

Senior Tennis times

Newsletter of the Senior Tennis Players Club, Inc.

Can we slow the aging process?

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

The less physically active people become as they get older, the faster their bodies wear out on them. That's the conclusion from two scientists at the Center on Aging at Tufts University in Medford, MA.

Recently, Drs. William Evans and Irwin Rosenberg published their antiaging program, which includes regular exercise and sound nutrition. They identified ten determinants of aging that you can control, at least in part, and suggested that these "biomarkers" include:

- muscle mass
- strength
- resting metabolism
- body fatness
- maximal oxygen consumption
- blood sugar tolerance
- blood fats
- blood pressure
- bone density
- temperature regulation

Although the researchers concede that genetics play a role in the gradual decline of these biomarkers, they emphasize that regular exercise and a prudent diet can minimize many of the detrimental changes that are normally attributed to aging.

Consider the effect of exercise on muscle mass and strength, both of which decline throughout our adult lives. From age 20 to about 70, we lose almost 30 percent of our muscle mass. Research has shown that exercise can increase the size and strength of the muscle cells that remain.

Regular exercise also helps to compensate for the decrease in metabolism that normally occurs as we age, that is, the rate at which we burn calories just to maintain vital body functions. With each passing decade, a person needs about 100 fewer calories per day. Fortunately, the active muscle tissue that exercise maintains counteracts the tendency toward a reduced caloric requirement. In addition, regular physical activity can decrease body weight and fat stores.

Another consequence of aging is a deterioration in our ability to take in and use oxygen. The maximal oxygen consumption, a key indicator of our capacity to produce energy, decreases by about one percent per year. Since an exercise program will generally increase this variable by about 20 percent, the physically trained 60-year-old may achieve the same fitness level as the inactive 40-year-old.

Continued on page 2

I attended the NTRP clinic. Now what?

by Liz Kamish, NWT A. The combined efforts of the Northwestern Tennis Association and the Senior Tennis Players Club resulted in two verification clinics being held on April 16 and May 23 at Augsburg Park and the Decathlon Club. Approximately 275 STPC members had their self-rating verified by a certified pro of the Northwestern Tennis Association.

The skill levels and the range they cover are as follows:

Rating	Range Covered
2.5	2.1-2.5
3.0	2.6-3.0
3.5	3.1-3.5
4.0	3.6-4.0
4.5	4.1-4.5
5.0	4.6-5.0

If you elect to play in the USTA/NWT A tennis leagues, you may play "up", but you cannot play "down".

Players who have this NTRP verification are part of a National Rating System and they can:

- Play in NTRP tournaments — USTA sanctioned and non-sanctioned.
- Play in USTA/NWT A adult, senior and/or mixed doubles leagues.
- Be guaranteed a competitive match in your skill category anywhere in the USA.

Continued on page 4

June 1995

AD IN

by Sue Larson
STPC President

The month of June will be an "ad in" month for our members, not only for the good sportsmanship and camaraderie but for moving into new games, additional training by our well-trained pros and the beginning of the videotaping project on June 5 and 6. Ernie Greene and Percy Hughes will lead those who have signed up for the initial program at Wolfe Park. Do hope you are one of those who will be taped.

The Captain and Mate's dinner for the hardworking, ever-patient captains will be on Wednesday, June 7 at the Excelsior Park Tavern. Marilyn Thorne has arranged a gala event for all of us who were captains last year. Captains are really the lifeblood of STPC, and all of us need to let them know our appreciation for their efforts.

Two exciting programs being considered that we need your feedback on are:

Grandparent-Grandchild Tennis Round Robin. Lee Warner would like your call at 560 0384 if this intergenerational activity would be right for you.

Learn to play "in the zone". Michael Zosel, who has his second column in this newsletter, is anxious to help us learn how to play "in the zone". Michael will hold a two hour clinic at Wolfe Park on a Saturday in August. In the clinic, he will work with us to improve our "inner tennis" by demonstrating pre-match routines, capturing the "ah-ha! experience, zapping the zonebusters with our serves, approaches, overheads, etc. and making each of us a more "tuned in" player. Call me at 929 4673 if these easy-to-learn mental techniques, designed to help you win more consistently, fit in with your tennis plans.

Did you realize that, according to the Tennis Industry Association, the number of seniors playing tennis more than four times a week increased 87% from 1988 to 1992.

Thanks to all of you for your suggestions for improvements. I will try my best to put them into our organization. Have a pleasant and tennis-friendly summer, and keep in touch. ■

Wednesday Aug. 30, 1995 First Annual STPC Picnic!

Highland Park Indoor/Outdoor Picnic Pavilion, St. Paul.

4-10 P.M. Many different activities in the works!

Watch the *Senior Tennis Times* for more details.

Call Don Bratt, 571-6762, or Nat Watkins, 636-6801, for more info.

Continued from page 1

Blood sugar tolerance, or the body's ability to regulate the level of sugar in the blood, is also enhanced by exercise. By age 70, approximately one in four adults is at increased risk of developing adult onset diabetes. Regular exercise, along with an appropriate diet, can help to break the chain of events that can lead to this condition.

Another advantage of an exercise program is that it can lower total cholesterol and "bad" LDL-cholesterol levels, and raise the protective, or "good" HDL-cholesterol. These changes, however, are even more likely to occur if a low-fat diet is simultaneously adopted and body weight is reduced.

Along with controlling blood fats, exercise can reduce blood pressure. Scientists have now reported that people who maintain their fitness have a 34 percent lower risk of developing high blood pressure.

Finally, exercise enhances the body's ability to regulate its internal temperature. This may hasten the sweating response, releasing heat from the body, and reducing the risk of dehydration.

The saying, "Use it or lose it," seems particularly applicable when it comes to slowing the aging process. ■

How To Play in the Zone

by Michael Zosel. Part 2 of 2.

During part 1 of *How to Play in the Zone*, we discussed how we look forward to watching a good movie or reading a good novel because we expect to fall into the fantasy of the story. As part of a routine, we often sit in the same chair and eat the same snack food before and during the entertaining experience. As the story progresses, we become relaxed, our curiosity is stimulated, and we lose all track of time. Wow, we're in the zone.

In contrast, we as tennis players do not have the same expectations before playing tennis. We go to the courts, do a few quick stretches, and hit balls. "Just work harder, you murmur. "And maybe I'll win today. Work, work, work..." Most tennis players no longer *play* tennis, they *work* tennis, which is the fundamental reason why it is difficult for them to play in the zone.

For movies and books, we use instinctive routines that help us enjoy the story more. For tennis, you can use an easy-to-learn pre-match routine to enjoy the game more. It can also help you play in the zone. If done regularly, you will be able to achieve this pleasant state of mind by choice instead of by chance.

In the story *Vision-Tennis*, Tony Randzinger learns a pre-match routine to help him get into the zone. It consists of five easy steps. Before each match, he:

- 1) Takes two deep breaths, eight counts in and eight counts out.
- 2) Reads his vision statement.
- 3) Stretches for ten minutes with a variety of comprehensive stretches.
- 4) Bounces on his toes for sixty seconds.
- 5) Uses the "Bounce-hit" technique during warm-ups.

Tony learns the "Bounce-hit" technique from Timothy Gallwey's book *The Inner Game of Tennis*. It involves saying to yourself "Bounce" when the ball bounces and "Hit" when either you or your opponent hits the ball. This tried and true technique keeps you focused on the here and now, allowing you to hit the ball automatically.

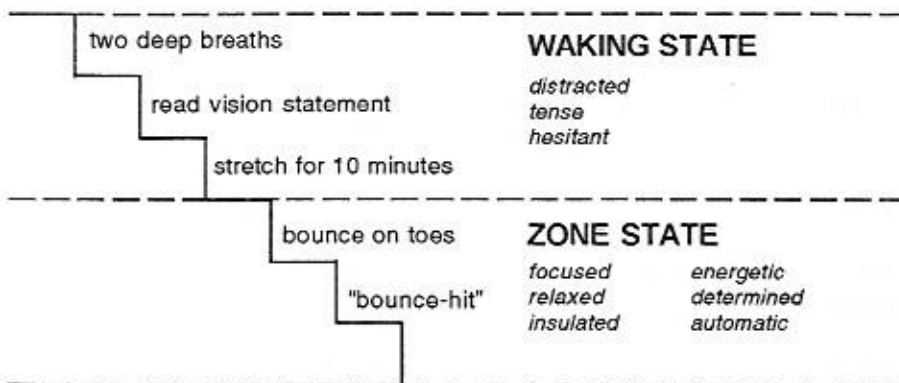
Shown below is a diagram that shows what happens to Tony's brain state when he performs his pre-match routine. Before he takes his deep breaths, he is in his normal day-to-day waking state. Thoughts of the past and future swim around in his head. Taking two deep breaths breaks these thought patterns and helps him get centered. He next reads his vision statement to stimulate his imagination bringing him into a deeper relaxed state.

While breathing deeply and stretching slowly, his brain waves slow down, and his body begins to feel pleasant sensations. To keep himself from feeling groggy, he bounces on his toes like a boxer, which helps him feel energized, but still pleasantly relaxed. While using the "bounce-hit" technique, his brain state is now in the zone. The state of mind you want to be in when you compete.

Each time we play tennis, we have a choice. We can choose to play in the waking state or in the zone state. In the waking state, you have to *work* extremely hard for good results leaving yourself vulnerable to feeling distracted, tense, and hesitant. Whereas, you can choose to use a consistent pre-match routine which allows you to feel focused, relaxed, and automatic. All it requires is five easy steps.

Try developing a pre-match routine of your own sometime. It will launch you into whole new dimension of fun and adventure. As your matches unfold, you can be anyone you want to be. The image of your favorite player (Andre Agassi, Steffi Graf, Pete Sampras, etc.) flashes through your mind. You are inspired as you imitate his or her shots and tactics. Your execution soon flows out of you with hypnotic will. You're having a blast.

If you use a consistent pre-match routine, you will discover new and exciting ways to enjoy the game. You will develop greater confidence, composure, and concentration which will inspire you to keep improving. You may be surprised; winning may happen more often. But more importantly, you'll have fun *playing* tennis for the rest of your life. ■



Michael Zosel is the author of *Vision-Tennis*. It can be purchased at Nicollet Tennis Center, Michael Lynne's Tennis Shop, and White Bear Racquet & Swim. For more information, call (612) 788-3718.

Continued from page 1

Some questions we have been asked are:

Is the pro watching me? Yes!! They do observe you from warm-up through point playing. Our verifiers are nationally and sectionally trained and tested. They base their verification on information from your player profile, on-court observation and consultation with the other verifiers. Possibility of improvement is also taken into consideration. If you take lessons, play frequently, are athletic and/or play other sports, there is a chance you will outgrow your rating within a short time, so you may be rated a level higher to compensate for the anticipated improvement.

Why is my rating the same as the others on court when I am the better player? Our verifiers do not rate to the .10, consequently three players may be 2.6, for example, and you are 3.0 but all four players receive the same 3.0 verification.

My STPC captain says I have to be 3.0 to play in his group and I received a 2.5 rating from the clinic. What can I do? A possible solution might be to ask your captain if, during this transition period, you could play "up" in his group. When all the members of the STPC have converted to the NTRP system, this problem should disappear. Probably captains shall have to revise their thinking to reflect the NTRP system.

We realize many of you are unfamiliar with USTA programs and have many more questions, including basic information about leagues, costs, locations, etc. or about sanctioned tournaments

and sectional rankings. We hope to be able to answer some of your questions in coming editions of the Senior Tennis Times. In the meantime, feel free to call either Dick Nelson or myself at the NWT A office for any immediate concerns. Questions can also be relayed to us by mail at 5525 Cedar Lake Road, Saint Louis Park, MN 55416.

The clinics were a huge success and at this time we would like to thank —

The volunteers!

Joan Dawe
Sandy Dyer
Hugh Enzler
Sue Hodgson
Jodi Jenson
Sue Larson
Ron Liddiard

Jim McCue
Georgette Micheletti
Curt Nelson
Dick Pratt
Cleone Riener
John Stecklein
Maggie Veasic

Mea culpa to anyone temporarily forgotten in this list.

PS. More information on the Super Senior Tennis League for players over 65 will be forthcoming. Players who have already called me will be contacted shortly. It looks as if it will be a very casual league with no USTA membership required and a very minimal cost and a format that may consist of singles and/or doubles. A team may also include both men and women. Anyone interested please call!

Practice makes perfect for Sandy Dyer

Have you just started playing tennis? Do you think your game will never get competitive because you started so late? Sandy Dyer, STPC member, is a shining example that this ain't necessarily so!

Sandy took up tennis six years ago under the tutelage of instructor Percy Hughes. Before that she was an avid and accomplished high level competition softball player. Her natural physical abilities were instrumental in speeding up the learning process for tennis.

Four years ago Sandy started playing in the women's doubles league at Nicollet Tennis Center. When she lost her job in

1994, the up side of the situation was that she had more time to play tennis. In 1995 she became involved in the Northwest women's daytime leagues. She offered to sub if needed and found herself playing at least once a day, Monday through Friday, and occasionally doing drills on Saturdays.

All that practice paid off. Sandy played her first singles match competition in January 1995 and ended up undefeated, winning a trophy for the women's regular season Gold Singles League. She also played in the 3.5 Masters (50 and over) doubles league, winning the regular season as well as the championship in the playoffs. She won three trophies for the

women's daytime league!

Sandy Dyer's accomplishments are truly worth noting — hers is a real success story for a senior competitor with just six years of play. Way to go, Sandy! ■

Correction

In the April *Times* story "USPTA Honors Ernie Greene", we omitted mentioning that Ernie Greene is ranked #1 in men's 65 singles and men's 70 singles. We regret the error.

John Bolger Tennis Clinic and Luncheon a great success

On Tuesday, May 16, over 72 STPC members attended the Third Annual John Bolger Tennis Clinic and Luncheon at the Nicollet Tennis Center.

Dick Gehring, who chaired the event, made sure that everyone attending had two hours of tennis drills and one hour of play. The tennis drills were conducted by Roger Boyer, Mary LeClaire, Tim Nothwehr, Bill Roddy and Connie Boyer.

Comments from those attending were:

"I never realized I could plan where my serve would land and could actually accomplish the placing of my serve."

"This clinic is terrific. We should have at least two of these each year!"

"The chicken salad and chocolate chip cookies were delicious!"

Joyce Maul chaired the food committee, with help from Marilyn Erickson, Lloyd Layton and Jane Tischbein.

John Bolger's wife, Gen, and son, Dik, were there to greet and thank those attending this event, sponsored by STPC's Activity Committee. ■

Welcome, summer!



Tennis Across America

The USPTA Tennis Across America Day was held on Thursday, May 18 at Wolfe Park. Eighty active players, including officers of the Board of Directors, were there. Percy Hughes was the host pro, and Connie Custodio, Ginny Owens, Jason Sowder, Paul Stormo and Roger Boyer conducted the drills. (Ernie Greene was absent because he was in San Antonio at the US National Senior Sports Classic, but that was okay, because he did real well! See the story below.) ■

Arthur Ashe Week

STPC is hosting one of the events being held for Arthur Ashe Week. A tennis clinic will be held Thursday, July 27, at Wolfe Park from 8:30-10 a.m. Everyone is invited to this free clinic, and the STPC teaching staff will be there together with Northwest Racquet Club pros to assist. ■



Kudos

Ernie Greene

Ernie Greene won the Gold and was champion in the age 75 and over singles tournament in the US National Senior Sports Classic in San Antonio, Texas. Congratulations, Ernie!

Percy Hughes

Percy Hughes has been named the new president of the Minneapolis Urban Tennis Program.

Jack Dow

Jack Dow, founding president of STPC, is 89 years old on June 8. Happy Birthday, Jack!

Captain's Corner by Chuck Slocum

At the May Board meeting, this motion was passed: "The primary purpose of the club is to promote tennis participation by seniors on a sociable basis. Every effort will be made to match equivalent skilled players (if possible) but creating groups of the higher skilled players, while important, will be a secondary objective.

"Facilities arranged for STPC playing time, usually at discounted prices, shall be controlled by the club, and not controlled by any individual or group of individuals. We will continue to encourage training at beginner, intermediate, and advanced levels. We will strive to have at least one group in each general indoor or outdoor area (providing we can recruit captains) of skill level 2.5 or less; at least one group of 3.0-3.5 skill level; and at least one group for higher rated players." ■

Two-Liner Want Ads

These free two-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 100 spaces long, so be brief!

For Sale: 4 cemetery lots at Sunset Memorial Park. Call Bev, 831-0683.

Act now to reserve your space at River Falls Tennis Camp in any session except Session # 4. Call Ginny, 933-1613.

For Sale: Golf clubs, full set Wilson Sam Sneed Signature, irons 2-9 PW, 4 woods. Good condition. \$85. 545-7517.

A Tennis Player's Prayer

O Lord, please let me hit the ball
So well that even I,
When telling of it afterwards,
will never need to lie.

And make my ground stroke straight and
true,

My backhand swift and firm,
And help me with a serve that makes
My opposition squirm.

Protect me from the double fault;
Assist me at the net;

Endow me with an overhand
That travels like a jet.

Above all, Lord, this pleasure
Is a thing I'd like to share:
So when you grant my wish, be sure
That all my friends are there.

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1995 Team Tennis Status

by Larry Bordsen, Team Coordinator. Below is the Team Tennis roster as of May 9. We have 6 committed captains, 3 of whom are new this year: Helen Stecklein, Carol Curry, and Glen Gullikson.

We will try to add more teams if some people volunteer as captains. We now have 4 teams from the north and 2 from the south. It would be good to have 2 more teams from the south to cut down on driving.

The season will start Tuesday, June 20, with the matches scheduled to begin at 9 A.M., the same as last year. The schedule of matches will be put together after we complete the teams.

Most teams will use the same courts as last year; however, Team 1 is going to use the courts behind the old Fairview Junior High School, which have recently been resurfaced.

Team 1. Captain Helen Stecklein.

Don Bartolerio, Marylou Christofore, Grace Dahlbeck, Orv Dahlbeck, Jean Olsen, Helen Stecklein, John Stecklein, Connie Villars

Team 2. Captain Carol Curry

Carol Curry, Jim Erler

Team 3. Captain Don Bratt

Dorothy Ayers, Tom Bednar, Don Bratt, Vivian Bratt, Marty Conway, George Farr, Nancy Fretz, Patty Kondziolka, Larry Lepley, Al Nuhn, Nancy Tracy, Fred Trautz, Ellen Yager

Team 4. Captain Larry Bordsen

Larry Bordsen, Jean Ann Druades, Lloyd Marengo, Joyce Olsen, Dick Pratt, Shirley Pratt, Deni Sahr, Nat Watkins, Dave Zimmer

Team 5. Captain Ken Shannon

Firmin Alexander, Norma Anderson, Lucille Bryant, Jan Hagen, Matt Little, Howard Most, Ken Shannon, Otto Trettel

Team 6. Captain Glen Gullikson

Eric Erikson, Ruth Erikson, Glen Gullikson, Bernice Hanson, Harriet Kidder, Bill Lawrence, Karla Sand, Jim Schneider, Betty Western, Bill Wigdahl

Tennis Tips by Virginia Morgan

During a doubles game, move with the ball that is on the opponent's side across the net from you. It will cut off their angle of return. Watch the opponent that is closest to you. Return the ball to the opponent who is furthest away. Move with your partner sideways and up and back as if there is an 11-foot rope tied to you and your partner's waist.

When in doubt as to where to return the ball, usually a good shot could be low and deep down the middle. The net is lower there and it could also confuse opponents.

Never reach over the net to return a ball. The ball must be hit on your side of the net and the follow-through can go over the net; however, during a point you cannot touch the net.

A game will run smoother if everyone knows where all three balls are at all times and send them to the server. Rather than push the ball on the ground with your racquet, pick it up and gently hit it to the server. The person furthest away returns it first.

A good place to keep the third ball (if you or your partner does not have pockets) is on the ground at the net. Then all can see it and either side can retrieve it.

It's a good idea to observe if your opponents are right or left-handed. Also check the name and number on the balls you are using. ■

and a tip from...

STPC member Kearney Frantsen sent in this tip. If you have a tennis tip you'd like to share with other STPC members, send them to the Editor, Nancy Kaminski.

When your partner in doubles is receiving, you should be standing on the service line on your side of the court watching your partner's service line to make as accurate a call of "fault" as possible. In that position you are looking straight along that horizontal line. Your partner is responsible to call the vertical center or side lines because he or she is in the best position to see those lines. This simple tip will make for more accurate service fault calls, and eliminate some questioning or arguing. ■

1995 Schedule for Outdoor Courts rev. 6/1/95

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	Wed	9-11 A.M.	Marilyn Thorne	471-9813
Christian Park 69th and Bloomington Ave Richfield 5/1-9/29; No play 7/10, 12, 14 play at Donaldson Park	Mon, Wed, Fri	7:30-10 A.M.	Chad Sharkey Cliff Northfield	866-7682 884-6617
City Center Courts Chanhassen	Fri	8:30-10:30 A.M.	John Goulett, Jr. Marlyn Goulett	445-4165 445-4165
Como Park Horton Ave near Lexington St. Paul.	Mon, Wed	7-9 A.M. 9-11 A.M.	John Connelly	771-2664
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	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; starts 6/17	Sat, Sun	8:30-10:30 A.M.	Roni LeRoy	738-9565 (h) 733-4442 (w)
Park Center Senior High 74th and Noble Brooklyn Park 6/1-7/27	Tues, Thurs	8:30-10:30 A.M.	Bernard Ackerson	537-5061
Roseville Middle School 15 East Cty Rd B-2 Roseville; starts 6/14	Wed	6-8 P.M.	Shirley Kresko Kathy Conard	770-1272 639-1121

1995 Schedule for Outdoor Courts rev. 6/1/95

Location	Day	Time	Captain(s)	Phone
St. Anthony Central Park Silver Lake Rd. & 33rd St. Anthony	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 through 8/18 Sat-Sun through 9/30	8:30-10:30 A.M.	Bob Hinz Betty Livingston	771-4480 777-0723
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.	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	
Wolfe Park W 36th St off #100 Saint Louis Park	Tues, Fri Mon, Wed Sat	9-11 A.M. 9-11 A.M. 9-11 A.M.	LaVerne Wilger Bob Torbert LaVerne Wilger	929-8120 374-4288 929-8120

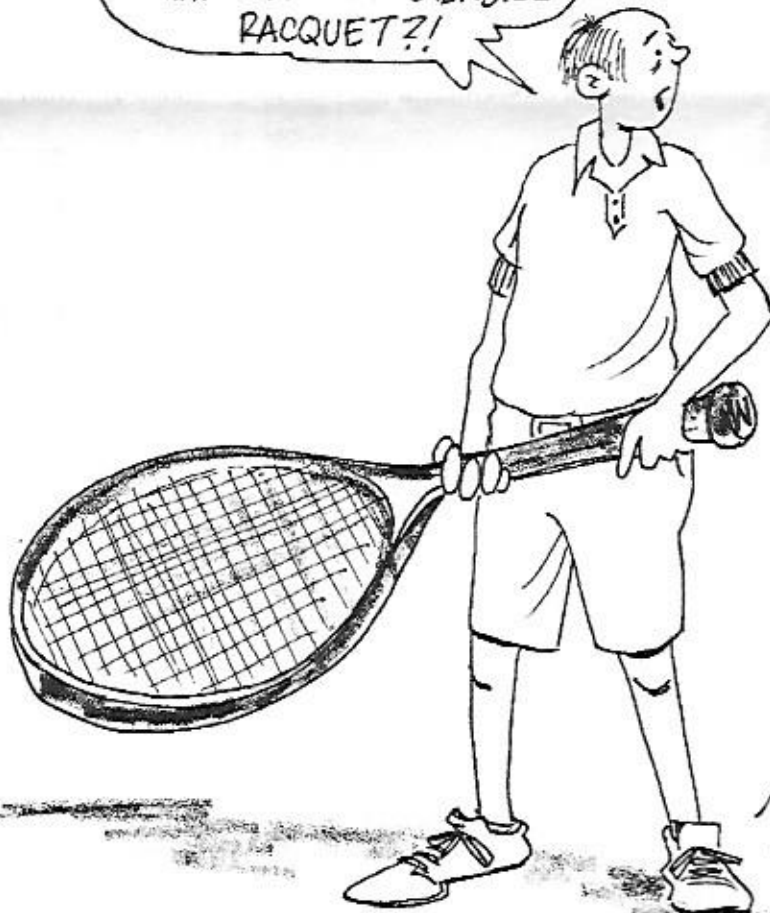
1995 Summer Schedule for Beginner Lessons and Drills

Location	Day	Time	Instructor	Phone
Breck School 123 Ottawa Ave N just east of Hwy 100 & Glenwood Pkwy Golden Valley. Starts 6/14	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

We suggest you add these pages to the back of your 1995 Membership Roster.

TENNIS ANYONE?

YOU MEAN THERE'S A
LIMIT TO THE OVERSIZE
RACQUET?!



Senior Tennis Players Club, Inc.

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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.

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eighth page (3½ x 2¼ in)	\$30
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2-line ad (members only, 50 spaces/line)	free

Publication Deadline

Submit articles to the editor by the 20th of the month for publication 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 May 1995, STPC membership totaled 1,313.

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Address Correction Requested

June 1995

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