

Paddle Tennis

There is no doubt tennis is a great workout. One look at Serena Williams tells you all you need to know about tennis' ability to keep you fit. Clearly you don't need professional level skills to enjoy tennis, but to get the most out of the game, both emotionally and physically, some experience is required. It takes real skills to create the competitive volleys that make tennis exciting.

Paddle tennis however, provides much of the excitement of full size tennis, while requiring a much lower skill threshold to achieve competency.

The game was invented way back in 1915 by New York minister, Frank Peer Beale, who hoped to develop a recreational activity to engage neighborhood children in lower Manhattan. By the 1940s the game had caught on nationally with paddle tennis being played in over 500 American cities. When Murray Geller, a player from the '40s and '50s, was elected chairman of the USPTA rules committee, he oversaw changes intended to make the game more appealing to adults, and created the format we see today.

Played on a smaller court, which typically runs 50 feet, base line to base line, paddle tennis uses a solid wooden paddle about 18 inches in length, and drilled throughout with holes to reduce wind resistance. The ball is a depressurized tennis ball, served underhand.

The game is scored like tennis, and often played as doubles. Despite the deadened ball and solid rackets, the smaller court and lower net allow for a very fast paced game that puts a premium on quick reaction times. Much of the action takes place at the net. Not only will paddle tennis provide an excellent cardiovascular workout, but it will hone your reflexes as well.

A non-impact sport, with a proper warm up injuries are rare. While the sport provides healthful improvements in aerobic capacity, resting heart rate and blood pressure and metabolic function. And not only is such physical activity a great stress reducer, should you choose to contend the possible competitive aspects of the game will keep it perpetually compelling.

Next time you're kicking yourself for blowing off yet another workout, try planning a physical activity that you'll actually look forward to. It's simple human nature. You'll get to where you want to be a lot faster if you enjoy the journey, otherwise you might not even get underway. ☺

PAID ADVERTISEMENT



A NEW FAMILY MEMBER

So when I engineered the Miracle on 34th Street (a block south of Jefferson) and somehow escaped the tentacles of USC Dental School with signed degree in hand I was kind of perplexed about what to do next.

Since I had absolutely no business experience and was used to seeing TWO patients per day, I was gonna have to find someone really patient who was willing to take on a project; someone who could be a mentor...and pay me for the privilege.

My first associate doctor job turned out being two days a week in a pediatric office that looked like a castle. The first day I showed up, the schedule offered around eighty or so young patients. Again, I was perplexed... temporarily.

On starting my own practice, my team of co-workers gradually took on the role of family; seemed like family was the essence of Temple City Dental Care DNA. Still is...and we're adopting.

And without further adieu, please meet Dr. Samuel Lee; a new member of our family... straight outa Arcadia, #1 in his class, and a future DMD Superstar.

Dr. Lee grew up right here in Arcadia, attended Arcadia schools, earned a B.S. degree in Biochemistry at UCLA, and graduated with his DMD from Western University. Dr. Lee also completed a year of residency at UCLA following his four years at Western.

Sam supervised a new school-based site in El Monte addressing the needs of underserved children, also serving as an interpreter

(Mandarin). Today, in his spare time, Sam also teaches at Western University.

And it's funny how the Universe works.

Maybe two weeks before Dr. Lee and two other associate applicants walked up to our door, I had shared my desire to take on an associate dentist before the end of the year with my team. We didn't write up an ad or go to Craig's List but incredible young dentists who had studied websites, read blogs, and researched Yelp...looking for a practice centered on patient care, a warm environment, and a mentor...arrived at our door.

And it turns out Dr. Lee was already part of our extended family. Samuel was a high school volunteer in the same pediatric practice where Scheduling Director Denise was the lead dental assistant. And...Dr. Lee was a dental school classmate and best friend of Joe, husband of our beloved Dental Hygienist Lisa. Joe and Lisa had to move back to Washington State to help transition Lisa's dad's dental practice but we got Joe's dental school best friend in return.

We actually use what's called a Kolbe profile; as an integral part of our hiring process and communication structure, it measures the way people problem solve, collaborate, and instinctively face challenges. We also have a profile that connects with our vision of a specific position in our practice. A match up of the two profiles generates a letter grade. Dr. Lee got an "A". Anyone surprised?

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