

From the President

Dear Fellow Members,

Perhaps the greatest benefit I have gained from being a member of STPC has been the opportunity to meet so many interesting people. Interesting and nice--most of whom I would never have met outside of STPC. And most of whom don't have to be reminded that "if you aren't sure it's out, you must call it in."

My wife and I had a great tennis experience in Germany a couple of years ago. We were staying in a small town which had no public courts, but did have a private tennis club. We thought we would see if we could play so we put on our tennis clothes, grabbed our racquets and drove to the club. When we arrived, the only people there were two women who had just finished playing and were ready to leave. Fortunately for us, one of them spoke English. After identifying ourselves, we asked if we might be permitted to play, to which she replied that she would talk with her friend. Soon she was back and said, yes, it would be okay, but that we would have to pay five dollars, I believe it was.

Then she took us into the clubhouse, showed us the locker rooms and showers, pointed out the beer vending machine, and said, "Have a nice game and please lock the door when you leave."

It doesn't end there. Fifteen minutes later she was back with an invitation to have a glass of wine with her and her husband at their home that evening, which we eagerly accepted. We had a delightful time with them and came away with a wonderful feeling of brotherhood.

There are nice people all over the world.

Holger Christiansen



Ernie Greene Wins in National Public Parks Finals

Ernie Greene took the championship title in the men's 70 singles division in the 66th Annual National Public Parks Tennis Tournament on August 16 at the 98th Street Racquet, Swim and Health Club in Bloomington.

Nearly 500 players from throughout the United States competed. This is the third time for Ernie in this tournament, having won in 1979, then coming back and winning in 1985.

Permanent Court Time Reservations

HOW AND WHEN DO I SIGN UP?

Permanent court time reservations are being accepted NOW for the indoor -playing season. The season runs from September or October (depending on location) to April or May, 1993. Check the schedule in this Senior Tennis Times, select the location, day and time that suits you best, and then call the captain to sign up. Remember, reserving permanent court time is a commitment to play EVERY WEEK.

HOW MUCH DOES IT COST?

The cost for permanent court time varies by location. It averages \$5 per person for two hours (40% - 50% less than usual fee) - and you don't have to pay the host facility's membership fees!

WHAT HAPPENS IF I HAVE A CONFLICT AND CAN'T PLAY?

Players with permanent court time must be prepared to provide a substitute if they can't play. If the substitute you line up doesn't show, you are still responsible for the court fee. Not only that - the other three players who counted on you for doubles will be very disappointed!

WHAT IF I'M NOT INTERESTED IN A WEEKLY COMMITMENT, BUT WOULD LIKE TO PLAY NOW AND THEN?

You can sign up as a substitute. Call the court captain NOW and get on the substitute list. The lists are given to the regular players, who use them to arrange for subs when they need them. Subs are in demand, and you have a good chance of being called to play if you're on the list!

I STILL HAVE QUESTIONS. WHO ANSWERS THEM?

Court captains can give you details on starting dates, fees, playing rotations, etc. Just remember, all captains may not operate the same.

I HEAR THAT NEW MEMBERS ARE ENTITLED TO FREE TENNIS LESSONS. IS THIS TRUE?

Yes! An important objective of the club is to encourage more people over 50 to learn tennis. New members are entitled to 12 free tennis lessons.

WHERE ARE THESE LESSONS HELD?

A schedule of lessons and drills is listed in this Senior Tennis Times. You don't have to register or commit to an entire season - just pack your racquet and show up. Balls are provided. If you have questions, call the instructor listed - the instructor will be glad to talk with you.

1992 - 93 Schedule for Indoor Courts

LOCATION	DAY	TIME	CAPTAINS	PHONE
DAYTONA CLUB 14740 Lawndale Lane Dayton 427-6110 Starting October 6	Tues	10 - 12 noon	Harvey Benson Warren Westerlund Bernard Ackerson	784-6778 484-2670 537-5061
	Thurs	10 - 12 noon	Ed Comer Vernal Nelson	537-8859 545-9028
DECATHLON ATHLETIC CLUB 7800 Cedar Avenue South Bloomington 854-7777 Starting October 5	Mon	7 - 9 am 9 - 10:30 am 2 - 4 pm 7:30 - 9:30 pm	Fred Habegger Mary Noble Georgia Chapman David Zimmer	869-7918 825-9487 869-7069 588-2554
	Tues	10-11:30 am	Florence Habegger	869-7918
	Wed	7 - 9 am 3 - 4:30 pm	Cliff McMinn Lorraine McDaniel	888-4989 869-7392
	Fri	7 - 9 am 9 - 10:30 am 7 - 9 pm	Cliff McMinn Florence Habegger Ronnae Wagner	888-4989 869-7918 938-5785
	Sun	2 - 4 pm	Ronnae Wagner	938-5785
LILYDALE RACQUET CLUB 945 Sibley Memorial Hwy Lilydale 457-4954 Starting October 6	Tues	7:30 - 9 am	Dot Guenther	687-0246
	Wed	7:30 - 9 am	Nancy Karasov	452-3172
	Thurs	7 :30 - 9 am	Nancy Karasov	452-3172
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844 Starting September 14	Mon	7:30 - 9 am 9 - 11 am 10 - 12 noon 12 - 2 pm 11 - 1 pm	Cliff Northfield Walter Kofski Pete Robinson Dick Pratt	869-1859 481-9123 443-3026 433-3583
	Tues	7 - 9 am 9 - 11 am 11 - 1 pm	Gene Philipson Frank McCabe Kay Matthews	454-5355 633-6319 926-2953
	Wed	9 - 11 am 10 - 12 noon 11 - 12 noon 12 - 2 pm 3 - 5 pm	Mike Christofore Sue Larson Barbara Diamond Pete Robinson Dick Pratt	489-6580 929-4673 920-3530 443-3026 433-3583
	Thurs	7 - 9 am 9 - 11 am 10:30 - 12:30 pm 11 - 1 pm	Gene Philipson Elvin Kolstad John Connelly Mary Kaminski Jim Erler	454-5355 869-7277 771-2664 781-3271 471-9750

1992 - 93 Schedule for Indoor Courts

LOCATION	DAY	TIME	CAPTAINS	PHONE
NICOLLET TENNIS CENTER (Continued)	Fri	7:30 - 9 am 8:30 - 10:30 am	Cliff Northfield Will Robbins	869-1859 546-1377
	Sat	3 - 5 pm	Dave Moore	941-2512
	Sun	2:30 - 4:30 pm	Pat Smith	935-7897
NORTHLAND FITNESS CENTER 5250 West 84th Street Bloomington 831-2660 Starting October 2	Mon	9 - 11 am	Marian Versen	929-9643
	Tues	9 - 11 am 1:30 - 3:30 pm	Dorothy Schlichting LaVerne Wilger	920-0965 929-8120
	Thurs	8:30 - 10 am 10 - 11:30 am 1 - 3 pm	Shirley Zumberge Cleora Feuk Marilyn Raue	922-5675 544-2991 831-6782
	Fri	1 - 3 pm	Mary Ellen James	881-4703
WHITE BEAR RACQUET CLUB 4800 White Bear Parkway White Bear Lake, 426-1308 Starting September 18	Fri	3 - 5 pm	Dick Pratt	433-3583
WILLISTON-SAGEDAHL CLUB 14509 Minnetonka Drive Minnetonka 935-8638 Starting September 14	Mon	2 - 4 pm	Henry Flesh	546-7317
	Tues	7 - 9 am	Don Schierman	470-9144
		7:30 - 9 am	Henry Lofquist	476-4543
		8 - 10 am	George Frost	866-8552
		8:30 - 10 am	Adeline Levin	937-1709
		9 - 10:30 am	Kit Peterjohn	474-0154
		12 - 2 pm	Henry Flesh	546-7317
	Wed	1 - 3 pm	Bill Storie	428-2052
	Thurs	7 - 9 am	Don Schierman	470-9144
		8 - 10 am	Henry Flesh	546-7317
		8:30 - 10 am 10 - 12 noon	Adeline Levin Margaret Jenkinson	937-1709 473-5243
	Fri	8 - 10 am	Pete Robinson	443-3026
		8:30 - 10 am	Doris Lizée	474-8245
		1 - 3 pm	Bill Storie	428-2052
		2 - 4 pm	Don Schierman	470-9144

1992 - 93 Schedule for Indoor Courts

LOCATION	DAY	TIME	CAPTAINS	PHONE
WILLISTON SAGEDAHL CLUB (Continued)	Sat	8 - 10 am	Don Sealock	470-0855
		12 - 2 pm	Shirley Pratt	433-3583
		2 - 4 pm	Lois Heim	544-1322
		4 - 6 pm	Rosalyn Bernstein	544-0511
		4 - 6 pm	Ronnae Wagner	938-5785
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury 735-6214 Starting October 5	Sun	4 - 6 pm	June Holmes	541-1449
		4 - 6 pm	James Adams	545-8578
	Mon	8 - 10 am	Paul Leonhart	739-3690
		10 - 12 noon	Ed Jandl	731-5410
		8 - 10 am	Paul Leonhart	739-3690
	Wed	10 - 12 noon	Marianne Davidson	731-8790
			Bob Hinz	771-4480
		8 - 10 am	Bob Western	735-5761
	Fri	10 - 12 noon	Bill Michalko	777-9576
			Deni Sahr	483-8880

LEARN TENNIS

1992 - 93 Schedule for Beginner Lessons and Drills

LOCATION	DAY	TIME	INSTRUCTOR	PHONE
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis, 825-6844 Starting September 10	Thurs	8:30 - 10 am	Percy Hughes Ginny Owens Paul Stormo	545-7696 546-9666 944-6286
NORTHLAND FITNESS CENTER SOUTH 5250 West 84th Street Bloomington, 831-2660 Starting September 16	Wed	5:15 - 6:45 pm	Ernie Greene	488-6359
WILLISTON-SAGEDAHL CLUB 14509 Minnetonka Drive Minnetonka, 935-8638 Starting September 21	Mon	5:30 - 7 pm	Connie Custodio	824-2569
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury, 735-6214 Starting October 5	Mon	8 - 9:30 pm	Cathy Morgan	690-5204
	Wed	1 - 2:30 pm	Virginia Morgan	459-6059

NOTE: The cost of indoor courts will be defrayed by collecting \$1.50 from each student.

Moore Lake Tennis Party

Saturday, October 17, 1992

7:00 - 11:00 pm

Six tennis courts, the party room and use of all facilities (swimming, racquetball, exercise machines, etc.) will be available for a tennis party at the Moore Lake Racquet Swim & Health Club (phone number 571-3080) on October 17. Food and beverages will be provided, and 1 or 2 hours of court time will be available for those playing tennis. Nontennis-playing spouses or guests may use any of the other facilities. Players of all skill levels are welcome, and each player will be preassigned to play with other players of the same ranking which will be based on the system described in the May 1992 issue of the Senior Tennis Times. Only 24 players can play at one time so some will not be able to start play until 8 p.m.

Since the number of courts is limited, reservations are required. If more reservations are received than can be accommodated, they'll be honored in the order received. To make reservations, fill out the form below and mail by September 14 to:

Frank McCabe
1648 Sioux Blvd
New Brighton, MN 55112

Include a check for \$10 for each tennis-playing attendee plus \$5 for each nontennis-playing attendee made out to the "Senior Tennis Players Club, Inc." There will be no refunds after October 12. To get to the club, take highway 65 north from 694, turn right at East Moore Lake Drive, second stoplight. The club is about one block straight ahead. For more information, call MaryAnn or Frank McCabe at 633-6319.



FIRST ATTENDEE		SECOND ATTENDEE	
Name	_____	Name	_____
Address	_____	Address	_____
Phone #	_____ (day) _____ (eve)	Phone #	_____ (day) _____ (eve)
CIRCLE ONE OF THE FOLLOWING IF PLAYING TENNIS:		CIRCLE ONE OF THE FOLLOWING IF PLAYING TENNIS:	
preferred starting time	7 pm 8 pm	preferred starting time	7 pm 8 pm
length of playing time	1 hr 2 hrs	length of playing time	1 hr 2 hrs
enter tennis ranking (1.0 - 5.0)	_____	enter tennis ranking (1.0 - 5.0)	_____

Membership Appreciation Special Event Series

Senior Tennis Players Club members and their tennis-minded friends are welcome to attend the STPC Special Event Series. For additional information on the Series, call Sue Larson at 929-4673.

Saturday, October 17, 1992, 7-11 p.m. Moore LakeTennis Party, Fridley; Mary Ann and Frank McCabe, Chairs.

Thursday, November 12, 1992, 7:00 p.m. "Sex and the Senior Tennis Player," Dr. Gerhard Neubeck, speaker. Richfield Community center, Richfield; Al Anderegg, Chair.

Wednesday, December 2, 1992, 5:30 p.m. Holiday Dinner Dance, Decathlon Club, Bloomington. Merrillyn Belgum, Twin Cities comedian and humorist; music by Bob Deichert. Marilyn Thorne, Chair.

Saturday, January 16, 1993, 8:00 p.m. Crosstown Tennis Party. Irma Bong, Chair, and Jean Hanson, Co-Chair.

Saturday, February 13, 1993, 7-11 p.m. White Bear Tennis Club Tennis Party. Bob Western, Chair. Single members only.

Wednesday, March 24, 1993, 7:00 p.m. "Sports Medicine and the Senior Tennis Player," George Kramer, M.D., Park-Nicollet Medical Center. Richfield Community Center, Richfield. Susie Mackenstadt, Chair.

Sunday, April 18, 1993, 8:00 a.m. Flagship Tennis Club Tennis Party and Brunch. Char Hall, Chair.

Tuesday, May 11, 1993, 9-12:00 noon, Tennis Luncheon, 12:15 p.m. John Bolger Tennis Clinic. Nicollet Tennis Center, Minneapolis. Dick Gehring, Chair.

Court Report

Greenway Athletic Club Courts

Members of the 3.5 level interested in playing at Greenway can call Rosemary Dineen at 872-7455. If there is enough interest, we can try to reserve courts for Friday afternoons from 3 to 5.

Northland Fitness Center Courts. Bloomington

We have a willing captain for play at Northland Wednesday mornings. Players and substitutes are needed and if there is enough response, we can line up the courts. So call Charlie Peterson at 471-9524 or Mike Bosanko at 881-0258.

Billie Jean TeamTennis

TeamTennis is prepared to start Tuesday, October 6, for eight weeks for interested regular and substitute players. Wooddale is the location for Tuesdays and Thursdays from 1 to 3 p.m. Call Frank Beutel, 426-2440.

Tennis Tips by Ernie Greene

Drive the Ball with your Trunk

Many players think they must really hit the ball with their arm in order to generate racquethead speed. Actually, this is one of the worst things they could do, since it may put too much stress on the arm, and it isn't even the most effective source of power.

The power supply for most strokes comes from the larger body parts, meaning the legs, hips and trunk.

It's true that the arm does provide some force in the shot, but the primary function of the arm is to guide the racquet into the ball. Since control is the name of the game, driving the ball with the trunk rather than the arm is a crucial component of hitting the shot efficiently.

Instead of trying to swing hard, say to yourself, "Drive the ball with trunk rotation," and remember, the key to good ground stroking is early preparation.

1992 Ladies' Hit 'n Giggle League

Fourteen enjoyed a summer of Wednesday morning play. Our tennis was at Brookview Park in Golden Valley and Carpenter Park in Saint Louis Park, our players were from various locations. The sun, the tennis, the cool weather—all were enjoyable. We finished the 12-week season with an all-team classic at Brookview Park on Wednesday, August 26, capped off with a picnic.

Thanks to the captains: Joyce Hautman and Mary McNeil, Roz Bernstein and Ronnae Wagner, Vi Meyer and Hedy Loula, and Darlyne Magnuson, Podi Stockberger and Diane Lehman. See you all next summer! Anyone else wanting to join us or meet us, call Shirley at 433-3583.

Shirley Pratt

Member's Anecdote Gets into Print

Did you see Virginia Morgan's contribution to *The Lighter Side* column in the September issue of *Tennis USTA*? It was a winner too, and worth \$25 for the anecdote. In case you missed it, here it is:

As a tennis teacher for parks and recreation, I told my students, "Now we are going to learn to 'poach'." The reply from one of the boys was, "That's what my dad does when he goes hunting!"

STPC Members Win in Bloomington Senior Sports-A-Rama

The Senior Tennis Players Club was well represented at the Senior Sports-A-Rama held July 27-31. Forty-two members won 60 tennis medals.

In the men's doubles division, first place winners were: Age 55-59, Charles Peterson; age 60-64, Jim Jensen; age 65-69, Don Bratt and Glenn Gullikson; age 70-74, Phil Briant; age 75-79, Sam King and Chuck Supplee.



In the women's doubles division, first place winners were: Age 60-64, Lois Bunday and Joyce Hermann; age 70-74, Betty Swanson and Lois Thompson.

First place winners in the mixed doubles division were: Age 65-69,

Ed Holzacker; age 70-74, Bruce Clarke; age 75-79, Lois Thompson and Leonard Brawerman.

First place in the men's singles division were: age 55-59, Charles Peterson; age 60-64, Lawrence Bordsen; age 70-74, Len Christensen; age 75-79, Sam King.

The following qualify for the Nationals to be played in Louisiana in 1993: Mel Baken, Irma Bong, Phil Briant, Ed Holzacker, Jerry Stalwick, Betty Swanson, Chuck Supplee, Lois Thompson and Betty Western.

Another STPC'er Makes the News

Valentine Popel - Over 70 and Goin' for Gold - that was the headline on the cover of the Spring '92 issue of *The Arca Woman* that Evie and Jule Mageli sent to me. They found this Fargo-Moorhead

women's magazine in the waiting room of a hospital in Fargo.

The story, "Goin' for Gold", was about Senior Olympics qualifier and STPC member Valentine Popel of Fargo. It related the story of her trip last year to Syracuse NY to compete in the National Senior Citizens' Olympics.

Thank you!

Betty Murphy and her family extend their heartfelt thanks to the many, many friends in STPC who remembered Murph after his death. The overwhelming outpouring of love and affection will always be remembered.

In Memoriam

Our special thoughts and sympathy go out to Ruth Casey of Minneapolis whose husband, James, 81, died of cancer on July 27. Besides Ruth, he is survived by seven daughters, one son, ten grandchildren and two great-grandchildren.

**The copy deadline for
the next issue
is Sept 20, 1992.**

Leonard Brawerman Epitomizes Senior Tennis; Music is His Other Life's Passionate Pursuit

Like the proverbial David of biblical lore, Lenny Brawerman, 78, has been a nemesis to would-be Goliaths on the tennis courts for a plus 65 years. He has a self-assured skill that belies his size which wringing wet approaches 5'6" tall. But when he pounds a tennis ball, suddenly he's a graceful giant who gobbles up winners like David Wheaton on one of his better outings. Well, maybe Lenny doesn't serve quite as hard!



A fixture on the Minneapolis tennis scene for more years than he cares to remember, he is above all a masterful teacher of the game without being a certified professional. No matter what age you answer to, Lenny can develop your skills with a pattern of qualified drills that elevates your abilities to Foshay Tower heights. He verbally makes a point so you can get a point, with a determined but gentle intensity. As a lifelong people person, he is able to communicate with his charges with an extension of

his own effective personality.

What better place to be born in than Swedish Hospital many sets ago. It was the center of the medical hierarchy and birthplace of a multitude of prominent Minneapolitans. The family name, Brawerman (pronounced brah-er-mahn), emanated from his grandfather in Germany, a brewery man, hence Brawerman. Lenny may well have originated today's beer advertising terminology because of his diminutive weight at birth...a Brawerman Lite. With a pun like that, his grandfather must be turning over in his bier!

A West High School graduate, Lenny occupied first chair in the school orchestra's clarinet section. For those of you not versed in musical protocol, first chair either denotes you're the best player or are dating the leader's daughter. Actually he blew a mean "licorice stick" and to this day tootles an artistic arpeggio flawlessly.

After a year each at Saint Thomas College and the University of Minnesota (where he played with latter marching band and concert and symphony orchestras), Lenny dropped out of school because of financial reasons to work for an uncle in the produce business in Windom. It was a move from punching clarinet keys to plucking chickens to feather his meager cash nest. At this point it's best to recall he had started working for his father, an electrical contractor, at age 10. It would later become Lenny's main profession until he retired (or rewired) in 1983.

After working in a defense plant circa early World War II, he joined the Electrical Workers Union Local 292 and temporarily joined his father in the business. In January 1943, then married to the former Ruth Badiner, the Brawermans moved to Kansas City. Lenny became a construction worker for the Pratt-Whitney Co., then the world's largest manufacturer of airplane engines. While Ruth and

Lenny were eating out one evening, Ruth, pregnant with daughter Mindy, got wedged in a restaurant booth and couldn't budge. Lenny offered the manager the cost of dismantling and paying for a new booth, but Ruth finally wriggled out by a millimeter to save the day. Lenny must have forgotten that Vaseline may have turned the trick!

In several months, the Brawermans tired of Kansas City and moved back to Minneapolis. Lenny caught on with the Cargill shipyards in Savage as an electrical wirer. Because of intestinal problems, he didn't pass the army physical, but continued in defense work to contribute to the war effort. With completion of the Savage stint, he worked for Sterling Electric Co. who are still active in business today.

With a lot of experience under his belt, Lenny rejoined his father at Lyndale Electric Co. The firm established such an excellent reputation for high quality work and service, they never had to submit estimates. For some 36 years, Lenny ran the electrical contracting business until retirement of both himself and dissolution of the company. He had achieved a career of pride in his work and the respect of the community for integrity and accomplishment.

He has never retired, however, from his beloved musical activities. After playing clarinet and saxophone for over 60 years with Union bands, Shrine and American Legion bands, Hopkins Westwind and Civic bands and the Normandale College band, he took up the oboe about eight years ago and thereby hang a few tales. One version is that he forgot the reed one day while concertizing and the other has to do with a food particle stuck in the reed's passage where nary a sound came out. Such are the trials and tribulations of a virtuoso!

Lenny started his tennis tour at age 13 on Bryant Square near 32nd Street. His early competition came from neighborhood youngsters like himself. Then it was on to the old Parade Grounds courts, endearingly termed the "gravel pit," where it seems that everyone who ever knew the game fashioned their game on the alleged clay. At one point, Lenny

became president of the club that existed for a time. The old cagey veteran, Jack Dow, was a regular at the club and played with Lenny all the time. It was there Dow got the concept of starting a Senior Tennis Club for over 50 veterans, today affectionately known in brevity as the STPC. A member of the Northwest Racquet Club also, Lenny did most of his playing at Northstar.

As a volunteer teacher for the STPC gang, Lenny confines most of his expertise to Wolfe Park. On the family side, wife Ruth passed away in 1959. Several years later he married the former Muriel Bernstein who died in 1988. Son Steve is a Minneapolis doctor while daughter Mindy is a housewife in Saint Louis Park. There are eight grandchildren and five great-grandchildren in the Brawerman menage--but no oboists.

His philosophy of life is based on the premise that "everyone has a right to their own opinion and choices and be fair to everybody." Besides his tennis and music, Lenny loves the theatre and dancing. Too bad the Marigold no longer stands!

He has played in innumerable senior tournaments and more likely than not has won his lion's share. He counts as a most memorable moment his Jack Dow-promoted trip to Wimbledon a few years ago. Laver, Rosewall, Seixas, Ashe, Trabert, Wade, Evert, King and many more of the world-ranked players walked by just like ordinary tennis players--but it was a thrill nevertheless.

So there you have it: tennis afficianado, music master, teacher and a man without conflict. If that doesn't scan the fullness of his life to the minute, what more does?

Norm Diamond



Jeanne
Jeffords,
founder and
director of
the *Dance*

Panama Canal, An American Dream



Around the World Travel Club is delighted to offer a fabulous cruise at a great discount to Senior Tennis Players Club members and their friends. Sail aboard Royal Cruise Line's award-winning ship, the *Crown Odyssey*, for a luxurious 10-day cruise. Depart Acapulco on March 6, 1993, cruise to San José, Costa Rica, transit the Panama Canal, call at Curacao, St. Croix, and St. Thomas, and fly home from San Juan, Puerto Rico. We'll arrange tennis for you in Curacao, St. Croix and St. Thomas.

Jeanne Jeffords
Dance Around the
World Travel Club
1030 Feltl Court #139
Hopkins, Mn 55343
612-932-9929

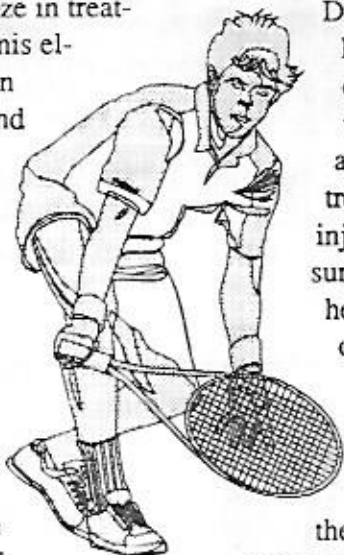


For ladies traveling alone, there will be hosts for your dancing pleasure every night of the cruise. The music of the Royal Swing Orchestra, afternoon tea dancing, and a Captain's Cup Dance contest are some of the activities that will make your cruise the best ever.

Early Bird fares, available until Oct. 31, start at \$1998, including airfare. \$5 will hold your cabin for 30 days.

IN PAIN? CALL NOW!

We specialize in treatment of tennis elbows, frozen shoulders and carpal tunnels. But quite often the tennis players suffer a referral pains from the pinched nerve in the neck or back.



Dr. Jay Cherner has years of experience working with athletes and treating sports injuries. In the summer of 1990 he was an official chiropractor for the National Soviet Teams at the Goodwill Games in Seattle.

Pennhurst Family Chiropractic Center
5355 Penn Ave. So. 922-4649

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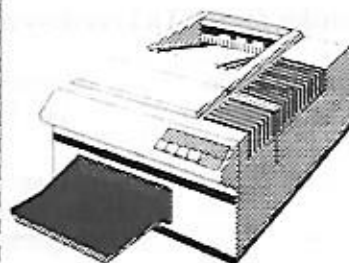
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Call Mary Kaminski, 781-3271

Printer For Sale!



Panasonic KX-P1124 24-pin dot matrix printer for sale. This beauty produced your tennis newsletter until we upgraded to an inkjet. Needs a good home! Best offer over \$150 will do it. Call Mary Kaminski, 781-3271.

????????????????

Have You Changed Your Address?

I'm the keeper of the records, so notify me of changes. If you're sending out official Change of Address cards, send me one! The address is:

Mary J. Kaminski
3300 East Gate Road
Saint Anthony, MN 55418-2545

Or, if you prefer, call me about your new address.
The phone number is 781-3271.

????????????????

Jean Wallace completes plans for STPC booth at Senior Options

STPC will exhibit again at the 8th Annual Senior Options Expo Friday and Saturday, September 25 and 26 at the Minneapolis Convention Center. Everyone is invited to visit our booth and to sign up for drawings of valuable prizes. Senior Options '92 will include nationally known speakers, top-rate entertainment, and 40 seminars and 350 exhibits on topics of interest to seniors.

Sally Jessy Raphael, award-winning daytime talk show host, will give the keynote address on Friday at 2:00 pm. The "Heavenly Musical Hit," *Forever Plaid*, will perform their show at no additional charge on Saturday afternoon. Micki's Satin Dolls and the Schieks Sextet are some of the entertainment acts offered.

To charge your tickets by phone, call 645-0261 weekdays between 8:30 am and 4:30 pm. To order by mail, call the same number for an order form. Tickets may also be purchased the Convention Center both days of the event.

There's a word for people who believe Medicare covers costs for long term health care.

The truth is that Medicare pays only about 2% of nursing home costs nationally. So if you count on Medicare, you might also count on spending most of your savings. And being dependent on others.

There is a better way.

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