

Senior Tennis times

Newsletter of the Senior Tennis Players Club, Inc.

Mental techniques for better service returns

by Michael Zosel

Perhaps the least practiced and the most difficult shot in the game is the service return. If executed properly, it can be the greatest way to disrupt your opponent's momentum. A real psychological advantage. But in many cases, pressure related thoughts like "Uh Oh, I hope he doesn't serve it to my backhand..." haunt most players causing them to choke during tough matches. In the story *Vision-Tennis*, Tony Randzinger, the main character, discovers three key mental techniques that allow him to block his negative thinking when returning tough serves.

1. Confidence Chant. The first mental technique Tony learns to use is called a "Confidence Chant." It is nothing more than thinking short, positive thoughts between points. Before returning serves, he chants to himself, "Come on. Bring me your best serve. I dare ya." While repeating this chant to himself, Tony finds himself naturally leaning into the ball more giving him greater depth and authority on his returns. Perhaps the greatest benefit of confidence chanting is that it blocks negative thinking from entering your mind.

Continued on page 2

Team tennis update

reported by Larry Bordsen. The results from the first two Team Tennis matches are:

6/20	Team 2 vs. Team 1	5-3
	Team 3 vs. Team 5	2-6
	Team 4 vs. Team 6	5-3
6/27	Team 1 vs. Team 6	4-4
	Team 2 vs. Team 3	6-2
	Team 4 vs. Team 5	2-6

We are sorry if some people didn't get on a team who played last year. The number of teams is determined by the number of volunteer captains, who are in turn responsible for putting a team together and getting courts. ■



Ed Sewell inducted into Hall of Fame

Ed Sewell, a member of STPC, recently became a member of the Minnesota Tennis Coaches Association Hall of Fame. Ed coached for 35 years and is very proud of the number of times his team was the winner. Ed is a past president of the Minneapolis School System, has coached many other sports and has an MA in Art Education. You will also see him canocing down the Mississippi River on many weekends. Congratulations, Ed! ■

Hot weather reminder

Percy Hughes reminds you that on these hot days, your tennis racquet and can of balls aren't the only things to carry in your tennis bag. Please, please take a cap or visor, a jug of water and a tennis towel. They're important in this hot weather! ■

July 1995

AD IN

by Sue Larson
STPC President

During this month of July, may each of us find many things to love about tennis. An ace...the overhead smash...brand new tennis balls...ice cold water...receiving wimpy second serves...poachers...high balls...new tennis shoes...the lob...a tough challenge...nets that are not too high...early morning matches...good calls...long rallies...a nice breeze...the struggle to win...winning!

The board continues to invite you to our meetings. The July meeting is on Thursday, July 13 at the Senior Community Center in Saint Louis Park. Hot issues we will be discussing will be:

1. How to obtain 257 new members by January of 1996. Your input and action is necessary for us to make this goal of 1400 members by January 1996. I know we can do it.
2. Planning stages for the first mentor program for new members and for those members who participate in our training sessions for new members.

Our meetings start promptly at 1 P.M. and end promptly (we hope) at 3 P.M.

We are thrilled to have an article by Judy Mahle Lutter of the Melpomene Research Institute in this issue. All of us feel that it is so important for the Senior Tennis Players to network with other organizations interested in physical fitness. Ms. Lutter, a regular columnist for the Pioneer Press, featured one of our very talented pros, Virginia Morgan, in her column entitled "Tennis Can Be a Good Racket for Seniors" on June 11.

Please note the first annual Grandparent-Grandchild Tennis Event on Saturday, August 5. Lee Warner is the coordinator for the event. My only grandchild is six months old. Maybe I can borrow one for the morning!

Senior Team Tennis is off to a roaring start with six teams under the leadership of Larry Bordsen. Call Larry at 781-3289 if you would like to be a substitute.

Michael Zosel, nationally-known trainer on inner tennis and contributor to the *Times*, has offered to do a clinic for us on Saturday, August 12 at Wolfe Park. Send your reservation in early because space is very limited.

Congratulations to all our summer captains for jobs well done. Response has been terrific at the many tennis courts available to our members. And to all you members, please keep sending me or calling me with suggestions on how we can continue to make this club the very best club in the US. ■

Continued from page 1

2. Anticipate Service Cues Like a Martial Artist. It has been said that well trained Martial Artists can dodge bullets from a handgun. What's their secret? They are not faster than a speeding bullet. Their secret is they carefully watch and listen for the shooter's forearm muscles to flex. This gives them the essential cue when to dodge. If they were to wait for the squeeze of the trigger or the bang of the gun, it would be too late.

Whether you believe it or not, it does convey a very important principle that can be applied to tennis. Excellent service returners start bringing their rackets back right when the server makes impact on the ball. How do they do it? They examine three basic service cues with intense interest. They are the server's feet placement, ball toss, and path of the rackethead. For now, let's focus on the third cue.

Watching the path of the rackethead is a soft cue that Tony learns to look for when returning serves. Of course, he maintains a hard focus on the ball. But, with his peripheral vision, he can pick out the direction of the rackethead which gives him a clue on which way the ball will go. Tony then is able to spring into perfect position giving him plenty of time to return the serve. Excellent returners can also easily pick out three types of serves: flat, slice, and topspin. Because Tony becomes so involved anticipating his opponent's service cues, he is able to forget about negative thinking and move as quickly as a Martial Arts master.

3. Con-Cen-Trate. Because it is important to concentrate during the return, Tony invents an easy-to-use method to keep his eye on the ball called "Con-Cen-Trate." As the ball makes contact with the server's strings, Tony whispers, "Con." When the ball lands on his side of the court, he whispers, "Cen." While making contact with the ball, he says, "Trate."

Continued on page 3



IN MELPOMENE'S COURT

by Judy Mahle Lutter

Welcome to a new column which will appear quarterly in *The Senior Tennis Times*. The column will focus on the link between physical activity and health. We welcome your suggestions for topics to cover.

We thought a bit of history was in order for this first column. I was one of the founders of Melpomene Institute in 1982. I started running at age 33. When I began competing in marathons, unusual for women in the mid-seventies, I started asking questions, and hearing questions from other women regarding physical activity. To my astonishment, information on women and exercise was not readily available. That became the impetus to establish the Melpomene Institute for Women's Health Research.

The Institute adopted the name **Melpomene** in honor of the Greek woman who scandalized officials at the 1896 Olympics by running the marathon even after she was told that women could not enter the race. In this spirit, the Melpomene staff and many volunteers continues to do research and provide educational materials for women and girls who want to enjoy physical activity and incorporate it into their lifestyles.

Since 1982, Melpomene has grown from the confines of my attic with a membership of 116 to an office in St. Paul, Minnesota which now serves 1800 members worldwide. We invite you to join us. Membership dues are \$32 and include a subscription to our Journal as well as discounts on our educational products.

We've been interested in older women from the beginning. A study begun in 1982 focuses on the role of physical activity in the prevention of osteoporosis. A number of our participants are tennis players. In an upcoming column we'll let you know what they have to say about the mental as well as the physical benefits of continued activity.

In 1990 we starting holding conversations at Melpomene designed to help us envision and plan for the future. At first all of our participants were over the age of sixty. We were somewhat surprised to learn that their top priority for our research and education was girls. "I'm worried about my granddaughter, said one, I don't think she is getting enough physical activity. Because she doesn't see herself as athletic, she doesn't go out for many sports. How can I help?" Others

talked about low self-esteem and the desire that many girls have to be super-thin. Since then, a good share of our efforts have been devoted to girls. Our research tells us adults make a big difference.

I look forward to sharing information on a variety of topics in the months ahead. I'd love to hear your ideas too. You can reach me at Melpomene Institute, 1010 University Ave, St. Paul, MN 55104. ■

Continued from page 2

The Con-Cen-Trate technique generates remarkable results. Here's three reasons why. First, it forces you to watch the ball the whole time. Second, it helps you execute your stroke with a rhythmic cadence. Third, vocalizing the three points of contact drowns out negative thinking like loud music blasting out of stereo speakers. You can't hear yourself think making it possible for you to unleash your natural ability to return tough serves. You'll be amazed!

When returning serve, remember to 1) Confidence chant, 2) Anticipate the serve like a Martial Artist, and 3) Con-Cen-Trate. Like Tony, you will no longer hear those negative voices so you can return serves like a pro. ■

Michael Zosel is the author of *Vision-Tennis*. To order: send a check for \$14.95 plus \$3.00 shipping & handling, payable to Michael Zosel, 3424 Coolidge St. NE, St. Anthony, MN 55418. (612) 788-3718.

Did you know why a zero score in tennis is called "love"? In France, where tennis first became popular, some people apparently thought a big zero on the scoreboard looked like an egg—and therefore called it the egg, which is *l'oeuf* in French. When tennis became popular in England, the British copied the French and also called the zero *l'oeuf*, but pronounced it "love".

Dance Around the World Travel Club presents the

4th Annual Tennis Cruise

on board the magnificent

Crown Odyssey

Jan 2-11, 1996

Mexican Riviera

Los Angeles to Acapulco

This great CRUISE features tennis at every port for the tennis players, fun and shopping for the non-tennis players, and hosts for dancing with the ladies every night of the cruise!

Book now for a 50% discount. \$5 will hold your cabin for 30 days!

Prices start at only **\$1199.** Air fare \$300, port charges \$140.

Mark your calendar now for **Cruise Night**, Tuesday, Sept. 26, 7 p.m. to meet Director Jeanne Jeffords and Royal Cruise Line's Paul Strand at the Greenfield Apartments party room, Hopkins.

Call Jeanne at 932-9929 for brochures and information.

Dance Around the World Travel Club
5281 Beachside Drive
Minnetonka, MN 55343
612-932-9929

An open invitation to STPC members

Percy Hughes invites all STPC members to participate in the STPC-hosted drills during Arthur Ashe Week. Our club will be doing strokes drills at Wolfe Park Thursday morning at 8:30 on July 27. Our teaching staff will be augmented by the Northwest Tennis Club's Director of Tennis, Jack Roach, and some of his instructors. Jack Roach, before taking his present position, was tennis coach at the University of Minnesota. So, if you have a problem with any tennis stroke, be there! ■

Captains' Corner

If you were unable to attend the Captains' dinner party, you missed a great party, but you also did not receive a one page on both sides suggestions to all captains. Please call me at 941-4059 and I will send one to you.

By July 15, we need to have our indoor schedules in hand for the fall 1995 segment. Please contact your players — make a special effort to set up at least one group of 2.5 skill level or less; at least one group of 3-3.5 skill level; and one group for higher skilled players at each location. If you need help, please call me. We need more captains! Please call me and volunteer. Do it today!

Spring finally arrived and now summer. Our outdoor schedule is in full swing. If you don't have a place to play, please simply refer to the outdoor schedule, and show up. The person in charge will make every effort to work you into the play, preferably with someone your skill level. ■

BIG NAME BRANDS ..AT LOW TENNIS PRICES!

Adidas, Babolat, Balle de Match, Boast, Cycle, Darlyn Designs, Dunlop, Ellesse, Fancy Pants, Fred Perry, Gift Items, Hanasport, 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, Tail, 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 Lynne's
TENNIS SHOP

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



* You will appreciate our friendly service



Fax: 612-926-1595

Vision-Tennis Clinic

Equip yourself with easy-to-learn mental techniques to help you win more consistently!

Discover new and exciting ways to enjoy the game of tennis!

Sign up for the first Vision-Tennis Clinic, presented by nationally recognized writer and speaker Michael Zosel, author of *Vision-Tennis*.

Saturday, Aug. 12
Wolfe Park
W 36th St & Belt Line Blvd.
Saint Louis Park

9-11 A.M.
Cost: \$7.50/person
Deadline: August 7

Michael Zosel will explain the visual, auditory and physical components that help you get in the zone for better tennis. You may find these exercises relate to other parts of your life!

- Tap into the exciting dynamics of playing "in the zone"—learn the techniques to get to the zone and stay there;
- Improve your anticipation skills;
- Manage your time between points like a pro;
- Develop mental techniques to help all your strokes.

Each player will receive a free copy of the Mental Toughness Quotient and a Vision Card. Copies of Michael Zosel's book, *Vision-Tennis*, will be available for \$12 (25% off the retail price).

Vision-Tennis Clinic

Yes!

Send this reservation form with your check for \$7.50 per person, made out to STPC, to:

Howard Most
3140 Chowen Ave S #308
Minneapolis, MN 55416

For more information, call Howard at 920-3119.

Name _____

Address _____

City/State/Zip _____

Phone _____

In Memoriam, Bill Dressler

by Roland Larson

Bill Dressler was a man with a passion for the game of tennis. He died June 19, 1995 after a nine year off-and-on battle with cancer. Bill, a friend to many senior tennis players, died at the age of 80.

Bill often played at Northwest Tennis Club, Nicollet Tennis Center and at various public courts around the Saint Louis Park area. Many of us knew him as a truly dedicated, enthusiastic tennis player who would pick up his tennis racquet at the mere mention of a playing opportunity.

Bill retired some years ago from the position as a social worker in special education with the Minneapolis Public Schools. Prior to his school's position he worked in a number of settings as a social worker and therapist. His knowledge and skills in his field were well known to many, and he was highly respected by all who had contact with him. He was a World War II US Army veteran who took part in the D-Day invasion of Europe.

Besides family and tennis, Bill's major interests were in the great outdoors with his wife Marie and family—especially in northern Minnesota. He loved boating, fishing, camping and other outdoor activities.

My wife Doris and I had the privilege of three 2-week trips to Florida where we shared a condo with Bill and Marie in Naples and Palm Island. For me personally, Bill was my tennis guru and mentor. We played many hundreds of spirited sets during the past ten years. Bill was generous to a fault with a close line call. I can still hear him saying, "That was *your* point, Rollic."

Bill's many friends will miss him. Our deep sympathy is extended to Marie, his wife of 52 years, his son Bill, Jr., and wife Sheila and grandchildren Danielle and David.

Nice set, Bill. You won! ■

Hip, Hip Hooray for the Captains!

STPC honored our tennis captains at the first STPC Captains and First Mates dinner party on June 7, ably chaired by Marilyn Thorne.

110 attended the social and dinner at the Excelsior Park Tavern overlooking Lake Minnetonka. Flowers, door prizes and table favors provided the party atmosphere.

The dinner was certainly a hit. Some comments overheard in the parking lot were "How about that warm raspberry bread pudding with the vanilla sauce?" and "The apple crisp with caramel sauce wasn't too bad, either." Yea for the captains! ■

Clara and Carl Carlson



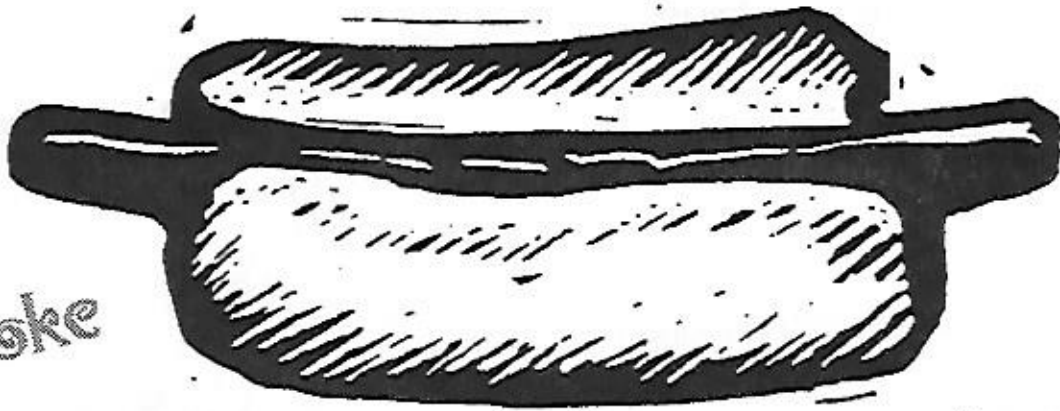
Below, Don Schneider, Phil Fortin and Dick Abbott. Right: Doris Doll and friend.



Bocce ball

Music

1st Annual STPC Picnic



Karaoke

Badminton

Wednesday, August 30
Highland Park - Saint Paul
4-10 P.M.

Frisbee golf

Games start at 4!
Potluck supper at 5:30!

Croquet

Bring your spouse, significant other and prospective members!

Space limited! Send attendance form with a check payable to STPC for \$3 per person (to cover expenses) to:

Don Bratt
6181 Kerry Lane
Fridley, MN 55432

name _____

name _____

number attending (circle) 1 2

I can bring:

✓ badminton set _____

✓ croquet set _____

✓ bocce balls _____

✓ horseshoes _____

✓ volleyball net _____

✓ volleyball _____

✓ other (specify) _____

Tennis Tips by Virginia Morgan

Anticipation is watching how and where the opponent is going to return the ball. Observe him — is he turning his hips, his shoulders? Is he taking a big back swing? This could mean a fast return.

If the opponent strikes the ball "low to high" the ball will have top spin. When the ball is hit "high to low" this is a slice or back spin. This is done by taking the racquet about as high as your shoulder and slicing or brushing the back of the ball as the stroke goes forward.

Best of all, watch the direction the face of the racquet is pointing as it makes contact with the ball, because that is the direction it will go.

The Half Volley

If the ball is coming close to you and you don't have time for a good forehand or backhand return, don't let it bounce and take steps backward to return it because then your weight isn't going forward. Once the ball bounces, it picks up speed. Learn the half volley and stroke the ball on the rise. This is done by stroking the ball a few inches from the ground. Don't forget to bend the knees, keep the racquet parallel to the ground and shift your weight forward as you stroke the ball and follow through. ■

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 by Owner: Gracious stone rambler on Mississippi Rvr Blvd, St. Paul. \$339K. 699-7775.

Your words matter. Call us for help with spoken or written material — individual or group. 927-6238.

Hilton Head tennis vac. Oct. 5-16. J. Connors waiting for your tourney res! Deposit due now. Call Marilyn Thorne 471-9813.

Lousy at tennis, expert in bldgs. Ensure purchase, inspect bldg before buying. Shel Bernstein, architect, AIA. 544-7229.

Note to River Falls Tennis Camp Session 1 tennis players: "The Kids from Wisconsin" will entertain 7/25. Ginny, 933-1613.

Vi's tennis ball bag, any color, \$3.50. Call 420-9749.



1995 Grandparent-Grandchild Tennis Event

Saturday, August 5, 9 a.m. to noon

Wolfe Park Tennis Courts

36 St. W and Belt Line Blvd.

Saint Louis Park

Here's an opportunity for you to play tennis with your grandchild, to share time together, and most of all, to have fun together! STPC believes in intergenerational tennis, and the time has come!

The format may be doubles or a round robin, depending on your response. Lee Warner is coordinating the event and even has a few surprises planned.

Only \$2.50 per person! Deadline for reservations is August 1, Send your reservation form and your check, payable to Senior Tennis Players Club, Inc., to:

Lee Warner
5541 Aldrich Dr
Brooklyn Center, MN 55430
Phone 560-0384.

For more information, call Lee at 560-0384.

Send this reservation form with your check for \$2.50 per person, made out to STPC, to:

Lee Warner
5541 Aldrich Dr
Brooklyn Center, MN 55430

Your name _____

Phone number _____

Grandchild's name _____

Grandchild's age _____

I prefer a round robin

I prefer a tournament

1995 Schedule for Outdoor Courts rev. 6/26/95

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
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 City Rd B-2 Roseville; starts 6/14	Wed	6-8 P.M.	Shirley Kresko Kathy Conard	770-1272 639-1121
St. Anthony Central Park Silver Lake Rd. & 33rd St. Anthony	Tues, Thurs	9-11 A.M.	Mary Kaminski	781-3271

1995 Schedule for Outdoor Courts rev. 6/26/95

Location	Day	Time	Captain(s)	Phone
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 777-9723
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

TENNIS ANYONE?



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 or 612-672-6882.

1995-1996 Board of Directors

H. Jack Dow, Founding President	
Sue Larson, President	929-4673
John Stecklein, Past President	644-8304
Matthew Little, Senior Vice President	947-9187
Jim Tornoe, Treasurer	941-9145
Marilyn E. Erickson, Secretary	835-2938
Charlotte T. Hall, VP Membership	474-5873
Alan W. Uhl, VP Newsletter/Public Relations	644-9810
Kent Dickerman, VP Activities	292-1933
Charles M. Slocum, VP Facilities/Programs	941-4059
Rolland Arndt, Director	436-7622
Don Bratt, Director	571-6762
David Brink, Director	332-4989
George Erickson, Director	639-3985
Dot Guenther, Director	457-4682
Mary Kaminski, Director	781-3271
Marilyn Thorne, Director	471-9813

William Storie, Director	428-2052
Nathaniel L. Watkins, Director	636-6801
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
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 June 1995, STPC membership totaled 1,358. July 1995: Volume 8, Number 7

Senior Tennis Times
3300 East Gate Rd.
St. Anthony, MN 55418-2545

Address Correction Requested

July 1995

Mary Kaminski
3300 East Gate Rd
Saint Anthony, MN 55418-2545

Nonprofit Organization US Postage PAID Minneapolis, MN Permit No. 3270
