)         | 22          |
| Aspen Hill I    | (4/2)         | 18          |
| Edgemoor        | (4/3)         | 21          |
| Chevy Chase II  | (3/4)         | 16          |
| Argyle          | (3/4)         | 10          |
| Aspen Hill II   | (1/5)         | 11          |
| Washington Golf | (0/6)         | 8           |

#### Match Results

| Friday October 22, 2004         | Score |
|---------------------------------|-------|
| Chevy Chase I @ Aspen Hill I    | **    |
| Congressional def Edgemoor      | 3-2   |
| Chevy Chase II def Argyle       | 5-0   |
| Aspen Hill II @ Washington Golf | **    |

### Blue "A" Division

| Team           | (Wins/Losses) | Matches Won |
|----------------|---------------|-------------|
| Columbia       | (7/0)         | 28          |
| Kenwood        | (5/2)         | 22          |
| Manor          | (5/2)         | 18          |
| Woodmont       | (4/2)         | 19          |
| Potomac Tennis | (2/4)         | 12          |
| Army Navy      | (2/4)         | 11          |
| Lakewood       | (1/5)         | 9           |
| Congressional  | (0/7)         | 11          |

#### Match Results

| Friday October 22, 2004     | Score |
|-----------------------------|-------|
| Columbia def Potomac Tennis | 4-1   |
| Manor def Kenwood           | 3-2   |
| Lakewood def Congressional  | 3-2   |
| Woodmont @ Army Navy        | **    |

### Red "B" Division

| Team           | (Wins/Losses) | Matches Won |
|----------------|---------------|-------------|
| Congressional  | (7/0)         | 27          |
| Potomac Swim   | (5/2)         | 24          |
| Kenwood        | (5/2)         | 17          |
| Edgemoor       | (4/3)         | 20          |
| Aspen Hill     | (2/5)         | 15          |
| Potomac Tennis | (2/5)         | 13          |
| Columbia       | (2/5)         | 12          |
| Argyle         | (1/6)         | 12          |

#### Match Results

| Friday October 22, 2004      | Score |
|------------------------------|-------|
| Edgemoor def Potomac Tennis  | 4-1   |
| Congressional def Aspen Hill | 5-0   |
| Kenwood def Argyle           | 3-2   |
| Potomac Swim def Columbia    | 4-1   |

### Blue "B" Division

| Team            | (Wins/Losses) | Matches Won |
|-----------------|---------------|-------------|
| Norbeck         | (5/1)         | 19          |
| Aspen Hill      | (5/2)         | 20          |
| Bethesda II     | (3/3)         | 17          |
| Woodmont        | (3/3)         | 15          |
| Washington Golf | (3/3)         | 15          |
| Manor           | (3/4)         | 15          |
| Bethesda I      | (2/5)         | 15          |
| Chevy Chase     | (2/5)         | 14          |

#### Match Results

| Wednesday October 20, 2004 | Score |
|----------------------------|-------|
| Aspen Hill def Bethesda I  | 3-2   |
| Bethesda II @ Norbeck      | **    |
| Manor def Chevy Chase      | 3-2   |
| Washington Golf @ Woodmont | **    |

### Red "C" Division

| Team           | (Wins/Losses) | Matches Won |
|----------------|---------------|-------------|
| Lakewood       | (7/0)         | 27          |
| Argyle         | (6/1)         | 20          |
| Potomac Tennis | (5/2)         | 25          |
| Army Navy      | (4/3)         | 21          |
| Congressional  | (3/4)         | 17          |
| Kenwood        | (1/6)         | 10          |
| Chevy Chase    | (1/6)         | 10          |
| Woodmont       | (1/6)         | 10          |

#### Match Results

| Wednesday October 20, 2004  | Score |
|-----------------------------|-------|
| Army Navy def Congressional | 3-2   |
| Argyle def Chevy Chase      | 3-2   |
| Lakewood def Kenwood        | 4-1   |
| Potomac Tennis def Woodmont | 4-1   |

### Blue "C" Division

| Team           | (Wins/Losses) | Matches Won |
|----------------|---------------|-------------|
| Columbia       | (7/0)         | 26          |
| Bethesda       | (5/2)         | 23          |
| Kenwood        | (5/2)         | 23          |
| Manor II       | (4/3)         | 16          |
| Potomac Tennis | (3/4)         | 16          |
| Indian Spring  | (2/5)         | 15          |
| Lakewood       | (2/5)         | 12          |
| Manor I        | (0/7)         | 9           |

#### Match Results

| Wednesday October 20, 2004 | Score |
|----------------------------|-------|
| Bethesda def Lakewood      | 5-0   |
| Columbia def Indian Spring | 4-1   |
| Manor II def Manor I       | 3-2   |
| Kenwood def Potomac Tennis | 3-2   |

## President's corner

The end of the Fall Season of the Ladies Interclub Tennis League is upon us. I hope everyone enjoyed their playing time. I know I have received a number of suggestions for changes to our current rules and I will be happy to take them forward to the annual meeting of the interclub representatives.

Following this season Bethesda Country Club will no longer be responsible for administering the interclub. We will be passing the gauntlet, so to speak, to the Chevy Chase Club. I would like to thank everyone in interclub for their support and especially their understanding in controversial situations. Charlotte Millar, Chair of the Rules Committee, was always responsive and informative in helping me deal with problems/questions. We should all remember that the purpose of the Ladies Interclub League is to provide competitive tennis matches and to that end we should play and have a good time as we improve our games.

I would like to thank Anne Hefter, Catherine Rubino, and Ida Zeger for all their assistance during the last year. In addition, the logistical part of being the administrators of the interclub would have been impossible without the support of the staff of the Bethesda Country Club tennis program.

I also would like to thank Mark Schlossenberg for his work on the website and newsletter. I think they are valued additions to our interclub communications. Mark has been most diligent in getting timely, accurate information out to everyone.

Good luck to all who will be involved in the play-offs this season.

*Shirley Watkins*  
President

## Ladies Interclub Tennis Results

For up-to-the-minute Ladies Interclub Tennis Results, [www.sportsdigest.net](http://www.sportsdigest.net) is the place to go. Home Team Captains, send your results to [masportsdigest@aol.com](mailto:masportsdigest@aol.com).

The website will be updated every night the matches occur.

[www.sportsdigest.net](http://www.sportsdigest.net)

### Yellow "C" Division

| Team               | (Wins/Losses) | Matches Won |
|--------------------|---------------|-------------|
| Washington Golf I  | (6/1)         | 25          |
| Edgemoor           | (5/2)         | 24          |
| Norbeck            | (4/2)         | 19          |
| Army Navy          | (4/3)         | 22          |
| Bethesda           | (3/3)         | 14          |
| Columbia           | (2/4)         | 15          |
| Potomac Swim       | (2/4)         | 10          |
| Washington Golf II | (0/7)         | 0           |

#### Match Results

| Tuesday October 19, 2004         | Score |
|----------------------------------|-------|
| Columbia @ Potomac Swim          | **    |
| Washington Golf I def Edgemoor   | 3-2   |
| Bethesda @ Norbeck               | **    |
| Army Navy def Washington Golf II | 5-0   |

\*\*Did not report

For the latest results from all of the matches, go to [www.sportsdigest.net](http://www.sportsdigest.net).

## Fitness News

# Pounds versus Inches: You Be the Judge

by LaRue E. Cook, BS, MHA, JD

Many times in my training career, a client has come to me with one fitness goal in mind: to lose weight. While for many of them, this is truly their goal, oftentimes, when questioned further, it all boils down to something like “I want my clothes to fit better,” “I want to wear a smaller size,” or “I want to be healthier.” Whether they want their existing clothes to fit a little looser, want to wear a smaller size, or become leaner so they can perform better on the tennis court, the truth is that this goal is really more about lost inches, not pounds. Poor pounds get a bad rap — when it’s actually inches that should be looked at as the real culprit! When you lose body fat, you lose inches, but not necessarily pounds. So, let’s take a look at this whole issue of pounds versus inches.

To illustrate what I mean about reduced inches or body fat really being the issue, let’s take a look at two fictitious people, A and B. Person A weighs 120 pounds, and has 40 percent body fat. Person B weighs 140 pounds and has 20 percent body fat. These numbers translate into 48 pounds of body fat for A, and 28 pounds of fat for B.

Just looking at these raw numbers, you probably already recognize that B is probably the healthier person — at least in terms of B’s body composition. B’s lower percentage of body fat also probably translates into smaller sized clothing, the goal of many seeking to “lose weight.”

Muscle, or lean tissue, takes up less space than fat, and this means fitting into smaller sizes, or having your current size fit more comfortably. And, assuming B’s body fat measurement is within established norms, B’s body composition is also healthier. In another article, I identified body composition as one of the elements of fitness. This is the ratio of body fat to lean tissue (muscle), and the normal healthy ranges for this ratio are published in many sources. A certified trainer can help you identify yours. Generally speaking, the lower this ratio is within this range, the better. So often, people will lose weight, but do nothing to change their body composition.

So, although the scale says they’ve made “progress,” according to their measure of success, they’ve actually done very little to make themselves healthier since their



Whether your goal is to fit into your current clothes better, wear smaller sizes, or improve your athletic performance by becoming leaner, pay more attention to your inches instead of focusing on those pounds!

ratio of body fat may have changed very little. You can improve your ratio with an exercise regimen that includes a combination of aerobic workouts and weight training. As you begin to lose excess body fat and gain muscle, you’ll begin to notice a change in how your clothes fit — they’ll be looser.

But, since muscle weighs more than fat, this reduced body fat, and healthier body composition could mean little change in the number on the scale that many people use as their measure of success. But, does this really matter so much if your goal is to become leaner, healthier, and fitter? In my opinion, the answer is a

resounding “no!” Here’s what I suggest for those of you who are hooked on numbers — focus on a different number. I have a friend who has clothes in her closet ranging from size 4 to 10. They represent different fitness phases in her life. To gauge her progress in becoming leaner, I recommended that she look at what clothes size she’s wearing at any particular point in time as we progress through her exercise regimen. If this number is getting smaller, she’s probably making progress in reducing body fat.

So, as I constantly remind my clients, if your goal is to develop a leaner, healthier body composition, forget the scale. Instead, as you go along in your exercise routine, periodically have your body fat measured, and look at how your clothes fit.

Remember, losing inches by reducing body fat, and building healthy lean tissue (muscle), does not necessarily translate into lost pounds. But whether your goal is to fit into your current clothes better, wear smaller sizes, or improve your athletic performance by becoming leaner, pay more attention to your inches instead of focusing on those pounds!

As with all forms of exercise, you should consult with your physician or healthcare professional, before undertaking any of the fitness training discussed in this article. Any application of the techniques, ideas, and suggestions in this article is at the reader’s sole discretion and risk.



*LaRue E. Cook is a certified personal trainer, and tournament and league tennis player with over eleven years’ training experience. He has used his “Tennis Fitness” program to train several nationally, and regionally ranked juniors, as well as adult league players,*

*and those new to tennis. LaRue also works with a variety of general fitness clients, including the elderly looking to increase their functional strength, “beginners” looking to start a general fitness program, and those looking to become leaner or firm-up. Look for LaRue’s first fitness book, coming soon! He can be reached by email at: [larue852@earthlink.net](mailto:larue852@earthlink.net) or [www.tennisfitness.net](http://www.tennisfitness.net).*

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## Golf Results

### FREE STATE SENIORS GOLF ASSOCIATION OF MARYLAND, INC. 2004 Championship Tournament Country Club of Maryland October 18, 2004

TOURNAMENT WINNERS - TOURNAMENT #211

| PLAYER                               | CLUB      | SCORE      |
|--------------------------------------|-----------|------------|
| an X in ( ) indicates match of cards |           |            |
| GROSS CHAMPION                       | Ken Trail | Hillendale |
| NET CHAMPION                         | Jim Kilby | Swan Creek |

#### A FLIGHT (Handicap Indexes \_1.0 thru \_8.2\_)

|              |                |                  |                                       |
|--------------|----------------|------------------|---------------------------------------|
| LOW GROSS    | Terry Mayer    | Chestnut Ridge   | _36_ + _36_ = _72_ ( )                |
| SECOND GROSS | Dick Stearns   | Breton Bay       | _37_ + _41_ = _74_ ( )                |
| LOW NET      | Paul Latta     | Cattail Creek    | _39_ + _36_ = _75_ - _7_ = _68_( )    |
| SECOND NET   | Bob Probasco   | Towson           | _38_ + _38_ = _76_ - _6_ = _70_ ( )   |
| THIRD NET    | Jerry Phipps   | CC of Maryland   | _40_ + _37_ = _77_ - _6_ = _71_ ( )   |
| FOURTH NET   | John Gallagher | Wakefield Valley | _39_ + _38_ = _77_ - _5_ = _72_ ( X ) |

#### B FLIGHT (Handicap Indexes \_8.8 thru \_13.4\_)

|              |                 |              |  |
|--------------|-----------------|--------------|--|
| LOW GROSS    | Dennis Dolan    | Turf Valley  | _42_ + _41_ = _83_ ( )                 |
| SECOND GROSS | Ed Navarre      | Prospect Bay | _41_ + _43_ = _84_ ( )                 |
| LOW NET      | Robert Chandler | Prospect Bay | _41_ + _43_ = _84_ - _15_ = _69_ ( )   |
| SECOND NET   | Ed Lynch        | Manor        | _47_ + _38_ = _85_ - _13_ = _72_ ( )   |
| THIRD NET    | Ralph Starkey   | Caroline     | _41_ + _47_ = _88_ - _15_ = _73_ ( )   |
| FOURTH NET   | Cliff Valliant  | Turf Valley  | _46_ + _40_ = _86_ - _12_ = _74_ ( X ) |

#### C FLIGHT (Handicap Indexes \_13.6 thru \_17.7)

|              |               |                |  |
|--------------|---------------|----------------|--|
| LOW GROSS    | Bill Binder   | Turf Valley    | _45_ + _43_ = _88_ ( X )               |
| SECOND GROSS | Sam Choi      | Norbeck        | _41_ + _47_ = _88_ ( )                 |
| LOW NET      | Wayne Edwards | Norbeck        | _45_ + _43_ = _88_ - _17_ = _71_ ( X ) |
| SECOND NET   | Frank Bennett | Lakewood       | _43_ + _47_ = _90_ - _19_ = _71_ ( )   |
| THIRD NET    | Rod Compton   | Turf Valley    | _48_ + _42_ = _90_ - _16_ = _74_ ( X ) |
| FOURTH NET   | Sam Wright    | CC of Maryland | _47_ + _46_ = _93_ - _19_ = _74_ ( X ) |

#### D FLIGHT (Handicap Indexes \_17.8 thru \_34.2\_)

|              |                   |               |  |
|--------------|-------------------|---------------|--|
| LOW GROSS    | John Boylan       | Chartwell     | _44_ + _49_ = _93_ ( )                 |
| SECOND GROSS | Charles Froehlich | Turf Valley   | _47_ + _47_ = _94_ ( )                 |
| LOW NET      | Joe Morea         | Rolling Road  | _44_ + _49_ = _93_ - _22_ = _71_ ( )   |
| SECOND NET   | Bruce Schmickley  | Turf Valley   | _48_ + _48_ = _96_ - _23_ = _73_ ( )   |
| THIRD NET    | Jim Wood          | Prospect Bay  | _49_ + _50_ = _99_ - _25_ = _74_ ( X ) |
| FOURTH NET   | John Babyak       | Montgomery CC | _44_ + _52_ = _96_ - _22_ = _74_ ( )   |

#### CLOSEST TO PIN

|              |               |           |                 |
|--------------|---------------|-----------|-----------------|
| Joe Boland   | Leisure World | HOLE # 5  | _3_FT_3_INCHES  |
| Ned Longson  | Manor         | HOLE # 8  | FT_4_INCHES     |
| Bob Probasco | Towson        | HOLE # 13 | _9_FT_10_INCHES |

### Washington Metropolitan Golf Association 3rd Metropolitan Professional-Amateur Championship

Cattail Creek Country Club



#### Final Results

Par 72 6572 Yards

|   |    |
|---|----|
| David Newsom & Lance Rice**<br>River Creek                | 70 |
| Richard Rosenthal & Kirk Lombardi**<br>Montgomery Village | 70 |
| Bobby Ashton & Ken Winfield**<br>Little Bennett           | 70 |
| Steve McCausland & Scott Rardin**<br>Cattail Creek        | 70 |
| Tim Ruddo & Kevin Vollmer<br>Manor\                       | 71 |
| Steve Danielson & Barry McCarty<br>Belle Haven            | 71 |
| Rob Ferguson & Elmer Amaya<br>Washington Golf             | 71 |
| Jim Castagna & Bill Neiswender<br>Montgomery Village      | 71 |
| Chris Nathlich & Andy Hill<br>Columbia                    | 72 |
| Greg Stark & Mike Occi<br>Cattail Creek                   | 72 |
| Joshua Ricketts & Mike Orloff<br>Cattail Creek            | 73 |
| Frank Ferguson & Steve Martynuska<br>Montgomery           | 73 |
| Jon Magarace & Pat Hawthorne<br>Fort Meade                | 73 |
| Mike Fischer & Tim Krouse<br>Westwood                     | 73 |
| J.P. Lunn & Dan Bittle<br>Holly Hills                     | 73 |

\*\* David Newsom and Lance Rice won the play-off over Richard Rosenthal and Kirk Lombardi on the fifth play-off hole. Others were eliminated with a bogey on the first play-off hole.

## ■ The Lighter Side

# Dental Woes of a Candy Addict

by Mark Schlossenberg

I like my dentist, but absolutely hate having to go see him. The problem is I have terrible teeth caused by eating every type of sugar known to man. That, and a place called 7-11 that seems unavoidable to me. My candy addiction has become so bad that I actually have to vary my 7-11s or risk experiencing the humiliation of walking into the place with a friend — or worse yet, my wife! — and hearing the counter guy call me by my first name. Never a good sign.

Throughout the years, I've eaten large

quantities of every weird candy invented by man.

I chew so much gum I sometimes think I could have made myself a very rich man — if I had bought some stock in Wrigley's a few years ago.

Of course, like other foolish people, when the dentist asks me if I eat a lot of candy, my response has always been to lie. "Not too much," I tell him. "And I only chew sugarless gum."

I think he'd sooner believe I quit my office job to become a tight rope walker,

because I like the feeling of living on the edge.

These days, I'm as much a regular there as I am at the 7-11, and I sometimes feel my dentist looking at me with glee when I walk through his door. After all, I'm probably putting his kids through summer camp this year. It's gotten so bad I sometimes feel like asking how his older daughter enjoyed the prom — knowing I probably paid for the limo.

During my lengthy visits, I tend to make several observations about the office as well.

Why does the dentist always have more magazines than a newsstand?

And people who say sitting around in one of those paper robes while at the doctor's office makes them feel vulnerable — what about the bib a dentist makes you wear? Talk about vulnerability.

I have a relative — who I'll call Nana — who actually took the little dental clips used to hold that bib around your neck. One night out, during dinner, Nana whipped them out of her purse and exclaimed, "Look what I have! These are great for dinner," before fastening a napkin securely around her neck, much to my astonishment.

Ever since then, when asked out to dinner by my resourceful Nana, I always insist on takeout.

And what about the whole tooth repair procedure itself?

Ever wonder why, as the seventeen shots of Novocain are finally taking effect, the dental staff starts talking to you about how your career is going?

Then they make you play what seems like a game inspired by a twisted county fair: rinse your mouth in the tiny sink — the one that's roughly the size of a quarter —

while your entire mouth is still numb from the operation.

A hidden camera would be great. I'm sure the dental staff enjoys a good laugh after I leave.

The procedure itself is never fun, and why someone hasn't thought of a way to make a drill that is neither called a drill, looks like a drill, or sounds like a drill, I will never understand. I know the kind of damage I can wreak with a drill when I'm trying to fix things around my house — I don't need the association while I'm strapped and bibbed in that dentist chair.

The other issue I have with my dentist and doctors is that they always want to talk about tennis with me — my prior profession. The problem is, I always hear something like, "Well, how attached are you to your front teeth? I think we need to remove—oh yeah! Do you think I can improve my forehand by watching Agassi on TV?"

Of course, when scheduling your appointment more than a week in advance, you forget not to schedule other important appointments on the same day. So then it's off to the big meeting, where you're barely able to speak coherently for the Novocain not yet wearing off.

I'm afraid as often as I go to the dentist, one day I'll return home to find a group of friends staging an intervention for me, thinking I'm on some kind of drugs.

"John saw you at the mall last week and said you were barely understandable."

I was thinking of trying sedation dentistry, but I'm afraid I might wake up with a whole new set of teeth and then, as I head to the desk to check-out, find out I just bought the dentist's son a new car.

Maybe I'll look into a support group. Candy Eaters Anonymous, I need help. Or maybe I'll just start one myself. After all, it's not like I'll ever be able to rid the country of my worst temptation, 7-11.

In fact, at the rate I'm going, it's a good bet 7-11 will be around long after my teeth.



Illustration by Mike Sarti

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