



ZONED in

Chicago's playground for the urban professional

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Co-ed Flag Football—Any Given Sunday

Flag football has hit the mid-way point of the season and the action has been fast and furious so far.

The Black Panthers have jumped out to an early lead and are the loan undefeated team. Their games have been getting closer every week however and they may be primed for a let down. They are the team to beat at the moment, lets see how they operate with a target on their back.

Arsenal has reloaded and except for one loan clunker has looked dominant so far. They have a habit of showing up in the regular season and falling flat in the play-offs though. Maybe this is the season they get over that hump.

Two time champion Onyx is back and looking good. They have some new faces and a new QB and are jelling well. Can they reclaim their lost title?

Dynasty is full of former Onyx players and most of their players contributed to the indoor title "Take What's Given" won. They look like they are missing some players from both teams though and need to right the ship.

The Generals are a amalgamation of former Onyx, Fat Meat Greasy and Gridiron Gangstas players and seem to be figuring out how to blend their talents. They could make noise in the play-offs

Too Damn Grown is a boisterous outfit that exudes confidence. They have suffered to crushing defeats back to back however, so lets see how they respond.

Reckless Abandon is chuck full of athletes but lacks direction and they are still getting used to the co-ed flag game. If they find a rhythm they could be a force.

Aftermath are a resilient bunch, they keep getting



Team Aftermath from our Co-ed Flag Football League

knocked down but they show up every week ready to play. This attitude may sneak them in the play-offs and who knows what could happen then.

The Quiet Storm have leadership but may need an influx of talent. They are fighters though and will go down swinging if they are going to go down. Don't count them out yet.

Interested in joining? Come check out a game at Dunbar Park off of 31st and King Drive on Sundays between 10 a.m. and 2.p.m.

A Tragic Loss to the iTZ Family

The In the Zone family tragically lost one of its own this past week and we are deeply saddened.

Justin Hopkins was a member of the iTZ co-ed flag football team "Quiet Storm." He was involved in a fatal car accident Monday, May 11th on the Dan Ryan expressway.

Justin was a 30 year old high school football coach and played semi-pro football as well. He was a pillar in his community, a charming and charismatic individual, a true leader, a joy to be around and an inspiration to us all.

Please join us as we send our sincerest condolences to Justin's family, friends, teammates and

others that knew him. We ask that you please keep his family and the others that knew him in your prayers during this extremely trying and difficult time.

As memorial services and other arrangements are made we will keep you abreast so you may show your respects in whichever way you see fit.

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iTZ League Start Dates

- May 16th: iTZ Weekend Warrior Boot Camp
- May 16th: iTZ Top Flight Men's Basketball
- June 4th: iTZ Doubles Tennis
- June 16th: iTZ We Run The Lanes Co-ed Bowling
- June 20th—iTZ Spike This Co-ed Beach Volleyball
- June 25th iTZ Beginners Tennis
- June 28th—iTZ Co-ed Flag Football

iTZ Takes on Pro Sports



Can this man lead the Chicago Bears to the promised land? We think he might. At least we know he can throw the out pattern.

So does the trade for Jay Cutler excite us? You bet it does!!! It is only about once every life time that Chicago acquires a legitimate Pro-bowl QB and I am glad they finally nabbed one. That being said, who is he going to throw the ball to???? We have solid tight ends and Hester obviously is a homerun threat, but where is our legit WR?

The Chicago Bulls just played one of the most exciting play-offs series EVER in NBA history. Does this mean anything for next year? We don't think so. Rose is a budding superstar and we have some nice supporting pieces, but we need one more primary weapon to team up with Rose to really push us over the

top and Ben Gordon is not it. Think we could package Ben, Kirk Hinrich and Brad Miller for someone like Danny Grainger and Troy Murphy? How sweet would this line up be, Rose, John Salmons, Danny Grainger, Tyrus Thomas, Troy Murphy starting with Luol Deng, Joakim Noah and another serviceable free agent pick up off the bench?

Can we stop with the Kobe comparisons to MJ now? Mike NEVER lost in the Finals...Has THREE times as many MVP's....and NEVER would let someone like Shane Battier even THINK he could remotely guard him....

It is a dark day in the NBA when the NHL play-offs have been

more exciting and almost less violent. This Dallas vs. Denver series, the Bulls vs. Celtics series and the Houston vs. L.A. series have been some of the more rough and tumble NBA games I have witnessed since the heyday of the Detroit Bad Boys and Pat Riley's Knickerbockers. David Stern CAN NOT be happy about any of this....

Cubs and White Sox, it is early in the season but the Sox look too young and too old at the same time! The Cubs are already beset by injuries (and Soriano has not even done his stint on the DL yet), Derrick Lee looks done and the National League looks tougher than anticipated. Could be a LONG season.....

Weekend Warrior Boot Camp Finishes Inaugural Session



iTZ's first boot camp class graduates sh iTZ's first boot camp class graduates show off their stuff.

The first In the Zone weekend warrior boot camp just ended and it was a HUGE success. We started out with over 40 participants, but those numbers dwindled to under 20 by the end. For those that stuck it out, congrats!!!! For those that fell off, try again!!!!

The camp was focused on

strength, flexibility and conditioning. The exercises worked on muscle groups that should make you faster, stronger and more agile when your playing sports with In the Zone or your other summer time athletic pursuits.

"We stared out slowly, so I could figure out where every-

one's conditioning level was. Once we determined that we ramped up the work-outs each week so everyone could truly feel the burn and begin to see some results," said Saran Dunmore, boot camp instructor.

New sessions as starting May 16th, so don't delay, sign up today!!!

We Run the Lanes Bowling Has Taken Over 710

In the Zones We Run the Lanes Bowling is back and in full swing. We have already reached the 4th week of our six week season and it looks like it will be a tight battle to the finish.

We have several familiar faces back this season (Jerald, Tawana, Christina, Randy, Benny just to name a few), but the new comers do not look as if they are afraid of the old heads. Marci, Reese, Carrie, Kalier and the

others appear to me more than capable of holding their own!

The format has changed a bit this season. As opposed to doing the usual head to head match-ups that are customary in our league play, we switched it up this season and decided to do a week by week total pin competition. Whichever team has the most total pins comes in first, second most pins second and so on and so forth. This puts a new and

interesting twist on the competition!

Who will take home the crown? Right now it looks tight between our defending champs King pins and Spare Change, but the Ladybirds are lurking.

Interested in participating? Come check us out at 710 on 55th and Ellis in Hyde Park between 7:00 p.m. and 10:00 p.m. any Tuesday night.



*In the Zone Bowler
Randy Ford*



Fitness Zone

Player Spotlight : Cedric Connors

Cedric Connors is a current participant in the co-ed flag football league and plays for team aftermath. Born and raised in Chicago, Cedric attended Northern Illinois University and earned his degree in Business Management with a focus in Human resources and minored in African American studies. Currently he serves as a Field Adjuster for State Farm Insurance and Event Planner for CollectiveQwest Entertainment Group LLC.

Cedric first joined In the Zone last year as a way to get some exercise. "What I particularly like about iTZ is that you get a chance to relax and unwind from a long week and enjoy hanging out in the company of like minded individuals and the festivities that masquerade as games! There is as much partying going on as there is competition," says Cedric.

His hobbies include riding motorcycles, working out and socializing with new and different people.

Cedric says, "I love creating events. I enjoy piecing together nice events where people can hang out and socialize and enjoy a melting pot of different cultures and interest. It is the reason I joined CollectiveQwest and is truly demonstrated in our event we have every Friday at Libertine. Every race you can imagine is there partying and having a good time....together! That is very rare in a segregated city like Chicago."

Come check Cedric out on Sundays on the football field!



In the Zone Participant: Cedric Connors

Nutrition: How to be Healthy and 'Green'

You can improve your health while benefiting the health of the planet.

- 1. Walk or bike to work.** Combining exercise and a commute builds healthful activity into your day and reduces fuel use and vehicle emissions.
- 2. Go to bed early.** Studies have identified a correlation between short sleep

and being overweight.

Meanwhile, all the TV's and computers that help keep us up at night use electricity.

- 3. Turn down the heat**

You can improve your health while benefiting the health of the planet.

and air conditioning.

Humans control body temperature by adjusting their metabolisms. But when air temperatures are in the thermoneutral zone—the 70s— we burn fewer calories. So by adjusting your thermostat, you may

keep

your metabolism from getting lazy and reduce energy use.

- 4. Eat local fruits and vegetables.** Flying fruits and vegetables long distances is energy intensive. Give some preference to locally grown fruit.

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Health Tip: The 15 Minute Fat Loss Guide



You can burn fat in 15 minutes if time is limited.

Start with a body weight warm-up....Doing this actually prepares your muscles better for the work you'll be doing and increases fat burning and calorie burning. A great warm-up set for any full body workout is push-ups, squats, and mountain climbers. You get your heart rate up, blood flowing, joints lubricated, while doing upper body, lower body, and core work. It's time efficient and effective.

Group exercises and focus on full body movement....Forget about isolation moves and focus on full body moves that work more muscles.

Include cardio intervals at the end and make them hard and fast...You can burn 200 calories with just 7 minutes of cardio intervals if you're doing them correctly. Try alternating between 45 seconds moderate cardio and 45 seconds super

hard cardio. Do this for 7 minutes after a 7 minute full body circuit and you'll still have a couple of minutes to stretch or do some quick ab work.

Integrate other types of exercise into your workout....Mix in weights, pilates, yoga, kickboxing, plyometrics, and aerobics for maximum fat burning in less time. Variety burns more calories and more fat in less time.



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**We are on the web at
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This year we have a returning sponsor to the iTZ family, Opal Blake of Country Financial Services. Ms. Blake is an avid supporter of the community by providing outstanding services in Insurance and Financial options for the Chicago-land area.

If you are looking for a knowledgeable professional, established financial strength, competitive rates and proven services, Opal Blake is your trusted partner. Opal provides an array of products and services including: Life Insurance, Mortgage protection, Health, Commercial, Annuities and Financial Services. Call her at (708) 646-9067. iTZ would like to thank Opal for her continued dedication to recreational sports and entertainment!



Join iTZ for Our Chicago White Sox Outings

We heard that everyone wanted to do some things that were different....outside of the norm....yet fun....and with the iTZ family...your wish is our command!!

In the zone has purchased blocks of fifty seats for one White Sox game a month. Five rows of ten seats, so we can all sit together, eat a hot dog and some nachos, sip on a cold one and enjoy the warm summer nights out at the ball park. How cool is that?

Here is the schedule of games we will be attending:

Saturday May 23rd vs. the Pittsburgh Pirates at 6:05 p.m.,
Friday June 5th vs. the Cleve-

land Indians at 7:11 p.m., Friday
July 17th vs. the Baltimore Orioles at 7:11 p.m., Friday August



Join us at U.S. Cellular this season as we host iTZ Friday and Saturday Night Lights with the Chicago White Sox

7th vs. the Cleveland Indians at 7:11 p.m. and Friday September 25th vs. the Detroit Tigers at 7:11 p.m. All of these games have fireworks shows immediately following the games conclusion!

The price of the tickets for the first game is \$38 a ticket and they are lower reserved seats (some of the best seats in the stadium). If you are interested in joining us, please email us at brianitz@yahoo.com and let us know which games you want to attend and how many tickets you need. Feel free to invite friends, co-workers, family and others to join us...all are welcome!!!