



Exercise & Health pages 6 & 7



Leagues & Lessons pages 4 & 5

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# RACQUET CHATTER

## RACQUETBALL 23 AND SPA

381 Route 23, Pompton Plains, N.J. 07444 (201) 839-8823

Volume 1 Issue 2

September 1981

### Dear Members:

When we prepared our opening price schedule in the Spring of 1979, we adopted a rate structure that was a copy of what our closest competitors had been charging during the '78-'79 year. Of course, since that time, costs have risen rather dramatically.

As you well know, we offer the finest quality facility anywhere in the country, and all of the amenities are of premium quality. Because our original concept was to offer superior value, we have succeeded in attaining much better occupancy than our contemporaries and thus are able to continue to offer you that superior value.

There are, however, some adjustments which we must make in our price list. We hope that your continuing frequent use of this facility will enable us to stay with the following structure for a long time.

The attached schedule is effective September 15th, 1981, except on October 1st, 1981 where noted.

Thank you for choosing Racquetball 23 as your Fun & Fitness Club.

Sincerely yours,

Charles H. Adler,  
Club President

P.S. Please note that most of our rates remain unchanged and some are indeed lower.

### Ladies Round Robins /Spring Winners

<b>Friday — Advanced Beginner</b>	<b>Thursday — Intermediate</b>	<b>Tuesday — Beginners</b>
1. Lucia Vazzano	1. Anne Duhaime	1. Beverly Bowman
2. Jackie Elvin	2. Sharon King	2. Fran La Roux
3. Roseanna Chase	3. Dee Decker	3. Barbara Barnhill
<b>Monday — Intermediate</b>	<b>Friday — Beginners</b>	<b>Wednesday — Advanced Beginner</b>
1. Lois Owens	1. Jo Franga	1. Jackie Elvin
2. Dee Decker	2. Beverly Bowman	2. Sharon Karas
3. Sharon King	3. Joan Mull	3. Barbara Pennella
<b>Tuesday — Intermediate</b>	<b>Monday — Advanced Beginner</b>	<b>Thursday — Beginners</b>
1. Eleanora Crosby	1. Sue Burke	1. Phyllis Hayden
2. Peggy Hon	2. Barbara Pennella	2. Carol Jenkins
3. Nemat Samman	3. Jackie Elvin	3. Kathie Wendolaski

### Gonzalez Sizzles in Summer



The hottest player on the eastern racquetball tournament circuit this summer has been Reuben Gonzalez, who teaches at Racquetball 23 and Spa on Thursdays (by appointment only).

He took the prestigious Men's Open crown at the Ektelon/Perrier Nationals early this summer and followed up this fine performance with a third place finish in the Leach National Pro/Am in June in Arizona.

On the local level he has dominated the NJRA Grand Prix Series by winning the Grand Prix events numbered II (at Racquetball 23), IV (at Courtime) and V (at Tilton Racquetball Club).

Shown above is our talented teaching pro after the action at Grand Prix II. Owner Charles Adler (at left) is shown making the presentations to Reuben.

### New Fall Rates

Summer Rates and Schedules apply through September 14. The following rates are effective as of September 15, 1981.

#### Prime Time

Weekdays: 4:30 p.m. to 9:30 p.m. (start)  
Weekends and Holidays: 9 a.m. to noon (start)

#### Non-Prime Time

All other times

#### Court Rentals Per Hour (2, 3 or 4 members)

Prime Time \$12.00

Non-Prime Time \$8.00

1/2 hours between noon and 2 p.m. weekdays \$5 (limit 2 people)

#### Unlimited Court Times Per Person

(Effective 10/1/81 - includes Nautilus)

#### Early Birds (weekdays 6-9 a.m.)

1 month \$29.00 (includes all the rolls you can eat)

2 months \$49.00

or coupon Books

Weekday Non-Prime

\$35.00

#### Every Day Non-Prime

\$50.00 (weekends all day)

#### Contract Time per Court Hour

Prime Time 18 weeks \$198.00 (\$11 per hour)

Non-Prime Time 20 weeks \$100.00 (\$5 per hour)

#### Round Robins per person

Prime Time \$6.00

Non-Prime Time \$4.00

Registration \$4.00-first; \$2.00 each additional

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# FROM WHERE I SIT

## JOINING A ROUND ROBIN

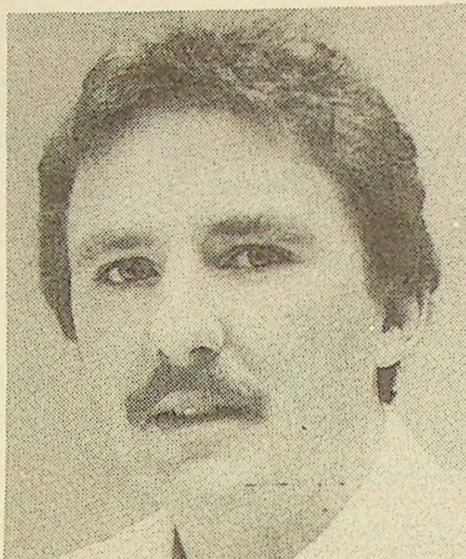
At Racquetball 23, a Round Robin is just one of the many terrific values available to our members and here's how it works.

Every Monday and Friday evening, beginning at 8:30 p.m., both our male and female players take to their assigned courts with their racquets, eyeguards, balls, etc., in preparation of meeting three or four challengers of the same ability competing in 15 point matches. All scores are recorded and charted on our Round Robin scoreboard on the club's second floor.

Beginning this month, three levels of play will be available including: beginners, advanced beginners, and intermediates.

Participants are urged to sign up well ahead of time (48 hours in advance) to allow for the appropriate booking of courts. Walk-in registration can only be taken on a first-come, first-serve basis provided there are openings. No-shows will be billed. The cost of the round robin sessions is only \$4.00 in non-prime and \$6.00 in prime time and includes a full two-hours of racquetball action.

So, don't hesitate, call now and



by Mike de la Montaigne

register to play in our next Round Robin. That's every Monday and Friday evening beginning at 8:30. Meet new players, make new friends and enjoy a refreshing workout the Racquetball 23 way. (Daytime Round Robins also available; see "Ladies Chatter").

## Pro Shopping WITH ROSEMARY

Yes, you can believe it! The summer is almost behind us and it's time to send the kids back to school, try to preserve our golden tans, and time to concentrate on some serious racquetball shopping.

Come with me and find that "Rainbow Connection" in our pro shop, matching T-shirts and shorts in every color, one for each day of the week. Red, yellow, tan and blue are some of the rainbow hues that can be found in our shop. You can rest assured you won't look like your partner's twin with all the interchangeable possibilities.

At last, they're finally in!! The new Foot-Joy glove that's stay soft. You can match one up with your new outfit. They come in all colors and sizes and one super feature of these gloves is that they are available in "cadet" sizes too! The hand size is the same, but the fingers are shorter for those players that have difficulty with glove size. These gloves are made from an imported leather that resists moisture

and stays as soft as their name implies. While we're slipping into a new season, slip on a new look!

In our sneaker department, we are featuring several new styles for the men as well as the ladies. Take a look at the new white nylon mesh and oyster suede shoes which feature an airflow sponge cushion innersole, cushioned tongue, a durable gum rubber outersole and are light weight as well. Other new styles feature nylon mesh with a white leather outside quarter. A unique eyelet lacing system adds to its attractive style. While you're at it, check out the beige and brown nylon and suede. You'll be the envy of the courts with these on your feet!

Capture your interest? I'll be more than happy to help you choose and if you need additional help in selecting a color to match your outfit or those "baby blues," my shopping bag is ready and waiting at the pro shop door. Get yours out of summer storage, I'm ready when you are!!

# NETS Tickets Drawing

(Season Opener Special)

Friday, October 30 marks the season opener at the brand new Meadowlands Arena for the all-new Jersey Nets team of the National Basketball Association.

Racquetball 23 and Spa will be giving away two tickets for this season opener game on October 26 by drawing the winning name from the "Nets Ticket Give Away" jar located on the front desk.

Members renting a court between Labor Day (September 7) and Monday, October 26 (8 weeks) will be asked to fill out an entry blank with you their name, membership number, and phone number. This will be placed inside the raffle jar. All entries must be current members of Racquetball 23 and Spa to be eligible (two names per court only).

NOTE: Racquetball 23 has purchased a pair of season tickets to the 1981-

## HELLO — NEW MEMBERS "T.G.I.F."

Thank God It's Friday ... that's right, Racquetball 23 has planned a party just for you, our newest members. Our party plan consists of an introduction to Racquetball 23 & Spa, its programs and policies, and how you can make the most of your new membership.

Held on the last Friday of each month, all our new prime time members will receive an invitation to join us beginning at 7 p.m. to enjoy a social event worth attending.

Aside from meeting fellow players and other new members, discussions will be held concerning: racquetball, your health and fitness goals, specific programs, leagues, exercise classes and much, much more.

Our new member party will be held in the upstairs lounge and will include free wine and cheese. The program will run from 7-8:30 p.m. and we cordially invite all of you to attend. Please R.S.V.P. by calling 839-8823.



82 Nets campaign which will be distributed throughout its club's programs for prizes, featured events, etc. Check with our front desk staff for further details.

ATOMIC • TYROLIA • CABER • RAICHLER • ELAN • LANGE • SKYR • HEAD • CB

## Heino's

SKI PARLOUR

57 Rt. 23 South, Pequannock  
(Next to Triangle Holbrau)

**696-3044**

Our expertise + understanding =  
Your Satisfaction

Our only expertise  
**SKIING**

We Offer:

- Budget priced ski fashion
- Create your own ski package
- Seasonal ski & boot rentals

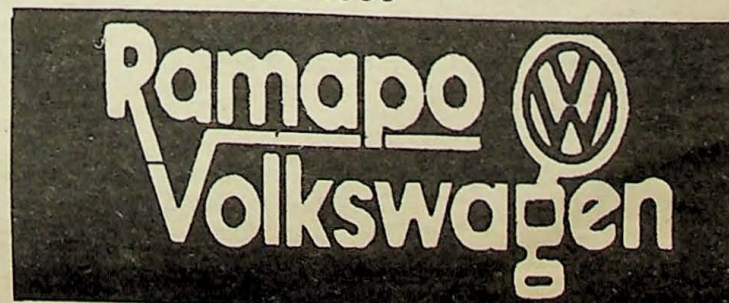
Open Tuesday - Friday 12-8  
Saturday 10-5

## \$550 Rebates On Volkswagens. Run in Before We Run Out.

Right now it really pays to stop by our showroom. Because if you buy and take delivery from stock of any 1981 Volkswagen Rabbit Sedan, Dasher, Pick-Up, or Jetta (Diesel) before the close of business on September 30, 1981, we'll give you a \$550 rebate. And you'll get Volkswagen's traditional value for your money. So why not see us today? And get some money with your value.

Bring in your membership card from Racquetball 23 and Spa and receive a free 2 year V.I.P. Warranty.

730 Route 23  
Pompton Plains, N.J.  
839-4000



### NEW JERSEY RACQUETBALL ASSOCIATION MEMBERSHIP APPLICATION

Please enroll me in the NJRA for one year which includes tournament eligibility and start my annual subscription to NJRA News immediately.

Name \_\_\_\_\_ Phone (H) \_\_\_\_\_

Address \_\_\_\_\_ (W) \_\_\_\_\_

Enclosed is a check in the amount of \$5.00 payable to the New Jersey Racquetball Association.

Please send check and application to:

NJRA Business Office  
2 Oxcart Lane  
Mercerville, NJ 08619



"If the service box is five feet wide, then I'm....."

# Caspar's Cafe

1847 Route 23, Wayne  
 Present your Racquetball 23 & Spa membership card  
 and get second dinner at half price.  
 (Second dinner price not to exceed first)

**\$2.00 OFF**

Towards Any Purchase of \$20.00 Or More With This Ad  
 Sale Items Excluded  
 Offer Expires Sept. 30, 1981

## SNEAKERS UNLIMITED

A complete athletic footwear store.

\*Pro-Keds, Adidas, Puma, Tretorn, Fred Perry, Converse, All-Stars,  
 Saucony, Specs, Nike, Pony, Brooks, Tiger, Etonic, Spot-Bilt,  
 New Balance, Spalding

421 Route 23, Pompton Plains, N.J.

Hours  
 Daily 10:30-9 PM  
 Sat. 10-7 Sun. 12-5

**835-0141**



(Continued From Page 1)

**Nautilus, Slimnastics and/or Spa Without Court Rental**

(Maximum charge per visit for racquetball members)  
 Prime Time \$4.00  
 Non-Prime Time \$3.00  
 Individual Exercise Program (I.E.P.) \$10.00  
 I.E.P. Renewal (update) \$ 5.00

**Nautilus, Slimnastics with Court Rental or Round Robins Per Person**

Prime Time \$1.50  
 Non-Prime Time \$1.00  
 Guest Fees 1/2  
 Prime Time \$4.00  
 Non-Prime Time \$3.00

**Racquetball 23 & Spa Memberships**

(Requires Court Rental or Spa Charge each visit)  
 Individual \$60.00 Children 13 & under-no charge  
 Family (2 Adults) 90.00 if accompanied by an adult  
 Students (18 & under) 25.00  
 Non-Prime Time 30.00  
 Corporate or Group Rates Available for 6 or more people.

Note: Prime time members may use the facilities at all hours. Non-prime time members must pay a guest fee during prime time and cannot reserve prime time courts.

**Nautilus Plus Memberships**

(Includes Racquetball Membership & Slimnastic Classes)

	3 months	12 months	Students (18 & Under)
Prime Time	\$100.00	\$295.00	12 months Non-Prime
Non-Prime Time	90.00	275.00	Only \$95.00
Couple		500.00	
Family Add-Ons		100.00	

(Also includes Individual Exercise Evaluation and Program, as well as monthly updates)

EFFECTIVE 10/1/81

**Initiation Fee-New Members-One Time Charge\***

Prime Time (Only)  
 Individual \$25.00  
 Family 35.00

Nautilus Plus-Prime Time-same as above.

\* Members whose membership has lapsed for more than 30 days will be considered new members and must pay initiation fee.

**SPECIAL PROGRAMS**

**Clinics**

Beginners Clinic (Non-Prime)-5 hours \$25.00 (includes court cost)  
 Junior Clinic-Weekdays-5 hours \$15.00 (non-members \$20)  
 Weekends-10 hours  
 Improvement Clinic (Non-Prime) (Inter.) \$ 5.00 per hour or  
 \$45.00 for 10 one-hour series  
 Expert Clinics & Private Clinics See special schedule.

**Aerobics**

Prime Time-8 one-hour classes \$45.00  
 Non-Prime-8 one-hour classes 29.00

For members-includes use of total spa and fitness center.

**Wallyball Court Rental Per Hour**

Prime Time \$12.00 (Includes 4 Members) Non Prime \$8.00  
 Plus for every participant in excess of 4-add \$1.00 Non Prime Time or \$2.50 Prime Time

**Basketball Court**

Same rates as wallyball above.

**Karate\*** - 10 one hour lessons \$29.00

**Ladies Self Defense\*** - 12 one-hour lessons \$40.00

\* Minimum of 10 participants required for each of these programs. Non-members participating in any of the above programs are not entitled to the use of locker, spa or Nautilus facilities.

**SPECIAL INTRODUCTORY OFFERS**

**Starter Racquetball Membership-\$20.00**  
 2 month "starter" memberships available to see if you like the game and our fabulous club. At the end of the 2 month period, you may convert your "starter" membership, adding an additional 10 months (1 year total) for the regular fee less \$20.00.

**The Fitness Center-Special Introductory Offer-\$5.00 Trial Visit**  
 (By appointment only-call 839-8823).

What better way to explore your new fitness center! At your personal trial, you will (1) have a conference on goal achievement; (2) be introduced to the proper use of our exercise equipment, and; (3) be given a trial work-out, personally supervised by our fitness instructor. Trial visit fee can be applied to your membership too. Start now on your road to total fitness!

# Round Robin Round Up

By DIANE KELLER

Thirty-six women members attended a Round Robin Luncheon at the club June 30 to honor the winners of nine different spring round robins.

Before the actual Luncheon, the ladies played a couple of hours of "Funny" racquetball. Each court had a different set of rules. For example, on one court the ball had to bounce twice before it could be hit, on another court the players had to use two hands to hit every shot. It was as much fun to watch, as to play.

Also highlighting the morning's festivities was a wallyball game which everyone enjoyed playing, some for the first time.

A delicious (and healthy) salad lunch was bolstered by champagne that the club served in honor of Racquetball 23's resounding team victory over the Flanders Racquetball Club in May.

Trophies were then presented to the first, second and third place finishers in each of the round robins. A special "purple" heart was awarded to Audrey DeKorte by Club Owner Charles Adler to commemorate her "bravery under fire on the racquetball court."



## TEACHERS Round Robins

Every Wednesday, starting September 16 at 3:30 p.m. there will be a special Round Robin, designed to fit the busy schedules of our members who are teachers or any other ladies with their late afternoons free.

Play with us on Wednesdays and release your tensions and frustrations on the racquetball court. It's a guaranteed good therapy to see you through a hectic work schedule.

The cost is only \$4 per week. There is also a \$4 registration fee.

Teachers' Round Robin

Name \_\_\_\_\_

Phone \_\_\_\_\_

Date Paid \_\_\_\_\_

Received By \_\_\_\_\_

## New In The Fall

# Monday Women's Racquetball Leagues

**When do these leagues start?**  
October 5, 1981

**How many players are in a league?**  
Eight women per league

**How does it work?**  
Each week the players will play an opponent two games to 15 points, with an 11 point tiebreaker if necessary. The final week will be a play-off between the two players having the most wins playing each other. Third will play fourth. Fifth will play sixth and so on.

**How do I know who I will be playing each week?**

A league schedule will be given to each player before the league starts so that everyone will know in advance who to play each week, when and on what court. Everyone plays each other twice during the course of the league.

**Are there prizes for the winners?**  
Absolutely. Beautiful, engraved trophies will be awarded to the first three places in each league.

**How much does it cost?**  
There is a \$4 registration fee in order to secure your position in one of the leagues. Each week when you play, you only pay for your half of the court.

**Is there a deadline to register?**  
Yes. September 30, 1981

**How do I know which league to join?**  
Simple, check with League Commissioner Diane Keller at the front desk. She'll be happy to assist you in choosing the proper league for your level of play.

**How do I register?**  
Fill out the simple application below or pick up one at the front desk.

- Intermediate 1 9:30 a.m.
- Intermediate II 12:30 p.m.
- Adv./Beg. I 11 a.m.
- Adv./Beg. II 1:30 p.m.

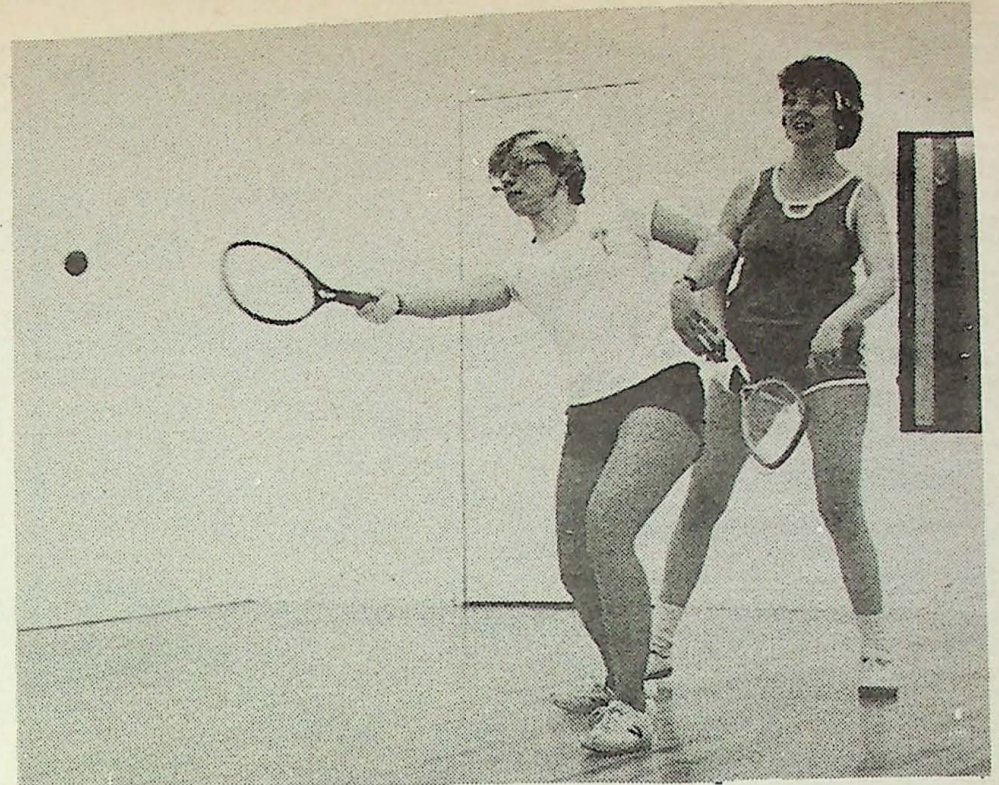
Name \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

Amount Paid \_\_\_\_\_

Received By \_\_\_\_\_



## Flanders Rematch, September 15

The Flanders Racquetball Club will be coming back to our club on September 15 for a rematch begin-

ning 9:30 a.m. This will be the fifth time that the two clubs have played each other. To date, Racquetball 23 has won once, Flanders won twice and one challenge ended in a tie. Any woman interested in playing, see Diane Keller.

# LADIES

## October Daytime Schedule

### MONDAY

9:30 - 10:30  
11 - 12  
12:30 - 1:30  
12:30 - 2:30  
1:30 - 2:30

Int. I League  
Adv. Beg. I League  
Int. II League  
Beg. RR  
Adv. Beg. II League

### TUESDAY

9:30 - 11:30  
12:30 - 2:30

Beg. RR  
Wallyball League

### WEDNESDAY

9:30 - 11:30  
12 Noon, 1 P.M., 2 P.M.  
1:00 - 3:00  
3:30 - 5:30

Int. RR  
Beg. Clinics  
Adv. Beg. RR  
Later Afternoon RR

### THURSDAY

9:30 - 11:30  
10:30 - 12:30  
1:00 - 3:00

Wallyball League  
Beg. RR  
Int. RR

### FRIDAY

9:30 - 11:30  
12:30 - 3:30

Adv. Beg. RR  
Beg. RR

## New Nursery Opens

Racquetball 23 is pleased to announce an exciting new Nursery for all our youngsters which will include professional day care and sitting for infants, as well as toddlers.

Special equipment has been purchased to accommodate children of all ages, including: cribs, play pens, new educational and recreational toys and more. There is no additional cost to our members for this creative service.

Racquetball 23 is pleased to welcome to our staff two Pompton Plains residents, Janet Sands and Theresa Declat,

who will head up our Nursery staff and will be on duty Monday to Friday from 9 a.m. to 3 p.m. Janet and Theresa have raised five children between them and we know that their warm, friendly personalities and great enthusiasm will enhance the time your children spend at our Nursery.

Weekend sitters are also available between the hours of 1 to 5 p.m. on both Saturday and Sunday. Please call in advance for weekend sitters.

We are also planning pre-school classes and activities for youngsters 3-5 years of age. Check with us for further details.



Janet Sands



Theresa Declat

# Wallyball Clinic

## To Start Sept. 21

Come try the new, fast-paced game of Wallyball on Monday, September 21 at 11 a.m. Learn the rules and techniques for enjoying this new variation of volleyball, such as how to hit the ball over the net and off the walls.

If you have been hearing about Wallyball and wondering what in the world it is, this is your chance to find out. Try the game and then join our newly forming Wallyball League.

Only \$2 per person to participate.

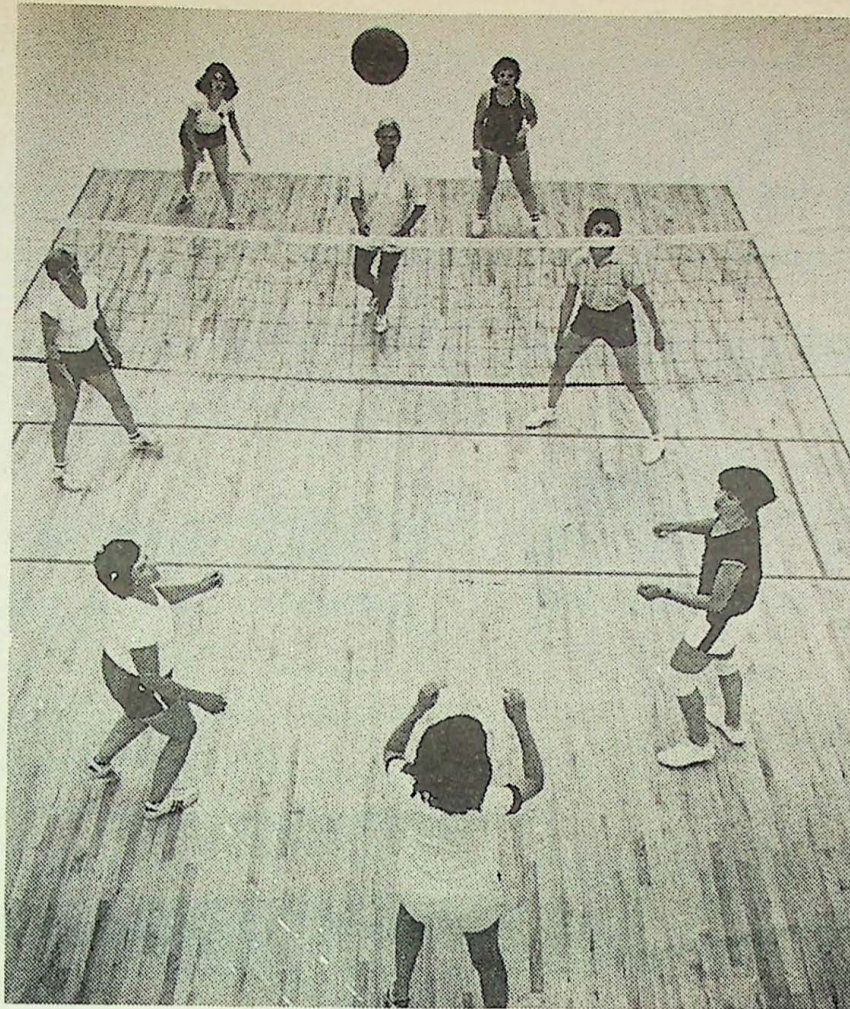
Register me for the Wallyball Clinic Sept. 21.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Date Paid \_\_\_\_\_

Received By \_\_\_\_\_



# Ladies Daytime Wallyball Leagues

Get together with three friends and form a team or just sign up yourself and we'll supply teammates for you.

An hour of Wallyball is a great way to exercise while having a good time.

Matches will be prearranged and a schedule sent to each captain. A match will consist of two games to 15 points with an 11 point tie breaker if necessary.

League play starts Tuesday, October 6, or Thursday, October 8.

### WALLYBALL LEAGUE

Tuesday, 12:30 P.M. - 2:30 P.M. \_\_\_\_\_

Thursday, 9:30 A.M. - 11:30 A.M. \_\_\_\_\_

Team Name \_\_\_\_\_

Registration Fee (\$8.00) \_\_\_\_\_

Captain's Name \_\_\_\_\_ Phone \_\_\_\_\_

Players: \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

OR

Individual Player \_\_\_\_\_

Registration Fee \$2.00

# CHATTER

## ROUND ROBIN SCHEDULE

Starting October 5th, a whole new series of daytime round robins will begin. They will continue for a 12-week series with trophies to be presented to first, second and third place winners.

<b>Intermediate</b>	Wed.	9:30 A.M. — 11:30 A.M.
	Thurs.	1:00 P.M. — 3:00 P.M.
<b>Advanced Beg.</b>	Wed.	1:00 P.M. — 3 P.M.
	Fri.	9:30 A.M. — 11:30 A.M.
<b>Beginners</b>	Mon.	12:30 P.M. — 2:30 P.M.
	Tues.	9:30 A.M. — 11:30 A.M.
	Thurs.	10:30 A.M. — 12:30 P.M.
	Fri.	12:30 P.M. — 2:30 P.M.

Racquetball 23 & Spa will be hosting tryouts for the North Jersey Racquetball Travel League on Saturday, September 19 from 1-3 p.m. Club members who wish to participate are asked to call Mike at 839-8823 for more information. This season, Racquetball 23 will sponsor both an A & B team for both men and women. Matches will be played on Saturdays against various, nearby clubs. Call now for details.

## Diane Keller

### Appointed Ladies Daytime Program Director

Diane Keller, a familiar face around the club, has been named to the newly created position of Ladies Daytime Program Director.

She will be organizing the ladies round robins, leagues, tournaments and wallyball leagues. She will be scheduling racquetball matches against teams from other clubs. The first will be against Flanders Racquetball Club on September 15th.

Diane will also be teaching the Beginner Lesson Series. Improvement Clinics and other racquetball lessons. Check the "Ladies Chatter" section of our newsletter each month to see what new and exciting programs are scheduled.



Diane Keller

## Travel League Tryouts Set

"A most successful season was encountered by several of our members last year and I am predicting even a greater turnout of competitors for the 1981-82 campaign," says Mike de la Montaigne, N.J.R.T. Commissioner.

## One FREE Court Hour

Rent a Non-Private court during the month of September and receive a second court hour FREE which can be redeemed Monday to Friday up to 4 p.m. or all day Saturday and Sunday.

Offer Good Through September 30, 1981.

## \* BUSINESS DIRECTORY

### For Rate Information Call 201-486-1596

THE CARPENTER  
CALL  
BOB DEMBOWSKI  
694-6617

HOME IMPROVEMENTS & REPAIRS  
WINDOWS & SHEET ROCKING  
CABINET REPAIRS & PANELING  
CEILINGS & PARTITIONS  
REMODELING BASEMENTS  
NEW DOORS & STORM DOORS  
PAINTING & FLOORING

NO JOB TOO SMALL, I DO 'EM ALL!

\$1.00

## \$1.00 Off

\$1.00

ON ANY PURCHASE  
Of \$7.50 Or More, With This Coupon  
Offer Expires Sept. 30, 1981

*Vital Health Food Shoppe*

143 Newark - Pompton Turnpike  
Pequanock, N.J. 07440

694-8868

\$1.00

Store Hours Mon. - SAT. 9:30-6

\$1.00

## Nautilus Training The Edge You're Looking For

Many racquetball players spend a great deal of time looking for an **edge** over their competition . . . a previously untapped advantage. The advantage has been there all the time: . . . proper strength training.

Strength is essential to virtually all sports. Skilled players often cross the line between good and great simply by getting in shape to play racquetball. Proper development of the muscles involved requires the appropriate, full-range exercises performed in a strict style. A minimum of 8 and a maximum of 12 repetitions should be performed on **each** machine in order to maximize improved muscle strength.

A complete workout of the major muscle groups used in racquetball can be completed in under 30 minutes and should be performed not more than 3 times per week.

Here at Racquetball 23, our staff of courteous, professional trainers can help you get started on your way to top physical condition by preparing your very own individual exercise program, utilizing all 9 Nautilus stations, combined with various supplemental equipment such as the Tredex, a complete indoor jogging machine with variable speed, incline and a heart rate monitor, sit-up boards, wall pulley units, exercise bicycles and much, much more.

Some key notes to remember in beginning a strength training program are:

1. The building of strength is directly related to the intensity put forth in each exercise.
2. All workouts should start with the major muscle groups first, proceeding then down to the smallest. Order of exercises should be the following: legs, back, chest, shoulders, arms and stomach.
3. Also, the lowering of resistance is essential to building strength as would be the lifting of that same work load and therefore is emphasized.

At Racquetball 23, participants are instructed in all phases of their workouts, pointing out proper warm-up, followed by a high intensity circuit, then concluding with additional cool-down exercises to allow one's cardiovascular system its proper and thorough development.

"Literally hundreds of men and women have already achieved astonishing results utilizing our guidelines to better health through Nautilus," points out Club Manager Mike de la Montaigne.

Racquetball 23 offers memberships in both the Racquetball and Fitness Center, plus an additional pay per workout plan to suit almost everyone's economic and recreational needs. Stop by or call 839-8823 for more details.

# EXERCISE &

## Health Club FOCUS by Russ Aaronson Members of the Month

**Carole Iberer**



The Summer individual Body Award for Women is given to a very dedicated person, Mrs. Carole Iberer.

Married, with three children, Carole is a saleswoman for V.F. Brosman Real Estate in Wayne.

She takes her exercise seriously and is consistently in the club three times a week.

Carole has made excellent progress since she started her Nautilus Training. She tells everybody that she feels terrific and loves working out at Racquetball 23.

Congratulations Carole and keep up the great work.

## Racquetball Eye Injuries

*Report from the American Medical Association*

An increasingly popular indoor sport now played by seven million Americans of all ages and both sexes, racquetball has an unusual accident hazard: Players hit themselves in the eye with their own racquets.

During a 3-month period, 37 eye injuries from racquetball were recorded at the Greater Baltimore Medical Center alone, reports Dr. Marcos T. Doxanas, an eye specialist there.

Fifteen resulted when the player was hit in the eye by the ball (often while in the front position in the court and turning around to see his opponent return a shot). The other 22 injuries were gashes or bruises over the brow caused by the players' own racquets.

The eye injury incidence in racquetball far exceeds that of other racquet sports, such as tennis and squash.

Among the Baltimore victims, not one was wearing eyeglasses or protective eye shields. Sports glasses with tempered lenses and sturdy frames, or sports eyeguards, would have prevented all 37 injuries, reports Dr. Doxanas.

The Men's 1981 Summer Individual Body Award goes to Russel Kopp of Pequannock Township.

Russ has been working out in the Racquetball 23 Health Club since last April and didn't miss a single work out all summer long. He's at the club three days a week, no matter what, and loves every minute of it.

A foreman at United Terminals in the Port Jervis area, Russ is married and has four girls. He has been extremely busy with his work and his home life, yet still finds time to devote to his Nautilus Training at Racquetball 23.

So far Russ has lost over 20 pounds and looks and feels great. Keep up the Good Work.

## NAUTILUS NOTES

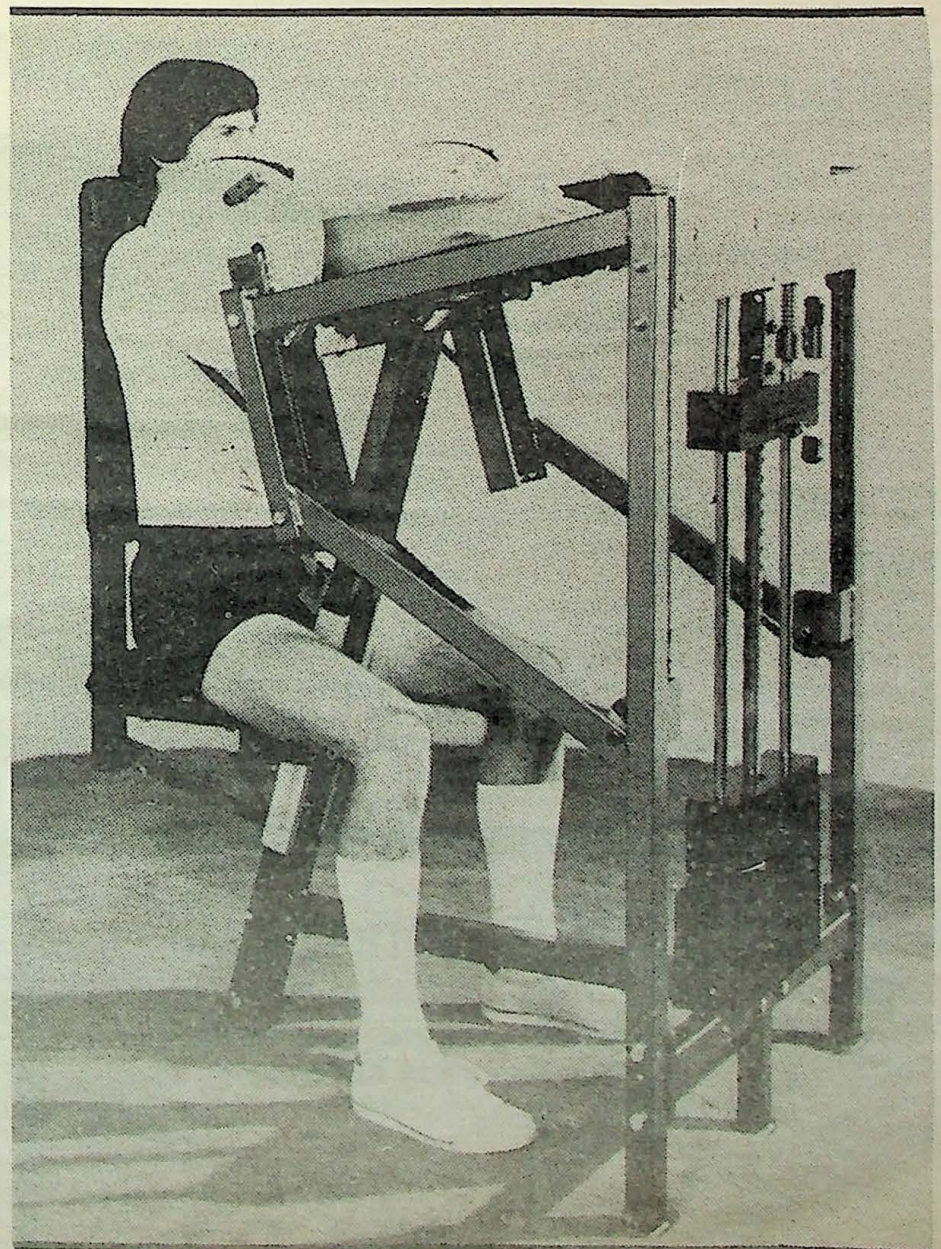
BY RUSS AARONSON

As summer draws to a close, you will find that the weather will move you inside more often. The Health Club staff at Racquetball 23 & Spa would like to take this opportunity to welcome all of the club's members, as well as prospective members, to join us upstairs and see what we have to offer. Our Health Club is ideal for men and women looking to help themselves get physically fit.

Being physically fit does not mean that you have to look like Mr. America. What it does mean, is getting to the point where you feel good about yourself. It is not easy to reach this feeling of physical fitness, but when you do, there is no turning back. Some people slack off once they are in shape and go right back to where they were, if not farther back. This is very unfortunate considering how hard it was to get there. But, all in all, the hardest part is starting on the road to physical fitness. Once you start, it should be a lifetime commitment, considering health and happiness go hand in hand.

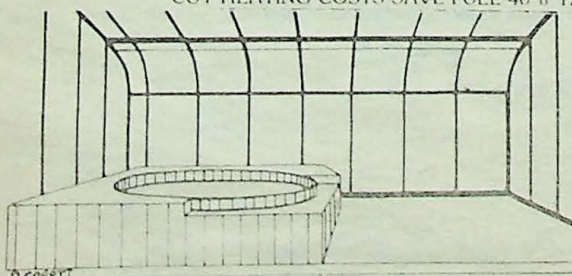
All the time it really takes for anyone to shape up is from two and a half to three hours a week, tops. That includes three training sessions a week. Two and a half to three hours is not that much time that you cannot devote it to yourself.

Our Nautilus equipment is specifically designed for any male or female looking to improve themselves physically. The machines are easy to use, and even fun once you get into the swing.



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# Slimnastics-

## Popular Program Continues Growth!

Beginning Monday, September 14th, Racquetball 23's extremely popular Slimnastics program will add several prime and non-prime time classes to its existing 7 times per week schedule. The 45-minute program will add a variety of aerobic and trimming exercises to enhance its already results-oriented format.

Registration for the various classes is taken on a daily basis for both daytime and evening classes at an extraordinary value. Only \$3.00 during non-prime hours or \$4.00 during prime time entitles each member to a Slimnastics session, use of the Nautilus Fitness Center, as well as a relaxing whirlpool, sauna or steam in the Ladies lounge. Nautilus Plus members may participate in the classes at no additional charge.

Racquetball 23 invites all of you to meet with our staff of professional instructors to discuss your specific needs and goals and let them guide you in getting started today on your NEW fitness program to better health.

Instructors: Russ Aaronson, Ginny Zaluski, Debbie Scaturro, Barbara Cooper, Beth Mullen.

### Slimnastics Schedule

Monday-Friday	10 a.m. & 5:30 p.m.
Saturday	10 a.m.
Sunday	1 p.m.

# HEALTH



Debbie Scaturro



Ginny Zaluski

## High Blood Pressure Reasons and Hope

Reprinted from FDA Consumer

Taking blood pressure readings is now an essential part of virtually every medical examination. It is the simplest way of determining whether the patient has hypertension (high blood pressure).

Hypertension is one of the commonest of the diseases affecting the heart and blood vessels. It is often called the "silent" or "invisible" disease because in the majority of cases there are no outward signs of symptoms and the patient is unaware that there is anything wrong. Hypertension significantly increases a person's risk of heart attack, stroke, and kidney failure.

Approximately 35 million Americans—1 of every 6—has hypertension severe enough to require treatment. In addition about 25 million are estimated to be borderline cases that should be watched.

Hypertension is something of a medical mystery. Technically, it is defined as a persistently elevated blood pressure, but, except in a relatively small number of cases, the cause or causes of hypertension are still not clear. There is, of course, a normal pressure within the blood vessels. It is the force exerted against the walls of the vessels by the blood flowing through them. This pressure is highest in the arteries and their finer branches called arterioles, drops sharply in the capillaries, and is lower still in the veins returning "used" blood to the heart.

Blood pressure can go up when the heart beats faster and it can also rise when smaller blood vessels, such as the arterioles, are constricted. Their resistance to blood flow is increased just as shutting down the nozzle of a garden hose increases water pressure in the hose. Relaxation of the muscles that control this constriction reduces resistance to blood flow and lowers the blood pressure. When the pressure goes up and stays up, hypertension results.

In about 5 percent of hypertensive cases a definite cause can be pinpointed. It may be kidney disease or obstruction to normal kidney blood flow, or excess secretion of aldosterone, a hormone that promotes the retention of salt and water by the kidney. Another cause is pheochromocytoma, a tumor of the adrenal glands. Usually benign, this tumor does produce and release into the blood large quantities of the hormones norepinephrine and epinephrine, which raise blood pressure by stimulating the heart and constricting blood vessels. Hypertension with a known cause usually can be cured, often by surgery. Arteriosclerosis, or "hardening of the arteries," also is associated with hypertension.

It has been suggested that there is a hypertensive personality—that people with high blood pressure are more nervous, suppress anger, are oversensitive, and have more frequent and more intense emotional upsets. However, not everyone with these traits has hypertension, nor does everyone with hypertension have these traits.

High blood pressure runs in families. Harvard and Boston City Hospital re-

searchers have found a familial tendency toward high blood pressure that can be detected in youngsters. Women who come from families with a history of hypertension sometimes develop this condition during pregnancy for no apparent reason. The pressure drops after pregnancy, but may go up again later in life.

Obesity certainly is a factor in high blood pressure because of the added work that excess weight puts on the heart. It has been estimated that each extra pound of fat requires a mile of capillaries to nourish it. The heart must work harder to push the blood through these added miles of tiny blood vessels.

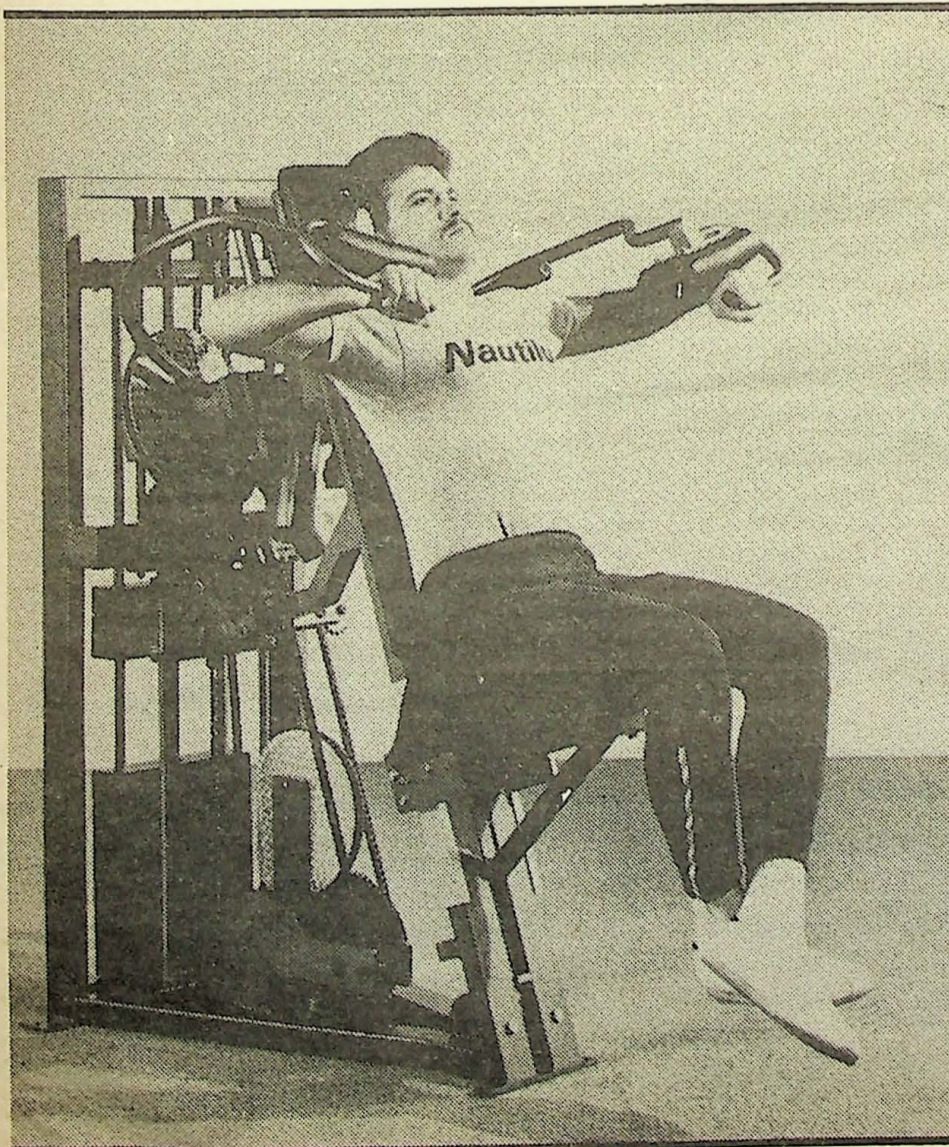
Too much sodium, principally in the form of salt added to food, is also linked to hypertension. A growing body of evidence suggests that people who are genetically prone to hypertension may be increasing their risk of actually developing this disease by eating a diet high in sodium. Excess sodium causes the body to retain fluids and apparently affects blood vessel tone.

Cultural background, too, may play a role in the development of hypertension. For some unknown reason the disease seems to be more prevalent in blacks. Some people say being black is more stressful than being white; other feel that blacks are genetically predisposed or that their hypertension may be related to their concentration in the lower socioeconomic classes where the disease may be more common because of high sodium diets.

Whatever the cause of hypertension, be it one or several of these factors, the good news is that it can be controlled. In mild cases, particularly in young people, hypertension can sometimes be managed without any drugs by simply cutting down on sodium, cutting out the extra pounds, and getting adequate exercise. These measures are desirable even for those who are on antihypertensive drugs.

There is a large variety of drugs that doctors can use to control hypertension. Because no single drug or specific combination of drugs is going to be right for every patient, doctors try to tailor the treatment to fit the particular needs of the patient.

One of the biggest problems in treating hypertension lies in the fact that once on these drugs, most patients must take them for the rest of their lives. This isn't always easy, particularly since the patient generally feels fine. Doctors can help, said the Joint National Committee, by making sure the patient understands that hypertension has no symptoms and that it can lead to more serious consequences if not controlled. Simplifying the treatment schedule and providing written instructions on dosage, common side effects, and what can be expected from each type of medication also may help patients stick to their schedule. Patients should be encouraged to report any side effects they experience so that alternative drugs can be prescribed. Finally, patients should be praised when a blood pressure goal is reached.



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# 1981 — FALL PROGRAM PREVIEW

(READ CAREFULLY)

Many programs offered at Racquetball 23 have limited enrollment, therefore, all registration must be taken on a first come, first served basis. Program fees also must accompany the registration form at time of sign-up. Checks should be made payable to Racquetball 23 & Spa.

## SERIES I-RACQUETBALL RELATED PROGRAMS

Program	Day	Time	Weeks	Cost	New Session
Early Bird	Monday thru Friday	6 am-9 am	1 month 2 months	\$29.00 \$49.00	1st day of each month September 14
Police League	Monday	9 am-12 noon	8	Court Fees	September 14
Sponsors League	Wednesday	8:30-11:30 pm	8-12	Court Fees	October 5
Businessman's Round Robin	Wednesday	11 Noon	12	\$4.00	October 7
Beginner Lesson Series	Saturday	11:30 am	5	\$25.00	September 19
<b>Men's Round Robin</b> (3 levels — BEG. ADV., INT.)	Monday & Friday	8:30 pm	12	\$6.00	September 14 September 18
<b>Women's Round Robin</b> (2 levels — BEG. INT.)	Monday & Friday	8:30 pm	12	\$6.00	September 14 September 18
<b>Juniors</b>					
JR Racquetball Instruction (8-12 years-coed)	Monday	4:30 pm	5	\$15.00	September 14 October 19 November 23
INT. Racquetball Instruction (13-17 years-coed)	Wednesday	4:30 pm	5	\$15.00	September 16 October 16 November 25
JR. & INT. Racquetball Instruction (8-17 years-coed)	Saturday	3-5 pm	5	\$15.00	September 19

## PROFESSIONAL INSTRUCTION

Melanie Taylor Clinics	Wednesday	7-10 pm	1 or more		By appt.
Reuben Gonzalez Clinics	Thursday	7-10 pm	1 or more		By appt.

## SERIES II — EXERCISE CLASSES

Slimnastics	Mon.-Fri.	10 am	Continuous	\$3.00	
	Mon.-Fri.	5:30 pm	Continuous	\$4.00	September 14
	Saturday	10 am	Continuous	\$4.00	September 19
	Sunday	1 pm	Continuous	\$3.00	September 20
Aerobics	Monday	1:30 pm	8	\$29.00	September 14
	Monday	6:30 pm	8	\$45.00	September 14
	Wednesday	1:30 pm	8	\$29.00	September 16
	Wednesday	6:30 pm	8	\$45.00	September 16
I.E.P. (Individual Exercise Program)	Everyday by appt.			\$10.00	
Weight Watchers Incentive Program (Health Club)	Mon.-Fri.	Open	2 months	\$3.00 regis. fee	September 1 November 1

## SERIES III — SPECIAL PROGRAMS

Tumbling Tots	Tuesday or Thursday	9:30 am or 10:00 am	6 (once/week)	\$18.00	October 6 November 7
Karate	Tuesday	4:30 pm	10	\$29.00	October 6
Self-Defense	Wednesday	6:30 pm	12	\$40.00	October 6
Men's Wallyball League	Sunday	10:30 am	—		October 4
Men's Basketball League	Thursday	8:30 pm	—		October 8
Family Wallyball	Sunday	3-5 pm	—		October 4

### REGISTRATION FORM

(PRINT YOUR MAILING ADDRESS CLEARLY)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Print all information. Make checks payable to RACQUETBALL 23.

SUR-NAME \_\_\_\_\_ PHONE ( ) \_\_\_\_\_ ( ) \_\_\_\_\_ (B)

NAME OF PARTICIPANT \_\_\_\_\_

CLASS/PROGRAM \_\_\_\_\_ /  
(Name) (Day) (Time) (Fees)

OTHER: \_\_\_\_\_ /

NAME OF PARTICIPANT \_\_\_\_\_ /

CLASS/PROGRAM \_\_\_\_\_ /  
(Name) (Day) (Time) (Fees)

\*Would you classify yourself as a \_\_\_\_\_ Beginner \_\_\_\_\_ Advanced

\_\_\_\_\_ Intermediate Racquetball Player

For Office Use Only \*Additional registration may be completed on paper or in person.