

Senior Tennis times

Newsletter of the Senior Tennis Players Club, Inc.

The Summer
Schedule is Here!
see pp. 10-11



USPTR honors Ernie Greene

The United States Professional Tennis Registry (USPTR) has conferred Ernie Greene with the Humanitarian Award for 1994. The award is given for outstanding professionalism in both the USPTA and the USPTR and their support of tennis. Ernie, one of our STPC pros, is still an active tournament player, being

ranked in both men's 65 singles and men's 70 singles. ■

You can turn back your biological clock with exercise

by Barry A. Franklin, Ph.D.
Director, Cardiac Rehabilitation and Exercise Laboratories, Beaumont

Want to turn back your biological clock by 10, 20 or even 30 years?

Recent studies in select individuals over 60 indicate that growth hormone injections promote slight increases in muscle mass and physical fitness. These provocative findings suggest that we may now be able to partially reverse what have been considered the unavoidable effects of aging.

Unfortunately, the growth hormone has been reported to induce chemical imbalances, musculoskeletal problems and cardiovascular dysfunction as well as cost \$14,000 per person yearly.

Fortunately, an alternative form of anti-aging therapy is available. Regular aerobic exercise can, even more effectively, increase fitness and muscle mass, without harmful side effects or exorbitant costs.

First we need to understand how physical activity can counteract the age-related declines in fitness or functional capacity.

Continued on page 4

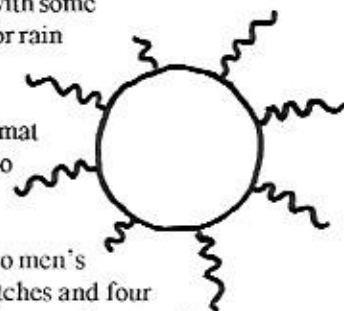
Summer Leagues

All three Senior Tennis summer leagues would like to have additional teams to compete during the 1995 outdoor season. League play will start in early June and some of the teams will be holding intra-team play and practice during May.

The mixed Team Tennis league, formed last spring, had a successful first season with six teams having rosters of four or five women and four or five men (plus many subs) playing on Tuesday mornings, with some variations for rain rescheduling. The league's format included two women's doubles matches, two men's doubles matches and four mixed doubles matches at each meeting between the teams. Each match is an eight-game pro set with a tie-breaker at B-8.

Team Tennis needs captains to form additional teams. There will also be a need for some regular players and substitutes for the existing teams. Potential captains who can put together a team should call Larry Bordsen at 781-3289.

The women's league, Hit'n Giggle, with four teams, played a closely-contested season with the Pink team, captained



Continued on page 4

April 1995



Baseline

John Stecklein
STPC Past President



Sue Larson
STPC President

As the reins are changing for leadership of the Club, Sue and I thought we would collaborate on this final edition of *Baseline*. We have enjoyed working together (Sue as VP Activities) on your behalf the past two years. She will continue to serve you now as president, and I will lend her assistance as past president on the board. We have a solid, dedicated board and group of officers to conduct club affairs over the next year. We know you will continue to give the Senior Tennis Players Club your steady and enthusiastic support.

Several things need mentioning in this edition:

1. Plan to attend the Annual Meeting on Saturday, April 29. Get your reservations in promptly, as seating will be limited. The presentation by Jim Klobuchar promises to be informative and humorous.
2. Call the NWTAs office at (612) 546-0709 to make your reservations for the NTRP rating verifications on either April 26 or May 23. We want as many members as possible to take advantage of this opportunity to bring uniformity to our rating scales. Be sure to identify yourself as a Senior Tennis Players Club member to obtain the service without charge.
3. If you have not already indicated your desire to participate in the videotaping project, please send your name to Percy Hughes and it will be added to our list. The date of the taping will be announced as soon as it is confirmed. Twenty-four people have signed up to date, but we can handle an additional eight in the first taping

session. If enough additional participants make their interests known, additional sessions will be set up.

4. Attend the Bolger Clinic, scheduled for Nicollet Tennis Center on Tuesday, May 16, at 9:00 a.m. Further information will be found elsewhere in this newsletter.
5. Attend the Tennis Across America event, 8:30–10:00 a.m. on Thursday, May 18, at Wolfe Park. This fun session is sponsored by the United States Professional Tennis Association, to which our pros belong.
6. Attend the Tennis and Life Clinic on Saturday, April 8, sponsored by USTA. The NWTAs has made special arrangements for STPC member to be admitted at the reduced price of \$12.00. A special opportunity will be provided to STPC members to join the USTA for only \$15.00 instead of the current rate of \$25.00.

Spring will soon be upon us. It is time to begin thinking about Summer activities. Those interested in Teamtennis should contact Larry Borden (781-3289), who has agreed to coordinate and supervise Teamtennis activities this summer. Participants last summer thoroughly enjoyed the concept of men's, women's and mixed doubles team play. Members of other men's and women's summer teams should contact their captains to confirm their desire to participate.

Summer activities on the horizon include the National Senior Olympics in San Antonio, Texas. We wish all participants much fun and success in the events.

A special Arthur Ashe Week is planned for the end of July under the direction of Percy Hughes. Our club has been invited to sponsor some special activity or activities during that week, to benefit the Arthur Ashe Foundation and our own club.

An interesting development occurred last week. We were informed that a long-time member of the club, Frank Schunk, had passed away and left a request that any memorials be made payable to the Senior Tennis Players Club, Inc. We want to express our sorrow at the death of Frank Schunk, but also want to thank and commend him for remembering the Senior Tennis Players Club. Frank was a charter member of the STPC and will be missed.

This event is mentioned here to provide food for thought for all of our members. Such thoughtfulness is a wonderful reminder of the important place our club plays in the hearts of many of its members. Let us all strive to engender such thoughts in all of our members.

The next board meeting is scheduled for Tuesday, April 4, 1:00 p.m., at the Norwest Bank at 31st and Nicollet Ave., Minneapolis. You are all welcome to attend.

Again, see you all on Saturday, April 29, **noon**, for the Annual Meeting at the Crown Sterling Suites, St. Paul.

Happy spring and good tennis to all of you. ■

the Annual meeting

Saturday, April 29th
 Crown Sterling Suites
 175 East 10th Street
 Saint Paul
 224-5400



featured speaker
Jim Klobuchar

Entree Choices (\$12 each)...

Each entree is \$12, and includes salad, rolls and butter, dessert, and coffee, tea or milk. Your choices are:

Steak Sandwich — a broiled New York steak on grilled french bread, served with french fries and onion ring garnish,

Chicken Supreme — a sauteed breast of chicken with a mushroom cream sauce, served with blended wild rice and carrots.

Jim Klobuchar, well-known Star Tribune columnist, will talk about some of the limited joys of playing tennis encumbered by tubes, plates and the usual hardware of late-blooming McEnroes. He'll also look at some of the medical issues we all face, some serious, some amusing.

The Program...

noon social hour with cash bar — background music by Lloyd Layton

1 P.M. lunch

2 P.M. Jim Klobuchar, "Getting Old Isn't for Sissies"

The STPC business meeting will be held after Mr. Klobuchar's talk

STPC Annual Meeting			
	name	phone	chicken steak
1			
2			

Send this with your check for \$12 per person, payable to STPC, to:
Mary Kaminski
 3300 East Gate Rd
 St. Anthony, MN 55418-2545
 Phone 781-3271
Deadline April 22!

Yes, I'll be there!

Biological Clock, continued from page 1**What is fitness?**

Cardiovascular fitness is generally defined as the peak capacity of the body to extract oxygen from the air. Physiologists call this aerobic capacity or maximal oxygen consumption. Your capacity can be estimated or conveniently measured during the final minutes of an exercise stress test.

When aerobic capacity is high, the heart, lungs and blood vessels are able to transport large amounts of oxygen to body tissues. As a result, more energy can be produced for physical work, and you are less fatigued.

How do aging and exercise affect fitness?

Physical fitness decreases with age in active and inactive adults, although the active individual retains a higher aerobic capacity than the inactive individual. So part of the decline in fitness is the inevitable result of biological aging, with decreases in heart and lung function, and muscle mass; but part is also a result of increased sedentary living.

With the aerobic capacity showing a progressive decline beyond age 20 (approximating a one percent decrease per year), an exercise program at any age can increase the maximal oxygen consumption by about 20 percent. Thus the physically trained 60 year old may actually achieve the same fitness level as the inactive 40 year old. In other words, regular fitness can lead to a 20 year rejuvenation.

Apparently through regular training or practice, vigorous neuromuscular and cardiovascular activities can be maintained even at advanced ages. For example, Arthur

Rubenstein played very demanding musical compositions at the age of 88.

So fitness can be largely preserved by regular physical activity like pleasure walking, yard work, gardening and dancing. The lesson seems clear — use it or lose it. ■

Summer Leagues, continued from page 1

by Elaine Hautman the eventual winners. The league was started a few years ago, built around an STPC women's team entered in a USTA league. Hit'n Giggle, too, will probably need some individual players, or at least subs, but especially would like to expand with a couple more teams. Possible captains to help get new teams started should call Shirley Pratt at 433-3583.

A men's league, The Genuine Seniors, played its fifth season last year with six teams over a 14-week schedule. Jim Curran's South Minneapolis team playing home matches at Kenwood and Richfield high courts, was the repeat winner. The other teams are based in Burnsville, Bloomington and St. Paul and northern suburb teams are based in Fridley (2 teams) and Columbia Heights. The Genuine Seniors league also would like to have additional teams. If you think you might be able to get a team together call Al Uhl at 644-9810.

All three summer leagues plan organizational meetings for the new season for late April or May at which time schedules will be developed.

In 1994 over 200 STPC members played as regulars or subs in the three leagues. ■

Spelling Champ

John Stecklein was awarded a blue ribbon, a certificate and a pin for his first place finish in a spelling bee held March 8 at the Senior Center in Roseville.

Inviting Visitors

Bill Ball is now at Woodbury Health Care Center, 7012 Lake Rd, Woodbury, phone 735-6000. What was to have been a routine surgery ended up with complications. His daughter would like people to visit him.

Arthur Ashe Week in Minnesota

Arthur Ashe Week will be held from July 23-29. Percy Hughes and John Stecklein are members of the Steering Committee. Watch the *Times* for more information!

Donate your Tennis Balls

We need used tennis balls for lessons. Please save yours and give them to your STPC teaching pro. Thanks. Percy Hughes.

To all Grandparents

Why not promote your favorite sport and get your grandchildren into tennis? When you're shopping for a gift for them, get them tennis racquets! Don't tell them it's a lifetime sport, just tell them it's fun. Wouldn't it be great if they were still playing when they reach our age?

Summer Schedule

If there are any changes to be made on the summer outdoor playing schedule, please call Chuck Slocum at 941-4059.

1995 River Falls Tennis Camp Registration

The Tennis Camp at River Falls, Wisconsin, will again hold five camps in July and August. The camp fees include room and meals, coaching, workshops, station drills and organized or individual play under the professional leadership of director Chuck Supplee (888-0551) head coach Connie Custodio, Lois Nordman, Ernie Greene, Brian Christensen and other pros. In addition to tennis the River Falls Campus offers volleyball, horseshoes, bocci ball, plus hiking and biking trails for your enjoyment. River Falls is also the summer practice home of the Kansas City Chiefs for interested fans.

Session prices are based on double occupancy. There is a \$3 surcharge per night for a single room. Air conditioning costs \$3.50 extra a day per room.

Sign up now!

How to register: On the form below, please indicate which session(s) you will attend, preference for single or double occupancy and air conditioning. Send this registration form and a check in the amount of \$50 per person, made out to Senior Tennis Camp, as a down payment to:

Ginny Heinzen, 4746 Barbara Drive, Minnetonka, MN 55343. Phone 612-933-1613

Note: A 25% service fee on the down payment will be retained if you cancel after May 1, 1995. A 25% service fee on the full amount will be retained if you cancel after July 1, 1995. Please state on your check which camp(s) you will attend.

name #1 _____ phone _____

name #2 _____ phone _____

address _____

city, state, zip _____

<u>session</u>	<u>dates</u>	<u>days</u>	<u>\$ each</u>	<u>double</u>	<u>single</u>	<u>air condng</u>
1	July 24-27	4	\$210	_____	_____	_____
2	July 28-30	3	\$165	_____	_____	_____
3	July 31-Aug 3	4	\$210	_____	_____	_____
4	Aug 4-6	3	\$165	_____	_____	_____
5	Aug 7-11	5	\$240	_____	_____	_____

Waiver and Indemnity Agreement

Acceptance of my entry in these events is without responsibility of any kind by Senior Tennis Camp. I do hereby for and on behalf of myself and my heirs and legal representatives release and forever discharge the Senior Tennis Camp and Staff from any and all claims, demands and injuries, howsoever arising, and all such claims are hereby waived and released, and I covenant not to sue.

In agreement: signature _____ date _____

signature _____ date _____

Tennis Tips by Percy Hughes

Backhand Return of Serve

The mechanics of your backhand stroke change for the return of serve. Because the time you have is reduced due to the high speed of the serve, you must shorten your preparation to have a firm, well-timed stroke.

Now, it's not turn, loop, racquet back. The loop has to be eliminated. Quickly take your racquet back as you turn, drop the racquethead down close to knee level with the butt pointed at the incoming ball. Now you are prepared to make contact out front, weight forward for an excellent backhand return of serve.

Racquet Care

Your racquet is an important and expensive piece of equipment. I have a list of do's and don'ts in giving it TLC. Here's the list:

- Storage. Keep it out of extreme heat and cold. Storing it in a car is a real no-no, summer or winter.
- Hit only tennis balls!
- Replace your worn grip. Your grasp becomes less secure, consequently your shots will become less powerful and accurate. You can add an overwrap to your existing grip one time. An overwrap is inexpensive, and any of our pros would be happy to overwrap for you.
- Have your instructor inspect your racquet from time to time. Parts such as grommet strips and bumper guards do wear out as well as your strings.
- Keep your racquet in its cover. It protects your strings and grip from moisture, humidity and the sun's ultraviolet rays. Your pet dog might have an interest in the handle. Sprinkle talc or baby powder inside the cover from time to time. This will keep the inside dry.
- If possible, having a second racquet is very sensible, alternating their use.
- Keep your racquet with you when traveling public transportation. Only you for sure will give it TLC! ■

Tennis Across America Day is May 18

The United States Professional Tennis Association (USPTA) Tennis Across America Day will be held on Thursday, May 18, at Wolfe Park from 8:30 - 10 a.m. Percy Hughes is the host pro and the entire teaching staff, together with Roger Boyer, will be there to conduct the drills.

Everybody is invited, and it's always a morning of free tennis and lots of fun. Bring along your tennis friends, even if they're not STPC members. ■

Captains Corner by Chuck Slocum

The outdoor schedule is included in this issue. We always need more players, so call your captain and let him/her know that you intend and wish to participate. If you are willing to be a captain, please call me and let me know. We will add your name to the schedule and include it in the corrections which will be listed in the next issue. Also, let me know if there are any errors in the schedule.

All are strongly encouraged to take advantage of the NWTA ratings opportunity. It would be desirable if we were all rated on the same system, thus better enabling all players to be grouped with similarly talented players. Call today and schedule a ratings appointment!

Please save old tennis balls. St. Paul Urban Tennis needs all they can get for their youth programs. Deliver them to any of the pro instructors listed in the schedule.

We have had some problems with substitutes during the winter and spring season not showing up at the appointed time and location; not paying the going rate to the regular player, and thus depriving the other players of good competition. If you agree to sub, please make a notation on your calendar and keep your word. Be on time; pay the proper fee, either to the individual you are subbing for or to the captain (if he will handle it). Be a good sport!

Captains should periodically check the current roster and monthly updates to be sure all participants are paid up members of STPC. We should not be aiding and abetting freeloaders! ■

– play – instruction – lunch –

The John Bolger Tennis Clinic & Luncheon

Nicollet Tennis Center
39th and Nicollet Ave S
Tuesday, May 16, 1995
\$10 per person

9 A.M. tennis—Roger Boyer and other well-known instructors will conduct the clinic!

noon lunch provided by Bolger Creative Printing

Sign up now! Reservations close May 10, 1995.

Here's my reservation for the John Bolger Tennis Clinic & Luncheon!

name _____

phone _____

my skill level is:

advanced

intermediate

beginner

Send your check for \$10 and this coupon to:

Dick Gehring
8044 Pennsylvania Rd
Bloomington, MN 55438

One-Liner Want Ads

These free one-liner want ads are available to all STPC members. If you would like to place a free ad, call or write the Editor, Nancy Kaminski. **Your ad can only be about 50 spaces long, so be brief!**

Camping lot for sale by Mille Laes, \$1750. 537-3370.

Racquet stringing/grips Jim Erler 471-9750.

Hilton Head Oct 5-16. Call Marilyn, 471-9813

For sale: wheelchair, good condition 612-473-7587.

For sale: Singer sewing machine in wooden cabinet 639-8054.

BIG NAME BRANDS ..AT LOW TENNIS PRICES!


Adidas, Babolat, Balle de Match, Boast, Cycle, Darlyn Designs, Dunlop, Ellesse, Fancy Pants, Fred Perry, Gift Items, Handsport, Head Racquets, Head Sports Wear, IXSPA, K-Swiss, Kaelin, LeCoq Sportif, Lily's of Beverly Hills, Little Miss Tennis, Nike, Penn, Prince, Sergio Tacchini, Sport Panties, Tall, Thor-Lo, Videos, Wilson, Wimbledon, Volkl, Yonex and much more....and furthermore, if you don't find it, we will special order it for you!

Michael Lynn's
TENNIS SHOP

Miracle Mile Shopping Center
5007 Excelsior Blvd. - St. Louis Park, MN 55416

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Remember to sign up to get your USTA rating!

**Call the NWTa at 546-0709 and register for the
April 26 or May 23 session at Augsburg Park, 9 a.m!**

Absolutely Free! What a Deal!

**Thanks, NWTa, for giving STPC members
this great opportunity.**

ATTENTION SUPER SENIORS!

You know who you are!!! But we don't, and we don't know if you're interested in a Super Senior Team Tennis League (pilot program), sponsored by the Northwestern Tennis Association.

Preliminary plans call for:

- minimum age of 65
- minimum of 6 players to a team
- format: 3 doubles
- men's league and women's league
- 6 to 8 weeks of play, once a week starting in June, at Wolfe Park and another location (perhaps in Saint Paul) if numbers warrant
- combined NTRP level of 8.0
- \$50 team fee for league entry

Initial discussion with various seniors is very favorable, but we need to hear from you! Please call **Liz Kamish, NWTa office, 546-0709**, or mail the coupon to **NWTa, 5525 Cedar Lake Rd, Saint Louis Park, MN 55416, Attn: Liz.**

Yes, I am interested in participating in the Super Senior Team Tennis League

Yes, I would like to captain a team

My NTRP level is _____

Name _____

Address _____

Phone _____

1995 Schedule for Outdoor Courts rev. 3/28/95

Location	Day	Time	Captain(s)	Phone
Augsburg Park 72nd and Blaisdell Richfield Courts not available on 7/29	Mon-Fri	8-10 A.M. May-Sep 7:30-9:30 A.M. Jun-Aug	Florence Habegger Ruth Aase	869-7918 941-7116
Bell Courts at the Water Tower Old Highway 12 and Minnetonka St Wayzata starts 5/3	Wed	9-11 A.M.	Marilyn Thorne	471-9813
Brooklyn Center Senior High 6500 Humboldt Ave N Brooklyn Center	Tues, Thurs	8:30-10:30 A.M.	Captains needed	
Brookview Park Hwy 55 & Winnetka Golden Valley	Sat	8-10 A.M.	Joyce Hautman Mary McNeil	545-4051 545-7142
City Center Courts Chanhausen	Fri	8:30-10:30 A.M.	John Goulett, Jr. Marlyn Goulett	445-4165 445-4165
Como Park Horton Ave near Lexington St. Paul. Starts 5/1	Mon, Wed	7-9 A.M. 9-11 A.M.	John Connelly	771-2664
Donaldson Park 75th & Humboldt S, Richfield (at Christian Park, 69th & Bloomington S, through May)	Mon, Wed, Fri	7:30-10 A.M.	Chad Sharkey	866-7682
Dred Scott Park W. Old Shakopee Rd & Ferry Bridge Rd Bloomington	Mon-Fri	8-11 A.M.	Lois & Paul Lokensgard Chuck Supplee	831-1171 844-8848
Edina Senior High 6754 Valley View Road Edina	Tues Thurs Sat Sun	6-8 P.M. 6-8 P.M. 4-6 P.M. 4-6 P.M.	Jack Reynolds Jim Bernstein Al Holter Jack Reynolds	831-5080 544-0511 537-1843 831-5080
Fridley Commons 61st and 7th Ave Northwest corner starts 5/2	Tues, Thurs	9-11 A.M.	Bob Metcalf	571-3596
Lone Lake Park Shady Oak N of Bren Rd Eden Prairie	Mon-Fri	8-10 A.M.	Paul Weinreis	935-9463
Normandale College 96th St & France Ave Bloomington	Wed	9-11 A.M.	Chuck Supplee	844-8848
North Valley Park Inver Grove Heights	Mon, Wed, Fri	9-11 A.M.	Dorne Davis	457-3940
Oakdale Tennis Court 15th St & Hadley Oakdale	Sat, Sun	8:30-10:30 A.M.	Roni LeRoy	738-9565 (h) 733-4442 (w)

1995 Schedule for Outdoor Courts rev. 3/28/95

Location	Day	Time	Captain(s)	Phone
St. Anthony Central Park Silver Lake Rd. & 33rd St. Anthony starts 5/23	Tues, Thurs	9-11 A.M.	Mary Kaminski	781-3271
South Campus Co Rd E & McKnight White Bear Lake 6/12-8/27	Mon-Fri	8:30-10:30 A.M.	Bob Hinz	771-4480
	Sat-Sun	8:30-10:30 A.M. (5/13-9/30)	Bob Hinz Betty Livingston	771-4480 777-0723
Sunrise School Cedar & Cedarbrook White Bear Lake Dates: 5/1-6/9	Daily	8:30-10:30 A.M.	Bob Hinz	771-4480
3M Tartan Park 20th St. N, btwn Cty Rd 17 & Cty Rd 15, Lake Elmo enter at picnic & sports area. In case of rain or wet courts, play indoors at Wooddale Tennis Club. Starts May	Mon, Wed, Fri	8-10 A.M.	Bob Wrobel	738-2290
Valley Park Marie, east of Victoria Mendota Heights	Mon-Fri	7:30-9 A.M.	Dot Guenther Nancy Karasov	457-4682 452-3172
Valley View Park 90th between Nicollet & Portland, Bloomington	Mon-Fri	7-10 A.M.	captains needed	
Washington Park 77th and 17th S Richfield Dates: 5/2-6/3 (don't play on 6/1)	Mon, Wed, Fri	7:30-10 A.M.	Cliff Northfield Chad Sharkey	884-6617 866-7682
Wolfe Park W 36th St off #100 Saint Louis Park	Tues, Fri	9-11 A.M.	LaVerne Wilger	929-8120
	Mon, Wed	9-11 A.M.	Bob Torbert	374-4288
	Sat	9-11 A.M.	LaVerne Wilger	929-8120

1995 Summer Schedule for Beginner Lessons and Drills

Location	Day	Time	Instructor	Phone
Breck School 123 Ottawa Ave N just east of Hwy 100 & Glenwood Pkwy Golden Valley. Starts 5/15	Mon	5:30-7 P.M.	Connie Custodio	824-2569
	Wed	5:30-7 P.M.	Ernie Greene	488-6359
Wolfe Park W 36th St. off #100 Saint Louis Park starts 5/18	Thurs	8:30-10 A.M.	Percy Hughes Ginny Owens	545-7696 546-9666
Woodbury Senior High 2665 Woodland Drive Woodbury starts 6/6	Tues	6-7:30 P.M.	Virginia Morgan	459-6059

In Memoriam

Ted Hartman died January 24 at age 73. He played tennis at Minnetonka with Roger Boyer on Sunday mornings, although he couldn't play much in recent years due to failing health.

Ron Tamanaha died in January while vacationing in Hawaii.

Frank Schunk, 87, of Edina, died suddenly of a heart attack March 5 while visiting his brother in San Diego, California. He was active in the development of STPC and was always willing to help. We extend sincerest sympathy to his widow, Elin, to two daughters, two granddaughters and one great-granddaughter.

Edward Kolkind, 67, of Coon Rapids. We express deepest sympathies to his wife Nancy and four children.



Senior Tennis Players Club, Inc.

A nonprofit corporation. 2888 Joppa Ave S #409,
Minneapolis, MN 55416 612-929-4673.

Senior Tennis Times

The *Senior Tennis Times* is published monthly by and
for the members of the Senior Tennis Players Club, Inc.

Editor

Nancy E. Kaminski, 3300 East Gate Rd., Saint Anthony, MN
55418-2545, 612-781-3271.

1995-1996 Board of Directors

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Sue Larson, President	929-4673
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Mary J. Wenz, Director	457-5347
Percy Hughes, Coordinator of Lessons	545-7696
Emily W. Day, Historian	869-7024
Contributing Cartoonist	Fritz Christensen

Advertising

Send camera-ready art and payment to the editor by the
20th of the month for publication the following month. We
can create an ad for you for a \$10 fee. Ad rates are:

full page (7 x 9 in)	\$100
half page (7 x 4½ in)	\$75
quarter page (3½ x 4½ in)	\$50
eighth page (3½ x 2¼ in)	\$30
classified ad (members only, max 4 lines)	\$15
1-line ad (members only, 45 spaces long)	free

Publication Deadline

Submit articles to the editor by the 20th of the month for publica-
tion the following month. All material submitted for publication is
subject to editing

Address Corrections

Please notify the Editor with any address corrections.

STPC Membership

As of March 1995, STPC membership totaled 1,215.

April 1995. Volume 8, Number 4

SeniorTennisTimes
3300 East Gate Rd.
St. Anthony, MN 55418-2545

Address Correction Requested

April 1995

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