



AUGUST

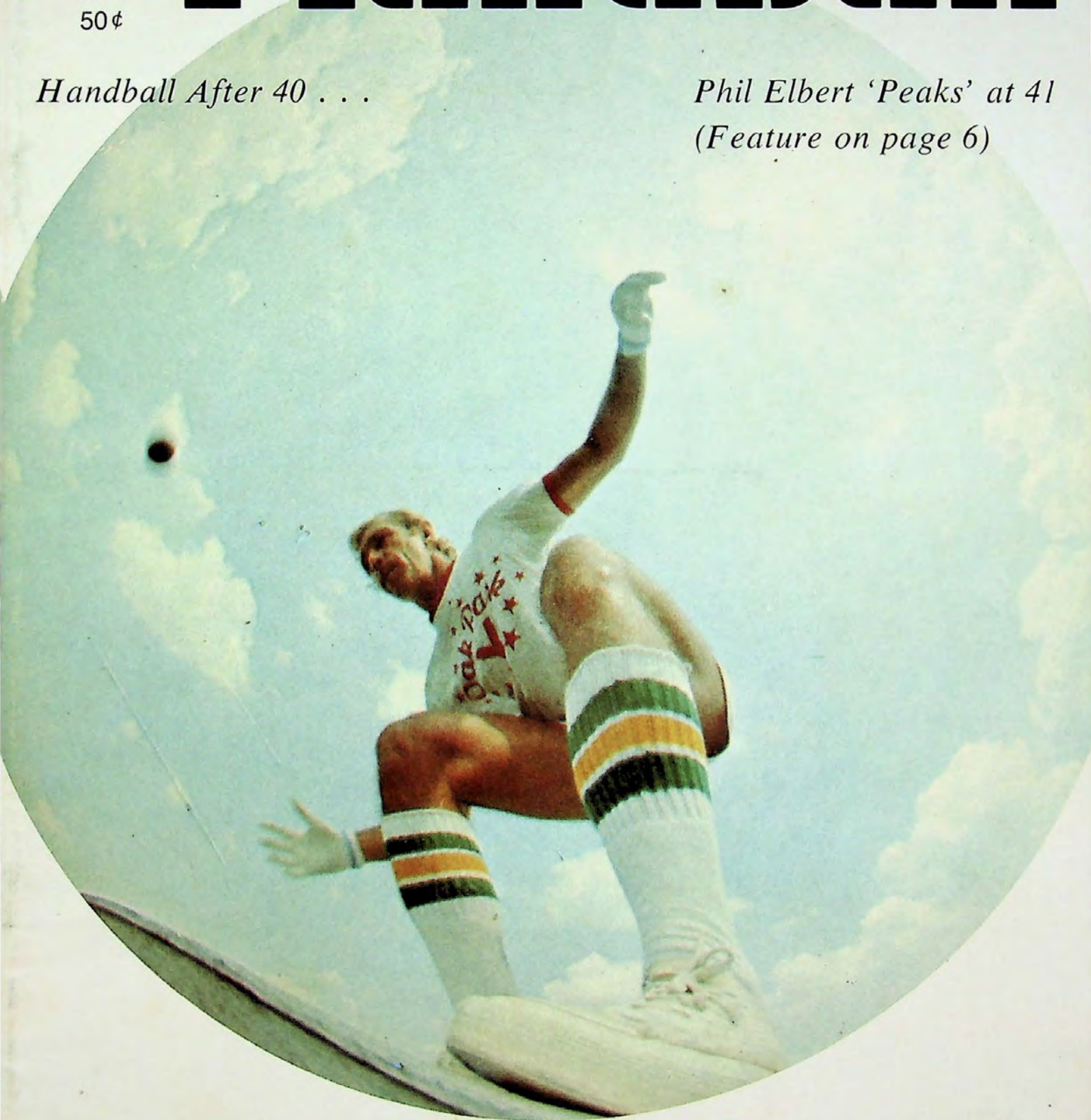
1973

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Handball

Handball After 40 . . .

*Phil Elbert 'Peaks' at 41
(Feature on page 6)*





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Featuring . . .

	Page
Last Chance for 3-Wall	5
Handball After 40	6
One-Wall Round Robin	9
August Over Muck	11
USHA Masters Invitational Doubles	14
Achilles Tendon	19
Arthur Shay, Photographer	21
Kill Shot Room	22
Tom Martin on Hypoglycemia . . .	24
Sunfair at Yakima	30
Letters	32
Kendler's Editorial	Back Page

OFFICIAL PHOTOGRAPHER
ARTHUR SHAY
C/O USHA Hqr.

Front Cover . . .

This unique "fish eye" view of Phil Elbert was taken at the Oak Park YMCA rooftop by our official photographer, Arthur Shay. In our feature story (pages 6-8) on "Handball after 40 . . . 50 . . . 60 . . ." Phil is personified as to what can be accomplished in tournament handball after the 40-age mark. Ironical as it is the full conquest of the walls takes years of patient and dedicated effort; unfortunately for many the spirit remains but the flesh weakens and the player is unable to take advantage of the knowledge. But, to a Phil Elbert, who may be pointed out succinctly in one word — DISCIPLINE — we have a man who has overcome a serious knee problem and resultant operation to attain his greatest glories court-wise after the "dividing line" age of 40. Dr. Allen Murphy, a most accomplished orthopedic surgeon, looks on Phil as a prize patient. Dr. Allen, himself a fine court performer, told us, "Phil has completely overcome this knee problem through a dedicated program that took sheer guts". Andy Upatnieks is another of Dr. Murphy's comeback marvels, recovering from both a crippling arm injury and then an Achilles tendon tear, to win the recent Rainbow Beach 3-wall doubles with Denny Hofflander.

Mort the Sport

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RAINBOW BEACH DOUBLES . . . Denny Hofflander (l) and Andy Upatnieks win Chicago three-wall crown at 76th beach park district facility, beating Wes Yee and Ken Eby, 21-12, 12-21, 21-11.



THIRD PLACERS . . . Bill Smith (l) and Ed Beirne, Chicago Fire Department, take third place over brother team of Dr. Jerry Murphy and Dr. Allen Murphy in two-gamer.

Hofflander-Upatnieks Win Rainbow 3-Wall



SPECIAL AWARD . . . Joe Flores (c), who has become a real asset to Chicago area game promotion, both in organizing police department play and putting on top grade three-wall, presents USHA's Mort Leve (l) and Joe Ardito with engraved mugs for their cooperation.



HANDBALL'S VET MEDICO TEAM . . . Dr. Allen Murphy (l) and Dr. Jerry Murphy, orthopedic specialists, gave winners real tough match in semis. Allen, 47, will pair with Jerry, 40, for first time in USHA national three-wall in Masters at Columbus.



ONE-WALL ROUND ROBIN . . . Although Steve Sandler (shooting) beat Mark Levine in their 21-point match, Levine won the novel New York Brighton Beach eight player round robin, based on total points. Both players had a six-one record but Sandler lost his last match 21-1.

24th ANNUAL INTERNATIONAL THREE-WALL CHAMPIONSHIP

WESTGATE PARK — COLUMBUS, OHIO

August 30 — September 3, 1973

Sanctioned By The United States Handball Association

Sponsored by the Columbus Handball Association and the City of Columbus Department of Recreation & Columbus Central YMCA.

IMPORTANT: All entrants for these events must present current USHA (1973) membership card. Renewals and new memberships may be obtained at the time of registration at the tournament site, or by mailing \$3 for one year; \$7 for three years to: USHA 4101 Dempster St., Skokie, Ill. 60076.

EVENTS: Singles . . . Doubles . . . Masters Doubles. Golden Masters. Competition in Singles starts Thurs., Aug. 30. Doubles start Fri. Aug. 31 and Masters Doubles and Golden Masters Doubles start Saturday. Note: Players may not play in both Masters and Open Doubles.

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- () Masters Doubles—Age 40 & 45
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In consideration of the acceptance of this entry, I, for myself, my heirs, executors, administrators and assigns do hereby release and discharge the United States Handball Association, Columbus Handball Association, and the City of Columbus Department of Recreation, their officers, directors, employees, agents, and representatives from any and all claims or demands for damages, losses or injuries incurred by me at said meet.

NAME

Handball For All — 40 . . . 50 . . . 60 . . .



Over 40—
PHIL ELBERT



Over 50—
KEN SCHNEIDER



Over 60—
JOE ARDITO

Handball — The Lifetime Game . . . Physical Fitness The Fun Way.

Handball After 40 . . . Handball After 50 . . . Handball After 60 . . .

One thing in common in taking a full study of our stalwart post-40 players . . . those who continue to perform creditably, who enjoy the true competition, and reap the "Fountain of Youth" benefits throughout their lives are the ones who keep their weight under control and play the game on a regular basis.

Our cover boy Phil Elbert is no doubt an exception insofar as total physical output at age 41 is concerned. How many fellows are around who play the game almost daily, then "taper off" in late afternoon with 5-7 miles of sprinting and jogging?

Can a player be at a peak performance after 40? Phil resoundingly gives the answer, "yes!" He contends, after almost 20 years of handball, he is now playing better than ever. "My control of shots is much better . . . stamina-wise with my regime there is no question . . . and I honestly feel I can get around the court just as fast as ever before."

In the past several years Phil has captured six of seven national titles in the Masters division . . . actually six for six in four-wall, a second last Summer in three-wall . . . he has been the "road runner" counterpart for the outstanding talents of 52-year-old Ken Schneider in doubles . . . and in his first national invitational singles tournament at Chattanooga in 1972 Phil was able to outlast the field in an exhausting weekend schedule.

What then would be Phil's chances in the open singles? "There are too many hard hard hitters around today for me to really cope with when we talk about national contention. Those bullet serves bother me, and if I can't get the ball up to the ceiling, or around the walls off the serve, then my opponent has a setup." In effect, this is an assertion that there is more first level talent around today than there was a dozen years ago when Phil was a top eight finisher in our open USHA nationals. Instead of just one Hershkowitz, Jacobs, Sloan, or Oscar Obert of that era, we now find perhaps eight or more of that caliber on the firing line.

We first remember Phil as a novice-type performer in our very first national intercollegiate held at Chicago's Town Club. Phil was an undergraduate at the University of Wisconsin, a defensive back on a Rose Bowl football team, and just beginning to get the feel of handball. After a stint in Uncle Sam's forces, Phil was a football coach at Concordia College in suburban Chicago for a couple of years, continuing his handball and winning the USHA Central Contenders in 1958 at the age of 26.

His open national championship came with Johnny Sloan at St. Louis in 1964, in the first big tournament held at the 102-acre JCCA. That was Johnny's last big win, although he was only 28 years old. "When Johnny really was 'hungry' he trained hard", Phil told us. "He did running, practiced by himself, and was really a conditioned athlete, but the desire left him."

We realize there aren't many players around who will dedicate themselves to Spartan conditioning the way Elbert

'Mighty Mouse' Wins Metro Open

Pride and joy of the Phil Elbert household is their 12-year-old tennis phenom, Lynn Elbert. Boasting all of 65 pounds, the pert miss recently won the under-16 age tennis title held at suburban Chicago's Hinsdale Sauk Creek Club. Later in the month Lynn was to play in the nationals being held in Little Rock.

does. For one thing it takes a good chunk out of the day, secondly; there has to be an almost religious adherence to the deprivations of gourmet food tastes and any inclinations toward dissipation.

Phil does most of his running at a high school football stadium with a perimeter track. In fact, when he was at the nationals in Austin last March he took advantage of the nearby Longhorn Stadium to "do his thing" and almost got shanghaied into a football scrimmage by Darrell Royall's minions.

He will vary his running routines and likes to lead up to the grand finale at the end of the Summer with a 7-mile stint that includes alternate 100-yard sprints on the gridiron, 100-yard return jog. This follows average speeds of seven-minute miles (4). The 100-yard runs are done at $\frac{3}{4}$ speed, and then a job back, and then a finale — minute mile jog.

We asked Phil if he supplemented his workouts with any energy pickups. "The only thing I take occasionally would be raw sugar".

We find ourselves categorizing handballers into . . . (a) conditioned players . . . (b) pure players who play regularly but do nothing to supplement with other type exercising.

In recent years Phil has undergone knee surgery and he religiously carried out an exercise program to regain mobility and a return to top tournament play. He did have to compensate for an inability after surgery to twist on his left leg and now utilizes a left fist and must face the front wall from short court when using his left.

But, the "road runner" ability is there as attested by his first entrance into the national Masters singles competition. The test at Chattanooga was a rough one, necessitating quarter-finals and semi-finals on Saturday, following a Friday night match. Then on Sunday Elbert met the tough southpaw, Jack Weintraub of New York. In the third game it was Phil's condition that spelled the difference. Jack just couldn't maintain the pace.

Phil keeps himself in streamlined weight control . . . "I actually eat only one meal a day. For breakfast I'll take orange juice and about five types of vitamin pills . . . you can hear 'em rattle around inside of me . . . I'll play at the Oak Park Y usually around the noon hour, and then do my running about 4:30 in the afternoon. My metabolism is no good for early morning running. Along with dinner I may have a few beers, but that's it."

As a bank executive (president of Hillside Trust and Savings) and assorted other business interests, Phil has more than his share of pressures, and admits, "Handball doesn't actually do the toss-off-problems job for me . . . I get tense in the competition. It's when I am running that I can forget everything and enjoy the sheer pleasure of getting off by myself and letting off the steam."

And, that's the Phil Elbert, over-40 handballer.

His partner in successfully winning the national Masters doubles, Ken Schneider, doesn't carry on nearly as exhaustive a physical program in the over-50 classification. Ken gained national stature as a youngster coming out of New York City and winning the AAU Juniors at the age of 18 in New Orleans. He won the open national singles in 1950 at 29, a trio of open doubles with Sam Haber, and graduated into Masters doubles, winning with Gus Lewis, and now Elbert.



'YOUNGSTERS CAVORT' . . . (l to r) — Joe Ardito, streamlined and frisky as a colt; Ken Schneider in front court shooting, current national Masters doubles titlist; Don Ceconi, another plus 50 and USHA's consulting architect; Bob Kendler, a three-time-a-week doubles regular, approaching the 70-age mark.

Our USHA national commissioner is what could be termed a "clean liver" . . . watches his food intake, takes only an occasional drink, no smoking . . . doesn't play as much as he once did but carries on a fairly regular schedule. In the past couple of years he has intermingled some racquetball and finds that game a real workout, "because I can't put the ball away to cut down the volleys".

Ken has retained amazingly quick reflexes through the years, has thorough command of both hands, and is an all-out competitor. He does not let up on the momentum and his game is one of fine retrieves, maneuvering his opponent around like a chess master, and the ability to shoot in the bottom borders when the shot presents itself. His only weakness, if it could be termed that, would then be that of tiring because of the pace he sets.

However, in the most recent national Masters doubles at Austin, it was Ken who bounced back in the third game against a younger team of Arnie Aguilar and Gabe Enriquez from Los Angeles. Elbert and Schneider overcame the deficit and came on to win back the title.

In the Summer Ken will add weekend golf to his schedule and cut down some on the handball/racquetball action. During the Fall-Winter season in preparation for the big open nationals he sometimes adds some jogging and more rugged competition against some of the hard-shooting Chicago youngsters in doubles like Don Ardito and Wes Yee.

Again, the secret is keeping the weight down . . . proper rest, enough play to retain the keen edge, and the desire to win.

Of those veterans who remain in serious tournament contention we find elements in common — no slackening off in the momentum . . . in other words, no changeover to a different type game such as a pitcher who in losing his fast ball relies on control and "junk". The "oldsters" in handball may not hit the ball as hard as they once did and may lose a bit of the court coverage, but they still can "muscle" the ball and compensate for the speed loss with better anticipation and knowledge of those four walls.

Moving into the over-60 bracket we have a prime example in Joe Ardito, the "kid" who didn't start playing handball until he was 42 at that famed incubator of tournament standouts, the Irving Park YMCA in Chicago. Joe, now 61, hasn't

(to next page)

an ounce of fat on him, moves extremely well on the court . . . has the natural athlete type of coordination and reflexes and gives that 120% effort at all times.

There are no doubts that the streamlined Ardito can maintain the pace at this age because of condition, retention of his abilities, and of course the experience of many tournaments, covering both open and Masters.

In the introduction of the Super Golden Masters over-60 singles in the second USHA Invitational Masters at Chattanooga, Joe had to default in the third game of the finals against another plus-60 marvel, George Brotemarkle, of Los Angeles, when he pulled an arm muscle at the onset.

There were 14 entries in that over-60 and they all enjoyed themselves immensely. It brought back some of them to a USHA tournament for the first time in years, and follows the trend of tennis in the older age brackets.

Elbert . . . Schneider . . . Ardito . . . and, approaching the 70-age mark is USHA President Bob Kendler, who drops everything piled up at his Community Builders three times a week to completely toss off pressures at the Evanston YMCA, taking on "all comers" with Joe Ardito in the backfield. Bob couples a "psyching out" technique with a deceptive serve, "educated blocking and scoring", and clutch shots when most needed. He more than likes to win, as he did in the first two USHA Masters doubles nationals with Ray Laser back in 1952-53.

This is the Chicago contingent of "Handball After 40 . . . 50 . . . 60. Around the country there are a host of others that fall in the same category . . . Just to name a few: Bill Gluck, Julie Rothman, Marty Grossman, Jack Weintraub, Jim Fitzpatrick — New York; "Fountain of Youth" ex-New Yorkers now in Florida like Ralph Kaufman, Harold Hanft, Ted Bystock, and now Vic Hershkowitz; Gus Kopaytic, Des Smith, Larry Lederman, Dick Wickersham — Milwaukee; Neal Nordlund, John Mohan — Twin Cities; Dr. Cecil Lloyd, Shreveport; Alvis Grant, Dallas; Dick Roberson, now a full-fledged Master, Austin; Nick Martinez, now playing out of Albuquerque; John Hardy, Les Shumate, Don Carlsen, Denver; Reg Chapman, Salt Lake City, Alex Boisseree, Milt Cornell, Dr. Len Rosen, Arnie Aguilar, Bill Feivou, George Brotemarkle, Joe Shane, Wally Ris, all who thrive in the Southern California climes; up in the Bay Area splendid products like Rudy Stadlberger, Howie Wyrsh; Dan Callahan, John Bowen amongst others in the Seattle area . . . we've overlooked many, many others of this caliber, believe me.

It's a lifetime pursuit . . . sadly enough the power arms and legs are wasted on the youth. By the time we really get to know the lore of the walls and ball there is more willing spirit than flesh — but it's our way of life and fun all the way.

Another Handball Go-For-Prize Puzzle — By Ruby Obert

Handball Cryptogram . . .

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"Handicap" Funfare at Golden Gate

For the past four years San Francisco's own Garden of Eden, Golden State Park, has been the site of the annual handicap tournament dedicated to each and every enthusiast, regardless of his ability. This year the tournament committee went even further to give the players and spectators the "greatest value in handball". Each tournament day, unlimited quantities of tap beer, fruit punch, cold cuts, macaroni and potato salad, bread, rolls and cup cakes were served. Players were charged a \$3 entry fee and spectators were asked to contribute \$1. These fees paid for the balls, food, drink and sumptuous banquet afterwards.

This "miracle" was accomplished with hard work, dedication, some sound business sense, and of course, some great people. Frank and Emma Vasquez, and Rich and Adele Calkin prepared the delicious homemade salads and arranged the purchase and display of the food. Committeemen Ed Coleman, Bruce Meneken, Greg Laughery, Pete Colichidas, Mike Singer, Irwin Bunz, Pete Morrison, Renard Perucho, Frank Vasquez, Rick Calkin, Bob O'Brien, and many givers of solicited and unsolicited advice pooled their energies to referee, purchase, budget, account, seed, evaluate, scheme and mainly work hard. Remembering that last year's banquet brought staggering profits to the Embers Bar, they proposed an open bidding to owners of other neighborhood establishments for the "privilege" of holding this year's feast. The "Four Deuces" (2222 Irving St.) won hands down. For a nominal fee (about \$45 or 50¢ per player) they served 80 pounds of roast beef with plenty of trimmings and helped the committee purchase wholesale beer for the tournament.

Everyone agreed that the feed was a bellybuster. As always the "old timers" of Golden Gate Park were the guests of honor. Let us not ignore the main event, however, for handball was the prime mover of this great extravaganza. Each year, the committee had to turn down dozens of entries above the 64 player limit that the time and the facilities limit. This year a preliminary round was held to allow all 90 applicants a chance to compete.

The winner was Jim "Stubbs" O'Brien, with sharpshooter Bob Dow a close second. Jim's brother, Bobby O'Brien, placed third over "Beat 'Em By a Point" Eddy Coleman. Papa and Mom O'Brien and a whole crew of little O'Briens watched their boys win upset after upset. I don't know how many were there but I have played against at least four O'Briens myself.

Each match consisted of 31 points with the superior player "spotting" his opponents varied numbers of points. That (in theory) would make the game even. Sometimes the superior player started at minus 10. The handicaps were determined by the committee. The closeness of the final scores would indicate that they did an admirable job of handicapping.

Round of 16: Harry Limbert def. John Dubos (plus 13) 31-24; Jim O'Brien (plus 6) def. Al Chapparo 31-26; John Guiral (plus 22) def. Bernard Iribarren 31-19; Ed Coleman def. Tony Blass (plus 22) 31-29; Dave Rios (plus 10) def. Don Birrer 31-30; Bob Dow def. John Kuechle (plus 23) 31-25; Bob O'Brien (plus 7) def. Irwin Bunz 31-24; Bruce Meneken def. Mike Singer 31-19.

Round of 8: J. O'Brien def. Limbert (default); Coleman def. Guiral (plus 22) 31-30; Dow def. Rios (plus 13) 31-29; B. O'Brien (plus 22) def. Meneken 31-29.

Semi-finals: J. O'Brien def. Coleman, 31-30; Dow def. B. O'Brien (plus 22) 31-29.

Finals: J. O'Brien (plus 8) def. Dow 31-29.

Andrew Grosz
Novato, Calif.

Novel Scoring in Round Robin One-Wall . . .

Levine Takes Singles; Russo-Wisotsky Doubles

By DAN FLICKSTEIN

Leave it to Irving "The Mayor" Rosenblatt, Morris Levitsky, and the management of Metro New York's Brighton Beach Baths to present the finest invitational round-robin one-wall tournament seen in many years. Eight of the top-ranked one-wall singles players competed against one another, and then eight of the best one-wall doubles teams battled for highest recognition in the sport.

The most interesting feature of this tournament was the scoring. This was not an elimination contest. Each player, in fact, had to face seven opponents, two each on three consecutive days and one each on the final day of play. The winner would be determined by total points tallied after his seven games. It was conceivable, therefore, for a player to lose all his matches, yet, if he scored well in each game, to win the tournament. This idea may have provided added impetus needed by the players to make the event even more exciting than usual.

Results in both singles and doubles were astounding. In singles competition each match was a lightning round 21 point game. Strategy involved a fast start and, of course, a big service, the chief weapon of most great one-wallers. Each game proved more interesting than the next. For example, USHA runner-up Charlie Sheldon, after losing to Dan Flickstein 21-5, rocked Neal Bocian 21-9. Neal, only one week later, outscored Flickstein 21-19. How styles differ!! Al Torres, who eventually stunned the one-wall handball world finding little difficulty in disposing of Marcel Goldfarb, 21-12. Marcel polished off speedy Fred Feit 21-12, yet Fred skillfully handled Al Torres 21-15.

Steve Sandler and Mark Levine, the two favorites of the tournament, were nip and tuck all the way in their battle for first place. Mark, perennially a slow starter in his games, found both Goldfarb and Torres more than worthy opponents, but Mark came from behind in both games to pull out two 21-18 squeakers. Levine's only loss came at the hands of Sandler, who edged him 21-17. Sandler had little worry in subduing his rivals — that is, until the final day.

On the final day of the singles play, Sandler, having won all his matches, was in first place, Levine was in second place, only four points behind, Torres was a not too distant third, and Flickstein was fourth. At this point the other four players could hope only for a fifth place finish at best.

After Levine handily knocked off Flickstein 21-14, the crowd at BBB



CLASS OF DOUBLES . . . (l to r) — Sam Silvers, the silver-tongued orator at the mike; Dr. Joel Wisotsky, the power shooting southpaw; Hy Cohen, general manager of Brighton Beach Baths; Lou Russo, who follows Vic Hershkowitz, Oscar Obert, and Marty Decatur as standout in all phases of handball; Irv Rosenblatt, co-chairman (with Morris Levitsky) of this successful round robin Summer tournament.

Round Robin Scoring — Plus or Minus?

The novel round robin one-wall singles and doubles competition held last month at the Brighton Beach courts brought forth a new type of point evaluation. Such radical change from the straight game point total to win deserves more than passing notice.

There were eight in singles and eight doubles teams. In singles Mark Levine accumulated 143 points over seven 21-point matches, winning six and getting 17 points against Steve Sandler, whom many regard right up with the best of all time.

Sandler himself also won six and lost one but that one loss was a one-sided 1-21 downfall for 127 points that dropped him down to 4th. It might be explained that in one-wall flurries of points at one serving happen often because of the effectiveness in this game. Sandler just couldn't get underway against Al Torres (himself a 5-2 finisher).

In a logical reckoning of round robin based on won-lost Sandler would have been declared the winner over Levine as he had beaten him. So, in actuality the 1-21 loss threw him right out of the reckonings.

If the point differential of points scored as against points given up were the criteria, Levine would have beaten Sandler by a 42-23 margin.

There was no such problem in doubles. Lou Russo and Joel Wisotsky dominated. They had a 6-1 mark, lost that one match 25-20, and had a 71 point spread to Art Reyer-Wally Ulbrich's (5-2 mark) 22 point difference. They also beat Reyer-Ulbrich 25-12. The "Kids", Ken Ginty and Marcel Goldfarb accumulated the second best point total of 159 but had a 4-3 won-loss and a 15 point spread).

awaited the expected — for Sandler to defeat Al Torres by a score approximating 21-12. But miracles were in the air that day! With an absolutely devastating two-way hook service, a better than average court game, and a deluge of kill shots, Torres slaughtered the great champion by the incredible score of 21-1! Thus Sandler, who seemed a shoe-in for still another championship, had to settle for

a fourth place finish.

Final results of the singles tourney were as follows: 1st — Mark Levine; 2nd — Al Torres; 3rd — Dan Flickstein; 4th — Steve Sandler; 5th — Marcel Goldfarb; 6th — Fred Feit; 7th — Charlie Sheldon; 8th — Neal Bocian.

It was no simple task calling the short line for the service of an Al Torres, a
(to next page)

Four-Year Age Brackets Gives Southern Cal. Vets Equalized Play

There were 147 entries in the Fourth Annual Senior Olympics handball tournament held at the Hollywood (Calif.) YMCA, July 13-16.

Competition was conducted in four-year age spans with results as follows: 35-39 — (1) Tom Rohrbach, (2) Ed Fitzgerald, (3) K. C. Cooper, 40-44 — (1) Dudley Frank, (2) Bob Henley, 45-49 — (1) Marvin Gurian, (2) Bill Badham, 50-54 — (1) Irv Simon, (2) Lee Linden, (3) Matt Waidlich, 55-59 — (1) Alex Boisseree, (2) Dr. Mal Dorfman, 60-64 — (1) Bob Caldwell, (2) George Brotemarkle, 65-69 — (1) Judge Joe Shane,

(2) Larry Sansone, (3) J. De Vere.

Doubles: 35-39 — (1) Bob & Bruce McCormick, (2) Tom Rohrbach & Hank Rinehardt, 40-44 — (1) Jim Campbell & Del Mora, (2) Phil Altman & Dr. Len Rosen, 45-49 — (1) Ted Seidman & Al Fond, (2) Hank Sackman & Wally Ris, 50-54 — (1) Irv & Phil Simon, (2) T. DeHaras & R. Lucca, 55-59 — (1) Alex Boisseree & Joe Kaloustian, 60-64 — (1) George Brotemarkle & Wes Hicks, (2) Bud Fray & Art Shines, 65-69 — (1) Joe Shane & Larry Sansone, (2) Bud Joseph & Dave Brinkman, 75-79 — (1) Sid Weisman & Jesse Holmes.

ONE-WALL ROUND ROBIN

(From Previous Page)

Marcel Goldfarb, or a Neal Bocian. And in the doubles the job of the referee became even rougher, each game seeing four infighters battle for court position. Play, however, was consistently clean and fair as might be noted by the fact that not one avoidable hinder was called throughout the entire tournament, singles and doubles.

The doubles tournament was, in this writer's opinion, the finest one-wall invitational ever. The only doubles tandem unable to compete for the laurels was the great, winning combination of Martys, Decatur and Katzen. A new, young team was formed to substitute for last Summer's open doubles champions. And this team proved a pleasant surprise for all, except those who lost at their expense. Righty Artie Diamant and lefty Harvey Gaskowitz (the tourney saw seven lefty-right teams out of the eight invited) proved formidable opponents for all. Most impressive in their game against Sandler and Bocian, they vanquished one of the pre-tourney favorites by a lopsided 25-8 margin.

Upset, in fact, seemed the theme of the doubles matches, the most surprising being the defeat of Wally Ulbrich and Artie Reyer in their second match as they bowed to the strong service and kills of Flickstein and lefty Marc Goldberg.

Style of play again was a most important factor. While little Lou Russo and big Joel Wisotsky devastated almost all their foes, they were unable to handle Sandler and Bocian as Steve and Neal handed Lou and Joel their only loss, 25-20. Yet Steve and Neal did not fare nearly as well as Lou and Joel against the remainder of the field.

Again emphasizing the importance of game style was that Flickstein and Goldberg were trounced by Levine and Torres 25-13, who were later defeated by Joe Danilczyk and Dave Norvid, 25-22.

But Flickstein and Goldberg eventually annihilated Danilczyk and Norvid, 25-11.

Some of the finest teamwork in the tournament could be seen during the matches of Ken Ginty and Marcel Goldfarb. Youngsters with phenomenal potential, Ken and Marcel seem destined to capture a national title in the near future. Their spirit and desire to win are great assets to their overall excellent play. Marcel, in particular, was outstanding, handling the power of Bocian, the hooks of Torres, and the angles of Wisotsky with agility and finesse. It seemed a toss-up between Marcel and Russo as to who played the best handball during these games.

"Little Louie," whiz of three and four-wall handball, certainly deserves a paragraph to himself for his unbelievable one-wall play. Lou was simply brilliant! He has developed a cross court serve from left to right that is shot extremely low with a skip and a tremendous angle to it. It is rare for an ace to be served in a one-wall doubles game, but Lou aces doubles opponents with regularity. Artie Reyer, with the fastest reflexes in today's one-wall game, found Russo's serve very troublesome. And even when the ball was returned, Lou's aggressiveness brought him right to the wall from where he shot kills to either corner. Lou's choice of partner also does no damage to his game. For Wisotsky was everywhere Lou wasn't, belting the handball at blinding speed. The final proof of Lou's and Joel's domination of the one-wall doubles game was evidenced as they downed Wally and Artie in the last match, 25-12. Russo looked spectacular every inch of the way.

Play, in general, for the doubles was of such superior quality that the rooters were constantly receiving one thrill after another. From power and service, speed and reflexes, angles and kills, and spirit and teamwork, the tournament was mag-

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nificent entertainment. Here are the final results of the doubles: 1st — Lou Russo and Joel Wisotsky; 2nd — Ken Ginty and Marcel Goldfarb; 3rd — Artie Reyer and Wally Ulbrich; 4th — Neal Bocian and Steve Sandler; 5th — Mark Levine and Al Torres; 6th — Artie Diamant and Harvey Gaskowitz; 7th — Dan Flickstein and Marc Goldberg; 8th — Joe Danilczyk and Dave Norvid.

Thanks go to all the referees including Jerry Haas, Mickey Blechman, Sam Silvers, Lou Shane, Sid Geltman, John Scola, Irv Rosenblatt, and Morris Levitsky, who made quick, accurate judgments. And thanks again to Sam Silvers whose voice as master of ceremonies helped lend an air of professionalism to the festivities.

Players and fans, all of whom enjoyed themselves immensely, anxiously await the opportunity for another one-wall invitational at Brighton Beach Baths.



OPEN DOUBLES ... (l to r) — John Parent and Mike Kelly, second place; Chuck Waller, president; Tom Rohrbach and Hank Rinehardt, winners; John Tarantino, director.

August Bests Muck in San Francisco's South End Rowing Club Annual Tourney

Dr. Steve August, Los Angeles, defending champion, won the annual Memorial Day tournament at San Francisco's South End Rowing Club, defeating Terry Muck, St. Paul, 6-21, 21-7, 21-3. After a disappointing first game, in which Muck displayed complete control, a sizzling August powered his way through the next two games with ace serves and fly kills, not giving Muck a chance to "control" the game. There was speculation the front court bottom board would need replacing after the match.

August had no easy time this year in

reaching the finals. He eliminated Pete Colochidas, Olympic Club San Francisco; Mike Singer, Golden Gate Park, San Francisco; had a tough match with sharpshooting Mark Haskell, South End Rowing Club; then had a real surprise in the semi-finals, meeting a strong, upcoming contender by name of Jay Kent, South End Rowing Club. August barely escaped in a three-game match 20-21, 21-5, 21-17. Kent displayed one of the more powerful serves in the game, practically matching August ace for ace, both left and right sides.

Terry Muck, showing his consistent, all-around control, was not pressed in reaching the finals, defeating Gary Stedman, Encino; Bob Des Muelles, South End Rowing Club; Bob Moser, South End Rowing Club; and Al Chaparro, San Francisco Olympic Club. In earlier play, Mitch Covington, Fresno, was upset by Bob Moser, South End Rowing Club, in a grueling three game match.

The doubles field was also loaded with talent. Hank Rinehardt and Tom Rohrbach, Los Angeles, with strong, consistent power handball and fantastic gets
(to next page)



OPEN SINGLES ... (l to r) — Dr. Steve August, winner; Terry Muck, second place; Al Masyk, handball commissioner of the South End Rowing Club.



MASTERS DOUBLES ... (l to r) — Arnie Aguilar and Gabe Enriquez, winners; Al Gracio, tournament floor manager; Rudy Stadlberger and Irv Simon, second place.

South End Rowing Club

(from preceding page)

turned back Mike Kelly and John Parent, South End Rowing Club, 17-21, 21-10, 21-12. In the semi-finals, Paul Haber, Oceanside, and Paul Morlos, San Jose, had to default to Kelly-Parent after Haber tore ligaments in his right ankle. Haber-Morlos were leading in the third game 18-12 when the injury occurred.

Stuffy Singer and George Timberlake, Encino Health Club, were knocked out by Rinehardt and Rohrback in the semi-finals, 21-10, 21-12. In one of the closest doubles matches, Singer and Timberlake squeaked by James Cosentino and Ken Eby, Chicago, in the quarter-finals, taking the third game 21-20. Last year's defending champions, Jerry Conine, Riverside, California, and Jim O'Brien, San Francisco, were eliminated in the second round by Jeff Capell, San Jose, and Jay Capell, San Francisco Olympic Club.

The master's doubles ended in an exciting, hard-fought but friendly match won by Arnie Aguilar and Gabe Enriquez, Los Angeles, over Rudy Stadlberger, South End Rowing Club, and Irv Simon, Los Angeles, 19-21, 21-1, 21-19.

A smart, thinking man's game. The difference appeared to be when Aguilar's shooting came on strong.

With 185 participants, the four-day tournament proved to be very successful. The San Francisco Police Chief, Dan Scott, kicked off the opening ceremonies. With sunny, mild, San Francisco weather and the ideal location on the bay and the uniqueness of the South End Rowing Club, it was most enjoyable for visitors. The galleries were packed every day. At the bar between the courts, strawberry daiquiris were served to the ladies all Saturday afternoon (that evening the galleries seemed to be somewhat noisier). Our thanks go to Al Gracio, who again did an outstanding job of tournament directing. The tournament would not be complete without thanking Al Masyk, the handball commissioner of the South End Rowing Club, whose efforts make these tournaments possible, and Rudy Stadlberger, co-chairman, who handled hospitality.

MEL AMERMAN
CHIEF WARRANT OFFICER, U.S.
ARMY

Queens, NY One-Wall

Flushing High Wins Borough Title to Stop Aviation Record

Flushing High School won the Queens, N.Y. P.S.A.L. Handball Championship by downing Aviation H.S., 3-2. Aviation had previously won the Borough Championship the last three years in a row.

First Singles Al Kestenbaum, who finished 4th in the 1972 U.S.A. Junior one-wall, won the deciding game 21-7. The other winners were second Singles Marty Oszmian 21-7, and the first Doubles team of Mike Beckett and Bruce Horowitz 21-9.

In the city semi-finals, Flushing edged Bronx Science, 3-2, as third Singles Howie Greenberg scored a close 21-18 win, before losing to Lincoln High School, 4-1, in the finals.

Kestenbaum finished undefeated with a 14-0 record, and Oszmian also was impressive in compiling a 13-1 mark.

MICHAEL
BARDEKOFF

Carom Shots . . .

We couldn't help being amused and at the same time disgusted at the latest "progressive" move of the AAU. "A step forward has been taken by the AAU of the United States in attempt to restore the medals of 1912 Olympic stand-out Jim Thorpe . . . recommendation that Thorpe's amateur eligibility be retroactively restored for the period covering 1909-1912." Poor Jim, after living through years of frustration, now gets this posthumous accolade.

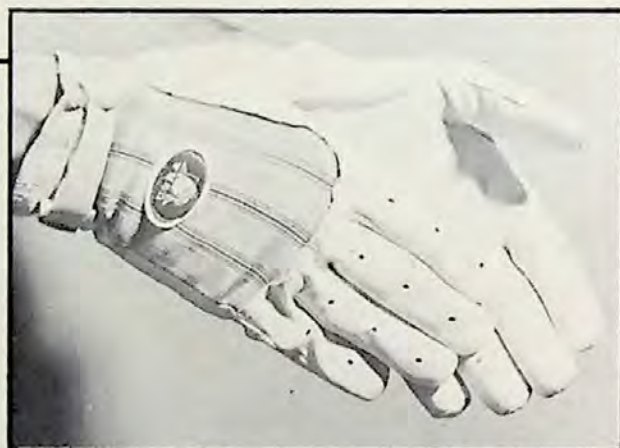
Postmark: Maybe the AAU will now act to restore the late Al Banuet's eligibility so he can once again cavort as a "simon pure" on the Valhalla courts.

Howard Cosell is notorious for his "Motor Mouth" presentations on the tube. His latest can hardly go unnoticed. Appearing as guest on the Monday night baseball "Game of the Week", "Humble Howard" made the assertion that it takes more athletic skills in auto racing than in any other sport. First of all, we don't consider auto racing a sport . . . sure, there's the risk of limb and life, and it takes split second coordinated decisions and the ultimate of skills in handling the wheel. But, when it comes to hand-eye coordination most people around the world of sports tab baseball No. 1.

Speak to many of our top-rated handballers who have played baseball and they'll tell you that the ultimate in court skills are even harder to come by . . . such as our national champ, Terry Muck, who played two seasons in the Atlanta Braves' organization.

New YMHA for Miami, Fla., with five handball courts planned on north end (183rd st.) These actually will be the first standard-sized indoor four-wall courts in that area.

Correction on Chicago-area courts . . . Oak Park, Ill. Y with three courts was not included.



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JUNIOR SINGLES	September 22	September 11
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Mort The 'Guinea Pig' . . . (Pardon the expression)

I was very much intrigued some years ago when Dr. I. Bilik, New York physician, proclaimed himself the "Guinea Pig of Handball". The good doctor, half a century ago was athletic trainer at the University of Illinois, then later went through medical school, and carried through a seven day a week schedule at New York's famed Bellevue Hospital.

Dr. Bilik played handball almost daily throughout these years, was finally forced to the sidelines at the age of 73 with a herniated disc. (He passed away just a year ago at age 78) He always credited handball with being able to carry on such a work load; had his own court in an abandoned loft near the hospital. Thus, his reference to being the game's "Guinea Pig".

Dr. Bilik's book for athletic trainers is known as their particular "bible". He advocated continued exercise despite injuries unless they were real serious, and was one of the first doctors to recommend getting out of bed as soon as possible after operations.

I corresponded with Dr. Bilik frequently and would now like to be known as one of his disciples.

Until I joined Bob Kendler's USHA in late 1953 I had never played handball but for the past 20 years have played the game very regularly. (I won't state how many times a week because it might cost me my job) Just recently I added pre-breakfast jogging (about 2 miles) four or five times a week. Results — much better feeling of physical well being, and in my estimation 20% more maneuverability in the court.

My personal findings:

—Age is relative. While the peak for top tournament play in the open divisions is probably 25-35, court savvy which could include the all-important control, emotional maturity, strategy and whatever additional assets are needed for winning handball can endure and progress for years past 35.

—Everyone has his own limits. The criteria should be that exhilarating, booming feeling after that shower. It is this tremendous vigorous uplift that gives full enthusiasm

for everyday pursuits.

—Not being a true health "nut" — not paying due attention to diet along with a confession of some "elbow bending" at times, it is my opinion that this heavy exercise program fully counteracts such transgressions.

—Anyone who insists they cannot find time for exercise — whatever it may be — is definitely not budgeting his time. There are 24 hours in a day. . . somewhere in that clock cycle are a couple of hours that can be devoted to handball and/or jogging.

—I find the jogging intensely boring, something that becomes a real dedicated challenge. It is physically trying, only the results self-satisfying. What I have been doing is jogging continuously for the two miles . . . walking to get the wind back, then chugging as hard as possible up a 60-yard toboggan slide, walking down, repeating four times.

—Handball play is complete fun. I find it no task to get "up" competitively despite many who say a lot of play can dilute the enthusiasm. Singles is my personal cup of tea as it gives me far less aggravation knowing I'm on my own and whatever the outcome it is my own doing. I know doubles involves teamwork, different strategies, less physical output, and should be included in any full handball program. In the same vein it is a mistake to continually play in a doubles "clique" . . . this to me is a handball rut.

—Keep playing with such minor setbacks as stone bruises, tennis elbow, muscle pulls or sprains. Play them out, so to speak. If the condition worsens then I would not neglect professional consultation.

—I have gotten varied opinions from doctors on all these aspects of exercise. A handball playing doctor told me to continue my program as long as I feel good. A jogging doctor was the one who advised the addition of running with handball. A non-exercising doctor scoffs at strenuous exercise for anyone over 40.

—Whether I'm right or whether I'm wrong is pure conjecture. I only know I feel great — and love life!

St. Louis 3-Wall . . .

Young Ginsburg-Kelly 'Rock' Metro Three-Wall; Dubman-Silverstone Take Masters Doubles

Don Ginsburg and Pat Kelly, up-and-coming youngsters, completed their string of upsets in the St. Louis JCCA Outdoor Three-wall Metropolitan doubles tournament, toppled the meet's No. 2 seeds, Aaron Fenster and Alan Kaufman, 21-18, 21-10, for the championship.

Kevin Toal-Mickey Hamilton def. Jim London-Russ Kreiger, 21-10, 21-11 for the B championship. Jim Dix-Marv Schneider def. Mike Falls-Dave Ackerman, 21-11, 21-13, for third place.

Nat Dubman and former Chicagoan (Evanston Y) Don Silverstone def. Frank Clar-Milt Harris 16-21, 21-12, 21-16, for the Masters division title. Ed Foster-Phil Smith def. Harry Polotnick-Bob Leber, 17-21, 21-17, 21-10, for third place.

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Shumate Over Graybill in Southwest; Price-Orlin Finally Gain Doubles Win

The 20th Annual Southwest USHA Invitational, held at the Houston Downtown YMCA on the Memorial Day weekend, went to "Buzz" Shumate of Dallas when Dave Graybill, Phoenix, had to forfeit, due to a pulled muscle.

In the quarter-finals, Graybill had beaten Gene Craft, Austin, 21-6, 21-0. Kent Fusselman, Warren, Ohio, defeated Merlin Kilbury, Tulsa, 21-13, 21-9. Al Drews, Cleveland, edged Ed Bellocchio, Dallas, 21-7, 8-21, 21-14. Shumate dispatched Dick Cramer, San Antonio 21-3, 21-2. In the semi-finals, Graybill overpowered Fusselman, 21-8, 21-3, and Shumate took Drews handily, 21-14, 21-11.

In the finals, Graybill took the first game 21-18. Shumate had gone in to serve, trailing 11-12, when Dave lunged for ball and pulled a back muscle, which forced him to forfeit.

In the doubles finals, the Houston team of Frank Price and Boris Orlin, shucked their perennial role as bridesmaids and stormed through Alvis Grant and Pete Tyson, of Dallas and Austin respectively, 21-7, 21-18. Third place went to Dick Cramer, San Antonio, and Wayne Graham, Houston, over Jim Faulk and Sam Albright, Dallas.

The Masters doubles went to Dick Roberson and Les Proctor, Austin, over Tim Ballantyne and Jerry Sampson, Houston, 21-20, 21-10, with Jerry York and Shelby Stanley, San Antonio, edging Frank Darr of Houston and Paul Albright, Dallas, for third 13-21, 21-12, 21-20.

The Senior (Golden Masters) winners were Dick Wickersham, Milwaukee, and Ben Loiben, Chicago. They appeared to get stronger with each match and won easily over Jake Looney and Al Sheppard, Houston, with third going to "Tiger"

Jones and Bryon Fellows, Houston.

In the Masters Singles Ron Emberg defeated Jim Kelly with Walt Duemer taking third. All three are local Houstonites.

The A-Flight was won by Rudy Garcia over Mickey Sheppard 21-7, 7-21, 21-12, both local, with Wayne Lee, Austin third.

The Big B was also an all Houston affair with Bill Hearon edging Carl Hager 21-15, 20-21, 21-19, and third going to Dave Duteau over Don McLelland.

The B-Special went to Chester Brewton, Deer Park, 21-17, 21-15 over Mario Garcia, Austin. Andy Jackson, Houston, was third.

The B-Doubles winners were Ferrell and Livers, Austin, over Leach and Stith, Houston, with Ingram and Fuller third.

The Novice went to Paul Ruffner, Houston, over Scotty Jones, Galveston. Wayne Neuman was third.

Bill Stuermer, Brownsville, won the Consolation over Steve Bell, Beaumont. Third went to Jim LeBoeuf, Houston.

The Sub-Consolation went to Bob Bacon, Houston, over Ken Fisher, Austin. Third was won by Ken Larner, Houston.

We must apologize for the many entries we had to turn away. Our format and courts will only allow us to properly handle 160 entries. We shoot for 50% Houston and 50% out of town. This year we succeeded in all but Masters and Seniors Doubles.

Saturday night the players with their wives and girl friends plowed through the hor-d'ouvres, cabrito, prime rib, ham and beer like there was no tomorrow. They were so busy they didn't even notice when the band didn't show.

Next year, get your paid entry in early, please.

Scott Potter
Chairman



DAVE GRAYBILL (1), the Phoenix standout, had to default in the finals after suffering a muscle pull against Dallas' Buzz Shumate.

Rocky Mountain . . .

Les Shumate, "Mr. Handball of the Rockies", has named assistant commissioners for his area: Dave Graybill, Arizona; Bill Erikson, Utah; Hank Johnson, Casper, and Byra A. Kite, Laramie, for Wyoming; aides for Colorado — Don Carlsen, Denver; Bill Appenzeller, Boulder; Mike McCullough, Fort Collins.

The Les Shumate 3-Wall Open singles and doubles Class A and B and high school divisions will be held Aug. 10-12 at the Aurora Central High School courts, 11th & Nome sts., Aurora, Colo. Entry Fee — \$3; High School — \$1.

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Bellingham Blossomtime 18th Annual Lea McMillan Wins A Singles; Patricelli Brothers Win Doubles

The 18th annual Blossomtime Tournament hosted by the Bellingham YMCA was held May 17-20. Matches were played at the "Y" and Western Washington State College courts. We had a very good turn out with 145 entries from Oregon, Washington, California, and British Columbia, Canada. Players were very cooperative in performing the duties of referees, a very special thanks to these people who contributed so much for the benefit of so many.

Fred Boettner and Glen Gitts served ably as co-chairmen, and Dick Dixon did so much (plus winning "B" singles). One big special award goes to our Andy Yurovchak. Let's just say without "Andy" as floor manager we couldn't have pulled the whole thing off. Of

course, no tourney of any consequence would be the same if "Dan the Man" Callahan wasn't there to rally the troops; and, believe me, he was there!

A summary of the classes and winners is as follows:

D Singles — Larry Jammes, Bellingham, over Jerry Thon, Bellingham.

C Singles — Pete Migun, Bellevue, over Ron Ewing, Seattle.

B Singles — Richard Dixon, Bellingham, over Virgil Jahnke, Vancouver, B. C.

A Singles — Lee McMillan, W.A.C. beat Wally Palmberg, Portland in three with the third game going right down to the wire, 21-20 for Lee. A great win for Lee.

Consolation A Singles — Jim White, Bellingham over Dan Melber, Bellingham.

Open Doubles — The Patricelli

brothers, Ron and Dick, over Bob Vanina, Seattle and Nick Rocco, Portland.

Consolation Doubles — Fred Muenscher and Dick DeGoller, Bellingham over Mike Jordan and Mike Potter, Seattle.

Master Singles — Wally Craig, Vancouver, B. C. over Don Kulch, Vancouver, B. C.

Golden Master Singles — Lee Shinn from Salem, Oregon (the old master himself) over Bruce Anthony from Seattle.

In closing, I would like to say probably the most outstanding feature of this tournament is the fact that so many people are able to compete for so many titles and hardware which gives it more interest and motivation on the part of everyone involved.

FRED O. MUENSCHER

Shorts . . .

Discussion on Always 'Tender' Avoidable Hinder Subject Open For Comment From Our Membership . . . Also Covering 'Contact'

Mort must regretfully announce a match loss to our esteemed West Area Commissioner, Ed Kelly, playing at George Brown's San Diego Club last month . . . got even the next day but this does not discount from Ed's No. 1 in a series covering a decade in various locales . . . and United Airlines Pilot Skip Harrison of Denver, also took my measure, in a session at the Evanston Y. Skip is a "late bloomer" and now ready for the Masters.

* * *

Robert "Sarge" Sutherland, Bloomfield, NJ, a member of the Montclair Y handball team for eight years, passed away recently.

* * *

Confirmation has been received for the 1974 USHA National Intercollegiate, April 19-21, at the new 10-court facility at the University of Colorado in Boulder. Two of the courts have full back walls of glass with each having a full side wall of glass . . . three other courts have full glass back walls. The courts are located in a \$5.2 million dollar University Recreation Building.

* * *

Don Anderson of Long Beach, won the batting crown in the Mexican League last season, is again breaking down the fences there this year. Some American League team could be helped by signing Don as a designated pinch hitter . . . he's one of the better Southern California handball talents also.

The question that comes up from Gordie Pfeifer on the avoidable hinder is in his mind the taking away of the setup when his opponent may dive for a ball, make a great retrieve but then in a prone position prevent him from shooting the setup return. He feels, in such a situation that it then becomes an avoidable hinder situation.

Of course, the referee cannot wait and give the shooter a chance even though he may be partially blocked and then give him the point or handout if the shot goes in and the hinder if it doesn't. The referee who allows options on shots is making a travesty of the game.

Pfeifer also points out that he feels that the easy setup from the short line or closer in is what he wants as an avoidable hinder, not the pinned in situation block from some 35 ft. back.

Bill Kennedy, our Eastern Area Commissioner, suggests that because the top players are in favor of Pfeifer's interpretation that it be tested in championship level play and see how it works out. (And, then in the finals between Muck and August with Pfeifer refereeing he called a couple of avoidables in this type of situation and the howls came fast and thick and visibly upset Muck) **EDITOR'S NOTE:** My personal opinion is that if we stick with the avoidable hinder call in situations where it is obvious that the player could have given a clear view and shot and didn't we will eliminate the big problem.

Subject: Contact. Pfeifer believes there is too much leeway given on contact. Contact in itself is not necessarily a hinder and the player should not be given the chance to stop play by hollering "contact". The contact, in other words, must negate the play, making it impossible for one of the other player to maintain his ability to keep in the volley.

East Area Strengthens With Aides

By BILL KENNEDY
East Area Commissioner

Five district commissioners have been named in the East Area of the U.S. Handball Association, in a move to strengthen communications between members in that area and USHA headquarters.

Gibbs Howard, Lancaster, Pa.; Bob Orozco, Rochester, N.Y.; Tom Natale, Lindenhurst, N.Y.; Bill Switlik, Fairfield, Conn.; and Craig Work, Harvard, Mass., were appointed in June to oversee districts which cover the entire United States portion of the East Area.

Howard, who will devote his attention to the states of Pennsylvania and Delaware, is an active tournament player, particularly within his district. The 36-year-old salesman was one of the founders of the Maryland Open four years ago when he lived in Baltimore.

The most recent project undertaken by Howard is an effort to compile information on the possibility of running a Pennsylvania State tournament, in which players from the east and west cities of the state would compete.

"Tournaments have been run," Howard explained, *"but a legitimate state champ has been difficult to produce because we never get the top players from cities like Philadelphia, Reading, Scranton, Harrisburg, Pittsburgh and Erie into one tournament. I hope this can be done this year or in the near future."*

Howard is also eager to form a Pennsylvania Handball Association in affiliation with the USHA, so that the lines of communication between the state's better players are direct.

Orozco, physical director of the Rochester Central YMCA, has been a leader in Upstate New York circles for many years. Under his direction, the annual Hollander-Horrod Open has thrived in Rochester, which has also been the site of two USHA East Area championship events.

The fact that Orozco, a former USHA East Area masters doubles champion, has become a distance runner in the past year, has not diminished his enthusiasm for handball, and he welcomed the appointment. Orozco, who has run as much as 17 miles before beginning a work day at the YMCA, was an entry in the Boston Marathon this spring, and finished in the middle of the field, despite the handicap of running with blisters the last 15 miles of the race.

In Rochester, which is established as the capitol of Upstate New York handball, six new courts are being built at the JY, and another five are under construc-

tion at his own Central Y, so it is expected that the city will be the site of even bigger handball tournaments in the near future. Orozco will oversee all of New York, North and West of New York City excluding Westchester County.

In Tom Natale, who will attempt to field New York City problems, the USHA has a district commissioner, determined to improve our association for the "layman" handballer. Natale describes himself as a "B" player, but he is that only by standards of nationally ranked players, many of whom have been required to go all out to defeat Tom in competition.

As captain of the Brooklyn Union Temple team, Natale gives the New York City Handball League an official USHA representative. He is expected to work with Norman Forson, New York Athletic Club, the NYC League president, in an attempt to promote harmony among the city's players.

The New York City district will include Westchester County, all five boroughs and Long Island, where Tom, a New York City fireman, makes his home.

In Connecticut, Bill Switlik, Bridgeport YMCA, will handle the district commissioner's chores. Bill, 51, and the 1972 state singles champ and third in the USHA 1973 East Area masters singles, is a veteran player with a youthful body.

He is also the mainstay of Bridgeport handball activity, arranging for matches between his YMCA team and clubs from New Jersey and New York. Switlik would like to convert the six-team Connecticut Handball League to a sanctioned USHA circuit, but he must convince his colleagues that it is prudent to abandon the traditional affiliation with another organization.

Switlik is a widely respected player and organizer in the Nutmeg State, which will make him an excellent advisor to handball there.

One of the Greater Boston Area's top players is Craig Work, a familiar face to tournament players throughout the East Area. Always willing to lend a hand officiating at tournaments, Craig is not certain that his decision to accept the job commissioner is a wise one.

However, Craig has demonstrated that he is interested in making handball a better sport for all players, and that is the prime requisite for any commissioner. The USHA is certain Work is the right man for the job regardless of his own reservations.

Work will be responsible for Mas-

sachusetts, Maine, New Hampshire, Vermont and Rhode Island, until players from the latter four states recommend someone their area.

New Jersey has been omitted from the new district commissioner selections because Howard Heerwagon is president of the North Jersey Handball League, the hub of handball activity there. It would be pointless to name someone else to a position which would have no duties. If the North Jersey League decides to become an officially-sanctioned USHA loop, then Heerwagon's title as president would become "president/district commissioner."

The district commissioners are the product of a recommendation at the 1973 National Tournament in Texas, where National Commissioner Ken Schneider proposed that area commissioners select men to be responsible for activity within geographical districts. It is impossible, area commissioners reported, for one man to make proper contact with clubs and players in all corners of his area.

Even a well-traveled and conscientious commissioner like Sid Semel in the Southeast, cannot personally reach to all of the handball hotbeds in his area, so it cannot be expected that an area commissioner will be able to cover all the states under his jurisdiction. Thus, the district commissioners were born.

Gibbs Howard
1773 Temple Ave.
Lancaster, Pa. 17603
717-397-8079

Tom Natale
425 South 15th St.
Lindenhurst, N.Y. 11757
516-226-6029

Craig Work
Oak Hill Road
Harvard, Mass. 04451
617-456-8860

Bob Orozco
Physical Director
Rochester Central YMCA
100 Gibbs St.
Rochester, N.Y. 14701
716-325-2880

Bill Switlik
808 Riverside Drive
Fairfield, Conn. 06430
203-259-8262

Achilles Tendon's Vital Function

By DR. DOUGLAS JACKSON

The achilles tendon (Figure 1) connects the two bellies of the gastrocnemius (calf) muscle and the underlying soleus muscle to the heel bone (calcaneus). These muscles and tendon contribute to the explosive push off required in athletic competition and are also important in regular walking as well as running or jumping. One can obtain an appreciation of this musculotendinous unit by standing on his toes and feeling his calf and its attachment to the heel.

A tendon is a fibrous cord (sinew) that connects a muscle to its bony attachment. The muscle is the contractile unit and the tendon allows the action of the muscle to be transmitted to the skeletal (bone) system. Tendons have several interesting properties of their own. They are composed of numerous inter-twining fibers. They are immensely strong and yet have a limited blood supply which makes them quite vulnerable when infection occurs and alters some of their healing capabilities.

Pain in or around the achilles tendon is usually related to inflammation of its sheath (tenosynovitis), incomplete tears in the tendon (strain), or occasionally related to the well publicized sudden disruption of the tendon (rupture).

I mentioned in an earlier article that whenever a tendon is subjected to friction, a lubricating sac (bursa) or a lubricating sheath exists. Inflammation of this lubricating sheath in which the tendon slides, is called tenosynovitis. Movement of the tendon in the inflamed sheath may be accompanied by a crackling sound or sensation and pain. The inflammation of the tendon sheath may be the result of chemical irritation from the bleeding following an injury, irritation from overuse, infection, or be related to generalized involvement of the synovial tissue of the body.

This may cause pain during the pushoff phase during walking, running and jumping and in the more severe cases, pain may even be present at rest. Differentiating this inflammation (tenosynovitis) from a partial tear (strain) involving the achilles tendon may be difficult at times.

The partial tears in the tendon often heal in a manner that results in a bulbous thickening of the tendon. As a result, the altered tendon may encroach on the sheath and adjacent structures and a long standing (chronic) low grade inflammation can become established. Sometimes a "cortisone injection" into or around the tendon sheath will stop the pain. There is increasing evidence that injection of a cortisone or one of its derivatives into the tendon weakens the tendon. This is even more important in the aging athlete that has had recurrent problems and weakening of his achilles tendon over the years. The achilles tendon is subjected to tremendous loads that most tendons elsewhere in the body are not.

If a tear in the tendon is complete, one is dealing with a *rupture*. The most common sensation associated with a rupture of the achilles tendon in the handball player is that he has been kicked by his opponent. It can be accompanied with a sudden loud pop. The athlete is unable to support his weight on the ball of his foot on the injured side and there is considerable pain and discomfort associated with the achilles tendon. It can occur at any age, but ruptures of the tendon occur with increasing frequency in the older athlete and the individual who has had trouble with chronic tenosynovitis of the tendon. From a surgical standpoint, the detachment from the heel bone (calcaneus) is the easiest repair (Figure 1, level c). Tears in the middle are relatively easy to repair (level b), and tears at the tendon-muscle junction (level a) are technically the most difficult to repair surgically. The results of surgery are quite satisfying and one should be able to return to unrestricted handball competition

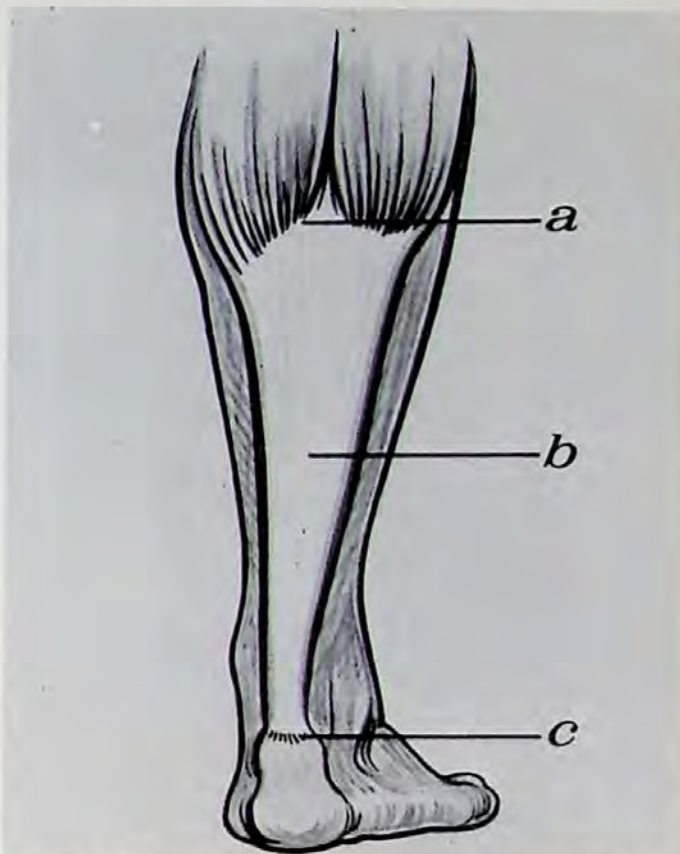


Figure 1: The achilles tendon connects the powerful calf (a) (gastrocnemius and soleus) muscles to their bony (c) (calcaneus) attachment.

six months to nine months after a surgical repair and essentially regain their previous handball efficiency.

Some physicians treat complete ruptures of the achilles tendon without surgery and have shown some good results. My experience with the nonsurgical treatment of this injury has been in older (i.e. over 60) and nonathletic individuals. In athletes of any age who plan to continue jumping, running and other explosive push off activities, I continue to repair the achilles tendon ruptures that are complete. Whether surgery or nonsurgical methods are used, it usually means a *minimum* of six to eight weeks in a cast and then an additional two to six months to regain full strength, motion and agility.

The safest and simplest treatment for strains and tenosynovitis remains to be heat and rest. There are oral medications to reduce inflammation that may benefit some cases. The local injection of steroid preparations in or around the achilles tendon must be approached cautiously and is done with the understanding that it may increase the incidence of rupture of the tendon in the future in a few of the individuals. (If one's symptoms have become a real problem, it should be discussed in detail with one's physician). The treatment must be individualized for each handball player. Fortunately, rupture of the achilles tendon is an infrequent problem in the conditioned handball player and if it does occur, it is usually only a temporary setback. We all have occasional intermittent soreness in the achilles tendon complex (often in the morning) as we get older and it usually does not become a problem. If it does persist and interferes with performance, one should seek medical evaluation.

Garcia Wins 8th New Mexico A Singles in Albuquerque

The annual New Mexico State handball tournament was held July 13-15. Classes A, B, and C were played at the U. of New Mexico courts. Open doubles, Masters and Golden Masters held at the Elks Club courts.

City Policeman Cordy Garcia won his eighth straight title, beating Bobby Sanchez, 20-21, 21-21-8, 21-5. Garcia, 38, has no intentions of retiring from open singles competition, and will go after ten championships. Manny Smith holds the record of nine consecutive titles and Garcia wants to break that mark.

Cordy only lost one game en route to the win, as did veteran Nick Martinez, who won this third consecutive Golden Masters singles. Nick beat Gene Quinones.

Other bracket results: Jim Kokos defeated Ken Gattas in Class B singles; Darrel Drake, Los Alamos, defeated Steve Ball in Class C singles; Carl Brand took the over-40 title by beating Robert Brooks; Jim Economides-Doug Garbin defeated Marshall Armijo and Harold James in doubles.

SIDELIGHTS: This was a three-day double elimination tournament with approximately 40 entries. As a result, those who entered more than one event had as many as seven matches on Saturday. Outstanding among those was Dr. Robert Brooks who played in both open doubles and Masters singles. He reached the Masters finals, where he was defeated by Carl Brand.

Garbin and Economides came up through the losers bracket in doubles to win twice over Armijo and James for the crown.



HANDBALL OVER 50... Nick Martinez, the ol' guitar strummer who is now firmly entrenched in Albuquerque (raising two little ones), wins his third straight Golden Masters State singles over Gene Quinones.

Mr. and Mrs. Linus Phillips were the genial hosts at an informal party on Saturday night. Linus was one of those two-way players and went seven matches on Saturday also. Nick Martinez, formerly of St. Louis and Chicago, now works for Jack Dailey, himself a former Irving Park Y player in Chicago. They are in land developments, both residential and commercial properties. Anyone interested in the Albuquerque area should contact Nick: 2727 San Pedro NE, Albuquerque, NM. 87110 . . . Telephone — #505. 268 6741.

Memphis Tragedy . . .

Former National 'Y' Champ Walt Streuli Slain in Robbery

Walter R. Streuli, Memphis, national YMCA doubles champion in 1932, 1935 and 1936 with Sam Atcheson, was the victim of would-be thieves at his lumber company June 17. Streuli, 69, was overcome by burglars, police said, when he visited his Crown Lumber Co. in Memphis on that Sunday, being knocked down, tied up, was then doused with solvent and set afire in the restroom.

Walt, well-known in the South handball circles, was an avid player and still played three times a week. He was a member of the First Presbyterian Church, the Downtown Exchange Club, the University Club and was on the board of directors of the YMCA.

Streuli had sold his business in May but had been in the habit of visiting the office on Sunday mornings to feed his 7-year-old German shepherd watchdog. It was apparent when he entered that he was overcome, police said.

Streuli is survived by his wife, Mrs. Rose Shulz Streuli, one brother Herbert W. Streuli of Memphis, and one sister, Elizabeth Streuli, also Memphis.

E. A. Bob Alburty, chairman of the board of Business Music Corp., offered a \$1,000 reward for information leading to the arrest and conviction of persons involved in the killing. The Memphis and Mid-South Handball Associations are also offering a cash reward for such information.

First Florida State Juniors at Orlando

The Handball/Racquetball Club at Orlando, Florida Central YMCA hosted the First Annual State Junior Handball Singles Tournament. Entries came from Tallahassee, Clearwater, Ft. Myers, Ft. Lauderdale and Orlando. Several parents came to watch this interesting event.

First place went to John Milano, Clearwater, who beat Dick Cristaudo, Ft. Lauderdale 21-9 and 21-7. (Third place was won by Bob Vickers, Tallahassee over John Dougherty, Ft. Myers.)

Jeff Brown, Orlando was the winner of the Consolation Division over Bill

Sepala, Ft. Lauderdale, 21-14, 19-21, 21-14.

This is another of a series of events planned for the next 12 months at the Orlando Central "Y" by the Handball/Racquetball Committee with complete cooperation from the YMCA staff.

Following events besides House tournaments will include invitational tournament for Masters and Golden Masters Singles, Open Singles and Doubles, another Junior Tournament and the 3rd Annual Masters Doubles.

Charles Brown, Chairman
Handball/Racquetball Committee
Orlando Central YMCA



DICK CRISTAUDO (l), Ft. Lauderdale, congratulates Winner John Milano, Clearwater, on taking first annual Florida Junior handball event.

Art Shay — Photography Par Excellence

Contributes Talents to HANDBALL Magazine, Instructional Books

Editor's Note: Art Shay is a native New Yorker (Bronx) who learned the one-wall way, now plays regularly at Chicago Suburban Northwest and Evanston YMCAs. He has given of his fine photographic talents to HANDBALL Magazine, and was most instrumental in setting up the publication of both INSIDE HANDBALL and INSIDE RACQUETBALL instructional books. He did the photography for both books, and has agreed to be our official photographer. Under this \$1 a year contract (he's holding out for \$1.50) his first assignment will be the USHA national three-wall at Columbus, Ohio, where he will also compete in the Golden Masters doubles. He will be "carried" in that event by your humble reporter, Mort the Sport.

...

From: Chicago's Sun-Times, Sunday, July 8, 1973. "Photographer Shay Shows World Through Child's Eyes", by Peggy Constantine.

A few years ago, photo journalist Arthur Shay stood in the Roman Forum, camera in hand, looking around for pictures to take. A friend strolled over to him and said "Art, you're not seeing the place at all. All you're looking for is pictures."

Shay thought that was true, that a camera should be an extension of the mind, not vice versa, and that he ought to see the big picture before taking the small picture. But still he went his way, doing free-lance photography for Life, Time, Sports Illustrated, Fortune and Chicago industries, big and small.

Then, in 1967, Shay went to Henry Regnery Co. Harvey Plotnick had just become president. The two men started to talk. Plotnick learned that Shay not only took pictures but also had written texts, plays and children's stories. Plotnick suggested that Shay combine children's stories with photographs to write educational books.

Shay shied away. He wondered whether children's books made money. "When you free-lance," he said, "you're always hungry, even if you are making money."

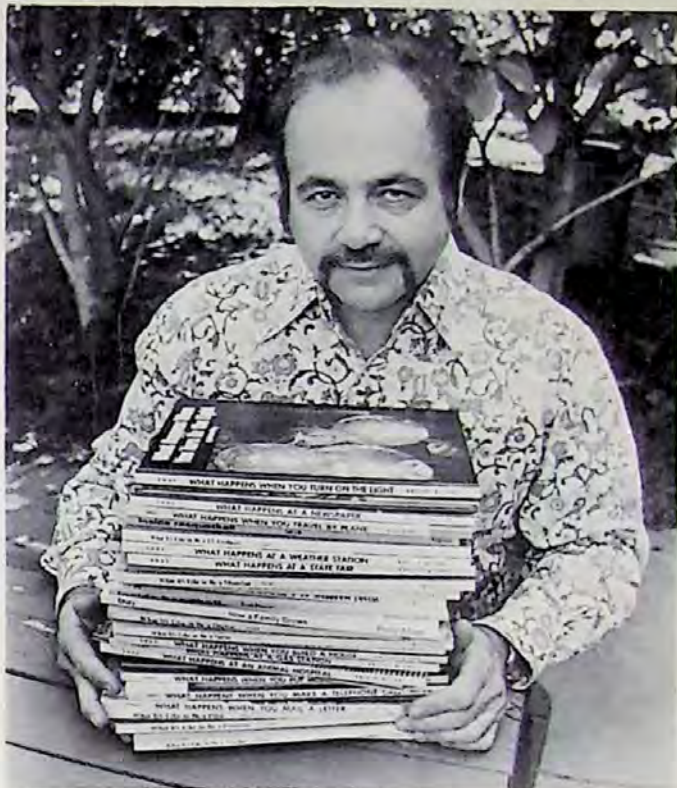
Plotnick showed Shay a 20-year-old book which still earned annual royalties of more than \$10,000.

Shay was back in Plotnick's office the next day. "He had more ideas for books than we could publish in 20 years," Plotnick remembers. "We decided to go with a few titles. 'What Happens When You Mail a Letter' was the first."

Since then, 28 more titles, all with "What" or "How" in them, have been added to the series. Each book is 32 pages and is heavier on black-and-white photographs than text. The newest titles are "What Happens at a State Fair," "What Happens at a Weather Station" and "What It's Like To Be a TV Producer."

Regnery at first thought kindergarten to third-graders would like the books. Plotnick now thinks fourth-through seventh-graders use them as well.

He points out that it is difficult to know what age child really does like the books. "Children don't buy them. Teachers, librarians and parents do. But from talks and meetings at schools, our feeling is the books are used through the seventh grade. Our publication of the books



STACK OF 22 CHILDREN'S BOOKS . . . Art Shay has produced these photo-story books during past five years. His son, Steven Shay is the photographer.

coincided with a good deal of interest in problems of children with a high interest in reading but low vocabularies. We didn't publish Arthur's books for that reason, but they fit very nicely into the problem.

"What children appear to like are the clear explanations through photographs in just 32 pages.

The books at any rate have sold steadily, even in an era when juvenile book sales are down. Regnery is happy and Shay says, "The books have changed my life."

The changes are not easy for him to explain at first. He still free-lances for the New York magazines and is out of town half the year on various assignments. His conversation is full of hoodlums, football players and this or that photo assignment and his eyes wander, still looking for photographic possibilities in people and things going on around him.

At first he made only a flip attempt to explain his new life-style. "I'm a big business now. Even the IRS has started to look into me."

But, slowly, Shay's commitment to children and what he is trying to teach through his books emerge. "My father was a pamphleteer in Latvia. When he came to the United States, there wasn't much for a pamphleteer to do. So he became a tailor. But like all Europeans, he thought education was the key to everything you want to be in America. I buy that, too."

Himself the father of five children, Shay believes children have considerably more savvy than adults give them credit for. "Adults, and teachers, too, tend to block out complicated processes, even if the explanation is simple and direct. Children don't. They can understand pictures. And they read. I called Alaska our newest state in one book and a kid wrote that Hawaii, not Alaska, was the newest state. In another, I photographed what I was told

(to page 31)

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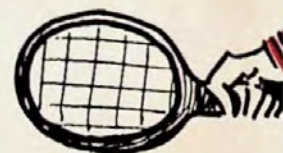
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from the
KILLSHOT
ROOM
by Mort Leve

Joe Flores is an energetic, enthusiastic young handballer and Chicago policeman (dum, dum . . . dum . . . dum). He's doing things to really promote the game around town. First he organized a bunch of his fellow constables and got them playing competitive handball. Now, he's putting on a three-wall extravaganza at the Rainbow Beach courts. Another of those one-man-in-perpetual motions gems, Joe has raised funds, garnered the best players, and will wind up a three-week program with a "Super Eight" weekend playoff. "Imports" Lou Russo, reigning national three-wall champ from New York; our current four-wall No. 1, Terry Much; strongman Tom Kopaytic from Milwaukee; and Al Drews from Cleveland, who will fill out the bracket that includes Chicagoland talent: Denny Hofflander, Don Ardito, Zeke Zaletel and Andy Upatnieks. Now, his latest coup is to bring Paul Haber in from San Diego.

This will be a fortnight before the national three-wall gets underway in Columbus, Ohio, August 30. The Rainbow Beach courts are very similar to the new six-court facility in Columbus, with full side walls . . . only difference the Chicago beach-front courts have a heavy wire mesh ceiling while Columbus will afford a solid concrete 15' ceiling.

Everyone we have contacted is very enthusiastic about making the trip to Columbus. We anticipate a record entry in this 24th Labor Day weekend classic. There will be the usual vanguard of stalwarts from Metro New York, including defending open singles and doubles titlists; Lou Russo . . . and the power team of Dr. Joel Wisotsky and Ruby Obert; and the Golden Masters team of Billy Gluck and Bill Taub. The Masters team of Dr. John Scapis and Jim Golden, native Detroiters, after winning four straight, will not compete together as Scapis moved to Athens, Greece last winter.

There will be hospitality galore at Columbus. That grand ol' gentleman, D. B. Frampton, head of the panel wall construction company based in that city, called and inquired about a night to toss a cocktail party for the participants. Ted Bland has everything under control, a well-working committee.

A combination recreation-business weekend will be the theme of the Second Annual National Court Clubs Association Seminar-Meeting, May 24-26, 1974, at Steamboat Springs, Colorado. At the request of many who attended the initial

formulative meeting of the NCCA last March in Chicago, it was decided to stage the event at an attractive site that could also offer handball/racquetball facilities.

The Storm Meadows Athletic Club with two fine standard courts, an integral part of the Storm Meadows development, will be utilized for informal "quickie" competition. Also available at this time of the year: Tennis, golf, bicycling, fishing (119 lakes and 900 miles of streams in Steamboat area with excellent trout fishing), hiking, swimming.

Plans will be made to congregate in Denver by Friday afternoon, May 24, and take a charter Aspen Airways or Frontier flight to Steamboat Springs at a cost of only \$26 round trip per person.

Food arrangements: The Gallery Restaurant at Storm Meadows is available for banquets, cocktail parties, meetings, etc. Additionally all the condominium units have fully equipped kitchens, and numerous restaurants are located within walking distance.

Daily rates for condominiums: (based on 1973 summer rates) — convertible one bedroom, \$24; one bedroom, one bath, \$26; one bedroom, loft, \$28; convertible two bedroom, \$30; two and three bedroom, \$40; townhouses, \$60.

Reservations can be made: Mort Leve, National Court Clubs Association, 4101 Dempster st., Skokie, IL 60076. Area Code 312; 673 4000. There will be an additional \$15 registration fee, covering welcoming cocktail party, opening night banquet, and seminar meetings.

Latest in court novelties . . . "Hands vs. Paddles" . . . Lou Russo and Dr. Joel Wisotsky teamed up to beat two of the better New York area paddleballers on the one-wall court. The risk factor in doubles in such a match is rather high, but not nearly as high as it would be should some one dream up a doubles "Hands vs. Racquets" match in a four-wall court. We would suggest a needle and thread on the sidelines.

What to do with your used handballs? Bill Shomberg of San Jose asked the Y to put up a little sign at the locker desk asking the fellows to turn in their old handballs and then he has distributed hundreds of balls to such organizations as the Community Association for Retarded, Inc., Palo Alto.

POTPOURRI . . . Dr. Larry August joins brother Dr. Steve as Southern California resident . . . Tropicana Hotel in Las Vegas has big plans for additional building . . . purchased 48 acres across the street on The Strip for a Tropicana West . . . \$40 million dollar project that will include four handball/racquetball courts, Jai Alai fronton, indoor and outdoor tennis courts . . . moving sidewalk to join two buildings. We're plugging for a gallery court for Las Vegas would be a "natural" on any proposed pro-am tours.

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Handball's Tom Martin Has Researched Problems of Energy Shortcomings . . .

By T. J. MARTIN

April issue of HANDBALL reported that Paul Haber was burdened with hypoglycemia in his recent bid for the singles handball crown at Austin, Texas. Hypo (low) and glycemia (blood glucose). Hypoglycemia is a deficiency of glucose (sugar) in the blood. Normal blood glucose content is one gram per 100 grams of blood. If this amount drops to 0.8 gram or less we have hypoglycemia.

As he has a chronic shortage of glucose in the blood, the hypoglycemic has great difficulty to keep going; everything is an effort for him . . . especially thinking, because mental energy and the central nervous system both depend solely on glucose as the fuel source. A lack of energy fuel for the brain and nervous system leads ultimately to chronic fatigue, depression, neurosis, insanity, drug addiction and alcoholism.

As hypoglycemia places a critical handicap on the production of energy its symptoms soon become evident, especially in tournament handball and similar activities which require extremely high energy expenditures. Lee, Red, and Al Corbett, who saw the Haber/Muck semifinal match, all said that Haber ran out of "gas" fairly soon but continued to stay in contention strictly on courage and instinct. At one time or another most handball players, especially during tournament participation, have experienced this running out of "gas" syndrome. Of course we do not run out of "gas" but out of one or both of the two essential elements that must combine to produce our energy: fuel and oxygen (the catalyst for burning the fuel).

Our energy production is fueled from both glucose and free fats; the cells of the body can utilize either fuel to produce energy. But, as mentioned above, the brain and nervous system depend solely on glucose as their energy fuel. For this reason the exhausted handball player who has nearly depleted his serum glucose is more prone to: lose concentration, lose coordination, become irritated over some trifle and generally fail to play his usual heady-type game.

When operating normally, the process for automatically controlling our blood glucose level works roughly in this manner:

Of the food we consume, 100% of the carbohydrate, 56% of the protein, and 10% of the fat (glycerin portion) can be converted into glucose. After eating, the

blood glucose level will rise 40% to 50% above the normal range (80 to 120 mg. per 100 c.c.) and return to normal range within one to two hours. The return to normal is facilitated by the B cells of the islets of Langerhans in the pancreas which involuntarily injects insulin into the blood in response to a sudden rise in blood glucose. The insulin hormone converts excess blood glucose into glycogen which is stored in the liver and muscles. Insulin also serves to oxidize some portion of excess serum glucose.

The B complex vitamins, specifically B-1 (thiamin) and the mineral magnesium are also involved in the transfer of excess blood glucose into glycogen (this is of special importance to diabetics who have an insufficient insulin production).

When our blood glucose level drops much below normal, the cortex of the adrenal glands will automatically produce cortisone, a hormone, that converts liver glycogen back into glucose, in the moment to moment operation of the body. The medulla of the adrenal glands produces adrenalin, a hormone, that also converts glycogen back into blood glucose, but on an emergency basis. (For fight or flight)

Therefore, to maintain a normal blood sugar level, sufficient insulin must be available to keep it from rising to diabetic heights. In turn, there must be an adequate output of cortisone and adrenalin that will keep it from falling into hypoglycemic depths. It is these counter-acting hormones, enzymes, vitamins and minerals working to raise or lower the blood sugar level, along with dietary intake, and energy expenditure, that determines the blood sugar level at a given time. The body is constantly working to achieve a homostasis or a return to normal operation similar to a thermostat which controls the temperature of a room.

Millions of people are said to have a problem maintaining a normal blood sugar level. Excessive sugar consumption, a contributing cause of faulty carbohydrate metabolism, becomes more apparently suspect when we read the statistics of the United States Department of Agriculture on U. S. sugar consumption. In 1900 per capita sugar consumption was only 14 pounds; but by 1969 it had shot up to 104 pounds per person. An 800% increase. A veritable sugar deluge.

To compound the problem, the B vitamins in the American diet, which are essential for carbohydrate metabolism,

have been drastically reduced since the turn of the century. This vitamin B loss was mainly caused by the over-refining of bread flours that resulted in the removal of the wheat germ and bran from bread. Historically, bread had been our prime source of the B vitamins — the staff of life — but no longer. Most store bread is an insult to the body's nutrition.

Eileen, my wife, makes an Irish soda bread that still fully qualifies as the "staff of life". It has a whole meal flour from Ireland and it is additionally fortified with wheat germ and bran and is sweetened with raisins — no sugar.

The more sugar, other refined carbohydrates and alcohol we consume the sooner we deplete the body's precious small reserve of the B complex vitamins. Without the B vitamins in reserve, carbohydrates can no longer be metabolized (changed into energy) unless they contain their own B vitamins. Fresh fruits, and vegetables, and whole cereals naturally have their own B vitamins; table sugar (sucrose) and other refined carbohydrates do not, as they were mostly lost in the refining process.

Depletion of our reserve of vitamin B further aggravates the situation as they are absolutely essential for the nutrition of the central nervous system. Whenever the body's vitamin B reserve falls below a point necessary for maintaining the integrity of the central nervous system the resulting emotional stress causes a new and continuous energy drain. This point is known as our stress resistance threshold. A prolonged deficiency in our vitamin B reserves progressively lowers our stress resistance threshold. If our resistance threshold is depressed below our total stress burden it will inevitably bring on a nervous breakdown.

In the face of these wide-spread adverse dietary factors, it is a miracle that the majority of people continue to maintain a normal blood sugar level. Unquestionably, our Creator designed us well and included a considerable safety factor allowance for abuse and neglect.

Dr. David L. Costill, Director of the Human Performance Laboratory at Ball State University, conducted tests to determine the fuel mixture that supplies our energy at various stages of physical exertion. The tests were conducted on men while running on a treadmill. Dr. Costill's tests findings were: the energy expenditures for the first 10 minutes of continuous exercise the energy is supplied equally from glucose and free fats. After exercising continuously for 75 minutes, the free fats were supplying 80% of the energy and the glucose only 20%.

It is apparent from Dr. Costill's test results, on well conditioned athletes, that our glucose reserves in the form of liver and muscle glycogen will be practically exhausted within two hours of strenuous exercise.

Tournament handball matches, especially singles, require an extremely high level of energy expenditure and therefore we can expect a considerable depletion of glycogen to occur. Furthermore it requires 2 to 3 days of rest and feeding to completely replenish exhausted glycogen reserves. In most handball tournaments there is not time for a complete rebuilding of glycogen reserves as the schedule usually requires the winners to play 4 to 5 matches in as many days. On such a playing schedule the glycogen reserves could be drawn down to a level that would easily precipitate an energy crisis for the player with a tendency towards functional hypoglycemia.

During the latter stage of the Haber/Muck semi-final match, Haber's energy production would undoubtedly have been fueled, exclusively, from free fats. Which, unfortunately for Paul, requires 10% more oxygen for conversion into energy than does glucose.

A gram of fat produces 4.5 calories of energy for every liter of oxygen, whereas glucose produces 5.0 calories per liter of oxygen. If the oxygen uptake to the working muscle cells is inadequate the early fuel mixture will consist predominately of glucose. Of course this glucose rich fuel mixture will expend the glycogen fuel reserve supply sooner. Subsequent work performed must then be fueled by free fats which are a less efficient fuel as they require more oxygen.

When our energy expenditure exceeds the oxygen available to metabolize glucose/glycogen, lactic acid builds up in the muscles. Lactic acid impedes the muscle contractions which make body movement possible. When lactic acid build up reaches a certain level, muscle contraction stops. Which soon brings us to a halt.

Oxygen is carried by the hemoglobin in our blood to the cell level. The normal range for hemoglobin is 12 gm to 18 gm per 100 c.c. of blood. A test reading under 12 gm is classified as anemia at which point the oxygen carrying capacity is considered to be inadequate to supply normal energy requirements. Sufficient fuel may be present in the cells and blood, but it cannot burn and produce energy without an adequate supply of oxygen.

Physical exercise will increase both our total blood supply and the hemoglobin content of the blood. On the other hand, if we over-train we go stale. Or, to put it more exactly, we prematurely oxidize our hemoglobin through excessive stress. This causes a reduction in our total hemoglobin and, therefore, the amount of oxygen that can be delivered to our blood and cells. Consequently, less mental, and physical energy can be produced.

Recently I played a handball match with Jerry Szykowny who had donated

a pint of blood a few hours earlier. Jerry was not satisfied with his game that day. But that he was able to play at all, after giving away 10% to 12% of his oxygen carrying hemoglobin, amazed me.

Jerry thought that his sub par performance in the court that day was purely psychological. Granted, lack of concentration, lack of coordination, failure to remember the score and impatience with oneself are all psychological symptoms. But they were all physiologically caused by Jerry's temporary oxygen shortage which diminished the energy available to his brain, and central nervous system as well as to his muscles.

Jerry is pressing me for a return match — now, if I could only learn the date he has scheduled to donate another pint of that rich Polish blood.

When we play handball, it is usually 2 to 3 hours after our last complete meal. By this time the blood sugar level is most likely to be on the low side of the normal range. Hunger signals are beginning to go out to the brain that suggests that we should soon eat something that will elevate the blood sugar. But by playing handball, intense enough to raise a sweat, and prolonged enough to activate the hormones of energy release, we soon experience a miraculous renewal of our energy. This renewal experience has long been referred to as the "second wind". From scientific investigation, we now learn that the glucagon hormone from the B cells of the islets of Langerhans in the pancreas and the cortisone and adrenalin hormones from the adrenal glands are actuated by exercise to automatically convert liver glycogen back into glucose. Hence, our blood sugar level rises, without eating, to furnish the fuel for the energy needed for the game.

However, if we play handball to the point of complete exhaustion we can depress our blood sugar into hypoglycemic levels. Whether we have run out of liver glycogen, or the adrenal glands have exhausted their output of cortisone and adrenalin needed for glycogen conversion, the result is the same — low blood sugar and mental, nervous and physical exhaustion.

We then will experience an intense craving for sugar, alcohol, nicotine, caffeine or anything else that will give our blood sugar a quick lift. We now know that this is the worse thing that we can do as any sudden rise in the blood sugar level triggers insulin production that will shortly depress the blood sugar to a new low. Initiating an insulin reaction in the hypoglycemic range completes a vicious cycle as the craving for more quick lifts becomes practically impossible to resist. In resorting to this quick lift therapy our blood sugar level will experience frequent and extremely wide fluctuations up and down like a roller coaster; and naturally our emotions are along for the ride.

A depressed blood sugar level should be brought up to the normal level slowly to avoid triggering premature insulin production. Rest helps, as it allows time for any remaining sugar retrieving hormones to convert any remaining liver glycogen back into blood sugar. Drinking warm milk helps as the calcium it contains is a natural tranquilizer. Also, milk contains lactose, a sugar that is slowly absorbed into the blood without the likelihood of activating a flood of insulin. Drinking soup and water help and also aid overcome dehydration.

If abstaining from taking a "quicky" becomes impossible, a half glass of pure fruit juice containing a heaping tablespoon of Brewers Yeast Plus Formula 250 is my antidote. Formula 250 is 50% protein and extremely rich in all the B complex vitamins needed to metabolize and utilize the fructose, glucose and sucrose contained in the fruit juice and formula. This formula also contains, in their proper balance, all the minerals that our body loses in the course of intense, prolonged exercise.

When the balance of the blood supply shifts from the playing muscles, back to the digestive organs, our appetite for solid foods will slowly return. Within one to two hours, after eating, our blood sugar should level out in the normal range. And once again we begin to feel like a member of the human race.

The intelligent thing to do, of course, is not to play handball to the point of exhaustion that will bring on functional hypoglycemia and anemia. In fact I have been telling myself this for over 30 years and still pursue that little black ball around the four walls as if tomorrow has been cancelled. Now, at long last, I have a noble reason for this prolonged foolishness — over the years I had been conducting a first hand study of hypoglycemia and anemia, in the interest of science.

But I need help in this worthwhile endeavor and so offer this suggestion: during some handball tournament, conduct daily tests of the players to determine their blood sugar levels and their hemoglobin counts before and after their matches. Also test the players oxygen up-take capacity at the beginning of the tournament.

Jerry Szykowny cautions that the blood test sample drawn be as small as possible.

The University of Texas, no doubt, had the necessary facilities and personnel to have conducted these tests during the recent national tournament. Perhaps the next time they host the tournament they will offer these tests.

(Additional information on hypoglycemia is available from the Hypoglycemic Foundation, Inc., P.O. Box 98, Fleetwood, Mt. Vernon, New York 10552)

Jerry Traynham Wins King County Open



SEATTLE AREA COMPETITION . . . (l to r) . . . Jerry Traynham, ex-Southern California running back, winner from Spokane; Roy Velling, tournament chairman; Ron Patricelli of Washington A.C., runnerup. Tournament was held at suburban Seattle White Center Park, an annual event.



SURPRISE IN OPEN DOUBLES . . . (l to r) . . . Gordie Pfeiffer, perennially in the winner's circle in Pacific Northwest play, had to content himself with second place, playing with Jim Miller, Tacoma; Billy Reel and Lea McMillan, White Center reps., win the bunting; John Fotheringham, tournament chairman (center).

The favorites fell fast when Lea McMillan and Billy Reel out-hustled and out-shot heavily favored and nationally-ranked Gordie Pfeiffer and his Class A partner, Jimmy Miller, in 3 exciting games at White Center Park. Starting slowly and never getting untracked, Reel and McMillan went down to Pfeiffer's bullets and Miller's hops 21-7. The second game saw Reel's serve get hot and his right court play the best ever witnessed in the famous White Center Courts. His 21st point flat rollout from the left corner was a beauty for a 21-15 win! The third game started fast, then McMillan took over and rolled the ball out time and again as he and Reel won the Big One easily 21-9.

No sooner was that score recorded then in the next court, Jerry (Boom Boom) Traynham, from Spokane, pulled the skids out from under two-time defending champ Ron Patricelli, 9-21, 21-6, 21-8.

In Masters Doubles new Champs were

crowned as well, as John Beahm's power and Roy Velling's kills were too much for tournament veterans Frank Rauch and John Bowen.

In Consolation play, Bob Vanina won the singles over Jeff Bland 21-10, 21-5; Rollie Hublow and Rich Haldi defeated Bob Burgess and Walt Guskie 21-15, 21-17; and Jim Wiley and Al Bostrum won in Masters over Harris and Rasmussen 21-4, 21-11.

All open winners received jackets, desk clock-pen sets and their names engraved in the vestibule Victors Gallery. All runners-up received plaques and jackets. Tournament Directors Kent Morrill, Roy Velling and John Fotheringham kept everyone's thirst under control during the blistering hot weekend with truck loads of pop and beer!

OPEN SINGLES: *Quarterfinals:* Ron Patricelli def. Severo Sanchez 21-14, 21-

11; Liam Brinn def. Ken Johnson 21-15, 21-14; Dick Patricelli def. Randy Santo 17-21, 21-7, 21-16; Jerry Traynham def. John Fotheringham 21-14, 21-6.

Semifinals: Patricelli def. Brinn 21-17, 17-21, 21-13; Traynham def. Dick Patricelli 18-21, 21-17, 21-1.

Finals: Jerry Traynham def. Ron Patricelli 9-21, 21-6, 21-8.

OPEN DOUBLES: *Semifinals:* Bill Reel and Lea McMillan def. Ken Fry & Rich Seims 21-3, 21-7; Gordie Pfeiffer & Jim Miller def. Alex Kohl & Dick Aguirre 21-12, 21-13.

Finals: Reel & McMillan def. Pfeiffer & Miller 7-21, 21-15, 21-9.

MASTERS DOUBLES: *Semifinals:* John Beahm & Roy Velling def. Don Lintot & Bill Faroane 21-18, 17-21, 21-12. Frank Rauch & John Bowen def. Leo Wren and John Voelker 21-9, 17-21, 21-16.

Finals: Beahm & Velling def. Rauch & Bowen 21-15, 21-8.



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3-Wall Invite . . .

There's still time to get into the 24th USHA National Three-Wall Championships, being played this year, Aug. 30-Sept. 3, at the six-court facility in Columbus, Ohio. See entry blank for details on entering, housing.

There will be hospitality from start to finish in a picnic atmosphere setting.

HANDBALL—U.S.H.A.

Zeke Zaletel Mississippi Valley Champ

Illinois State Champion Zeke Zaletel came from behind to defeat Minnesota State Champ Paul Schultz in the 6th Annual Mississippi Valley Tournament, held at the Burlington, Iowa YMCA, June 22-24.

Zaletel from Joliet, Ill., dropped the first game 12-21 before winning by scores of 21-14 and 21-16. Zaletel advanced to the finals by beating Iowa State Champ Bill Beverly of Sioux City, 13-21, 21-15, 21-4. Schultz defeated Dick Mosley, Burlington, 21-11, 21-17 to advance to the championship match.

Ken Mulsoff, Evanston, Ill., YMCA Physical director, won the consolation championship by defeating Dave Coulie, Grandview, Mo., 21-20, 21-4. Mulsoff had advanced to the finals with a 16-21, 21-10, 21-5 victory over Duncan McDowell, Fargo, North Dakota. Coulie beat Tom Renda, Des Moines, Iowa, 21-6, 21-12 in the semi-finals.

Thirty-two players from a six-state area participated in the Mississippi Valley Tournament which was held in conjunction with the Steamboat Days and the Joliet-Marquette Tri-Centennial celebration. The tournament committee emphasized bringing the family along and most players complied, over 80 people enjoyed a Saturday afternoon barbeque held at the home of Dick Mosley, tourna-



ILLINOIS WINNER . . . 6th Mississippi Valley tournament held at Burlington (Iowa) YMCA. (l to r) — Paul Schulz, St. Paul, runnerup; Doc Mosley, tournament chairman; Zeke Zaletel, champion.

ment chairman. Other committee members were Pat McLaughlin, Mel Lee, Roscoe Wolvington and Y-Physical Director, Mark Malak.

This was the first year a 32 man

Summer tournament was attempted by the Burlington Killshot Club. Everyone involved had a great time and are looking forward to bringing in the same quality handball players next year.

Spectator Court Must Allow 'Good Viewing'

SIGHT LINES . . . Ideally we would want the spectator to see the entire court, and this can only be accomplished through full glass to the floor on the back and/or side walls . . . or, if some one becomes brave enough to experiment with a full glass front wall.

Many of the better players will complain bitterly about playing on a court with that full glass wall for the obvious reason of hampering their performance. Thus, we have a usual compromise between spectator and player . . . solid walls up to 4-5- or 6 feet, then glass. And, even then we find some of the top players having their difficulties.

At the University of Texas "amphitheater" court it was the glass in the back wall that seemed to greatly distress some of the players when taking a ceiling shot; and, that glass starts from a 5-foot height.

Looking up into the glass with dark-clothed spectators poses the problem. Even with equalized lighting in and out of the court the darkness of the background crowd and the black ball gives a hard-to-follow blend.

Then, what is the answer? For the winningest champs

of our time — Jim Jacobs and Paul Haber — the problem is minimized by their simply following that ball extremely well. We recall Jim's eyes practically "bugging out" when taking a ball off the back wall. Paul plays the glass court as well as he does the conventional type with full concentration and the eyes peeled to the ball only.

Developments in a tinted-type glass or one-way glass are sure to come in the near future. It is something we have to live with at the present time, knowing one thing — it is the same condition for all competing players. Every effort is made at the big tournaments to give the top seeds enough exposure to the gallery glass court, leading up to the finals.

Then there are many players who are beaten by the glass before they even attempt to play in the court. Simply, the answer is, to follow the ball better, and use the fly shot whenever the opportunity arises . . . not to let the ball get "into the glass" in deep court if it can be prevented.

We've got to live with glass if we're to showcase handball properly . . . and it can be lived with, enjoyably. Don't let it get you.

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MANITOBA . . . Open Championships

For the past two years the trophy for the Manitoba Open Handball Championship's singles title has resided in Minneapolis, possession of Rich Rollins. This year, however, the title returned to Manitoba, and even though Rollins was unavailable to defend his crown, the outcome of the games played indicate that his presence would have had little effect on the final outcome.

Winnipeg's Merv Deckert, playing out of the Winnipeg Canoe Club, was the man to bring the title back home as he over-powered North Dakota's Dr. Marv Cooley in the final played at the Winnipeg Canoe Club. Despite the fact that he was only seeded fifth in the competition, Deckert walked through all opposition in the championship, including a crushing upset of the number one seed, Pat Dunn of Winnipeg in the semi-final round.

Deckert won the title by defeating Dr. Cooley, Grand Forks, two games to one in the final. He demolished the second-seeded Cooley 21-6 in the first game, jumping into a big early lead and maintaining it throughout. In game two he again took command early and seemed to have the championship well under control when he seemed to suddenly tire. Cooley, who prefers the longer rally to the "quick kill" style employed by Deckert, immediately seized advantage of the situation and wound up winning the second game 21-15. Deckert admitted later that "I was losing my wind . . . and I didn't call any timeouts which was a mistake."

In the final game however Deckert seemed completely recovered and allowed Cooley practically no chance to play his own game. While Cooley fought desperately Deckert scored almost at will with his booming kill shots and coasted to the title with an easy 21-5 victory.

For the champion it was an understandably enjoyable victory because since his victory in the 1971 North Dakota Open Championship Deckert has been in somewhat of a slump. He himself has admitted that in the past he had a tendency to come up sour in the big games but this year, with an improved attitude, he managed to put everything together. The Manitoba Open Championship is the result.

Probably the biggest boost to his confidence came in the semi-final round when he ousted number one ranked Pat Dunn. Dunn who is the current Saskatchewan Open, North Dakota Open, and Manitoba Closed Champion has met Deckert many times previously and come out on top more often than not, including the finals of the Manitoba Closed Championships. This time however he was never really in the match.

As in the final against Cooley, Deckert

jumped into a quick lead against Dunn in the first game and then withstood a Dunn comeback to take the game 21-17. There were excellent rallies during the course of the game but Dunn's downfall came with his inability to handle Deckert's soft lob serve to the left-hand side of the court. Game Two was just the opposite as Dunn leaped into a sudden 7-2 lead and then faded under the tremendous barrage of shots by Deckert. Playing what was probably his best single game of the tournament Deckert went on to win the second game from Dunn 21-12 and took the semi-final in two games straight.

Prior to his confrontation with Dunn, Deckert had advanced to the final with victories over Ron Shylo, University of Manitoba, 21-15, 21-3; over Bruck Stocks, University of Winnipeg, 21-3, 21-7; and in the quarter finals over Neil Reuter, North Dakota 21-15, 19-21, and 21-10.

From Montreal: Another successful year of team play. Palestre Nationale coming out on top over six other teams across the city.

The City B was won by Richard Vandal, Downtown Y.M.C.A., over Eric Moss, the Y.M.H.A., Snowdon, 21-1, 21-6.

The Provincial B was also won by Richard Vandal over Jean Rioux, Laval University, Quebec City, 21-9; 21-15. The tournament was held at the Downtown Y.M.C.A. A total of 38 entries competed.

BOB ROBITAILLE

Pete Tyson Gives Clinic-Exhibition

During the Holiday weekend in May, Pete Tyson, University of Texas handball coach, visited Toronto for a series of clinics. Friday evening Pete was at the new Valentine Handball Club for a clinic and exhibition. He teamed with Ed Mazur and played two games of doubles against Cam McBeth and Stan Bargman. A game of singles with Ed Mazur rounded out a very successful evening.

Saturday afternoon at West End Y Tyson and Morehouse played Ron Sibbald and Ray Reno, then played against George Sauve and Ron Sibbald in the second game. Saturday evening at Crescent Town, Pete, looking a little tired, entertained John Choma in singles and then teamed with Ken McDonald and played against Harold McClean and Ron St. Louis, who is formerly from St. Catherines.

Sunday at Y.M.H.A. a game of singles with Don Warnholtz ended a very successful exhibition. From all reports, everyone thoroughly enjoyed Pete's clinics and demonstration of hooks and 'what it's all about'.

Anyone who has come in contact with Pete can only come away a winner, no matter the outcome in a match. A very informative little guy with a big heart. Hope we can have you back again Pete. From all of us. THANKS.

McNamara-Holper Winners in Annual

Minnesota Masters

The Second Annual Minnesota Masters Invitational Singles was held at the Kings Court in Roseville June 21-24. The 16 top players in the State comprised the American Division, the next 16 the National Division. There was no playoff of winners between the two divisions. All of the contestants received tie clasps from a nearby hardware store. Each player was also gifted with a road atlas from the year 1936.

When I asked Tournament Chairman Jerry Sandin, "In putting on this tournament what was your biggest obstacle?" Jerry without hesitation turned and pointed to his co-chairman, Al O'Neill.

In the American Division "Pinky" McNamara defeated Willis Wood 21-10, 21-19, 21-13 for the title. Interestingly enough McNamara was captain and star running back for the University of Minnesota in the early 50s, at the same time Wood was captain of the wrestling team.

Jack Hickman took third in this division by his victory over Ron Adams 21-11, 21-16. Hickman in winning last year's title looked and played like "Tarzan." This year in losing to Wood in the semi-finals he continued to look like Tarzan, but killed like "Jane" and retrieved like "Cheetah."

Howie Tucker defeated Floyd Foslein for consolation honors 21-20, 21-17.

Bob Holper emerged as number one in the National Division, defeating Al Abrahamson 21-12, 21-2. Bob was undoubtedly the fastest player in the tournament. I remember his wife turning and whispering to me right after one of his miraculous saves, "If he had moved that fast on his wedding night we'd still be living together."

Third place went to Gene Richards over Neal Nordlund. With the count at a game apiece Nordlund defaulted with a dislocated shoulder.

John Sauro won over Ted Bergstrom for the consolation title 6-21, 21-19, 21-6.

The tournament banquet was held at the Kings Court. The party started at eight, and by ten had taken on all the elegance of a longshoreman's picnic. Judging by the food and service, I can but assume it was catered by the "Little Sisters of the Poor" and served by the "Marx Brothers."

Jerry Sandin in his closing speech at the banquet thanked everyone for coming, and informed the players that next year they might even have trophies.

JOHN MOHAN

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Pfeifer Over Traynham

Gordon Pfeifer, Tacoma, breezed to his third Sunfair singles crown in the eighth Annual event held at the Yakima, Washington, YMCA, June 15-17. A full slate of 40 singles contenders and 16 doubles teams made up one of the largest open division entries to date. Eleven teams were entered in the Masters.

Pfeifer had no difficulty in securing his victory as he subdued Scott McDonald, Yakima, in the semis, 21-13, 21-7; and then defeated defending champ Jerry Traynham, Spokane, 21-5; 21-8. Gordy took permanent possession of the singles travelling trophy by winning the tourney three times.

A tough doubles field squared off in the open division and when the air had cooled Dennis Schalk and Wally Palmberg, Portland, were the new champs. They were up for the tournament and showed excellent teamwork throughout with no game loss. They blasted the Yakima team of Gerry Perryman and Wayne Purdom, 21-11, 21-4 in the semi's and then rolled over Lea McMillan and Bill Reel, Tacoma, the 1972 winners, 21-

17, 21-9.

In the Masters' Doubles event the perennial Howard Souie, Portland, this time with yet another partner, Mike Fajer, Sr., also Portland, repeated his half of the winning combo for the 3rd straight year. They defeated Jim Miller and Leo Wren, Seattle, 21-20, 21-9.

Mike Fajer, Jr., Portland showed much promise as he won the consolation singles over John Winters, Seattle, 13-21, 21-18, 21-11. In the doubles consolation, Peter Migum and Ron Ewing, White Center, defeated Rod Defina and Joe Finkle, Wenatchee, 21-4, 21-10. The Masters' consolation was won by Bernie Goble and Socky Red, Spokane, over Dan Callahan and Earl Pratt, Bellingham and Yakima, 21-7, 21-8.

Much credit for the success of the tournament must go to Ollie Nelson and his Y staff for their many hours of preparation and especially for having the courts in such great shape; to Tom King, the best floor manager around and to the many players who readily volunteered to officiate.

CHICAGO AREA COURT CLUB

LA CANCHA (The Court) is off the drawing boards and is scheduled for completion in mid-February, 1974, in Wheeling, Illinois, a northwest suburb of Chicago. Exact location — 1225 Wheeling Road.

Chuck Lind of Northbrook, who is an avid racquetballer along with his wife, Shirley, an Illinois State tournament third placer, has worked tirelessly for more than a year in getting together a million dollar-plus Court Club that will include: 8 indoor tennis courts; 12 outdoor tennis courts; 7 handball/racquetball courts including a 600-seat gallery court; indoor/outdoor swimming pool; separate locker rooms with steam, sauna, and whirlpool; exercise rooms for men and women; complete restaurant and bar; pro shop/boutique; fully equipped locker rooms.

"We feel we can offer the finest and most complete racquet complex in the Midwest", Chuck asserts, and adds, "We're going to be very promotion minded and will bid for both important racquet and handball tournaments".

From: Yakima (Wash.) Herald-Republic Sports Comment — 'A Trophy for Doubles'

By JIM SCOGGINS
Sports Editor

Gene Moody has a fine pair of trained hands, but not for hitting a handball. Nevertheless, he is the proud owner of the Sunfair Handball Tournament's championship trophy, although he can't see it.

And the fact that Moody has never hit a handball doesn't mean he doesn't deserve the prize. Tacoma's Gordon Pfeifer, who won the Sunfair title last Sunday at the Yakima YMCA, decided Moody was entitled to the big championship trophy — as something of a "doubles" partner.

Pfeifer, who has won the Sunfair crown three times — every year he has competed in the eight-year-old event — needed some help in taking the third one. He got it from Moody, the YMCA's blind masseur.

In the semifinals, Pfeifer complained of a problem with his back, and Dr. Mel Carlson, refereeing the match, recommended that Pfeifer go to Moody for treatment.

"Dr. Carlson said Pfeifer could hardly go to his left at all because of the pain," the graying, crew-cut Moody related, "so he asked me if I could give him a treatment.

"I worked on him for 30 or 40 minutes. I gave him a massage and what we call manipulations — we can't call it adjustments or the chiropractors would jump all over me."

Spokane's Jerry Traynham, the defending Sunfair champion, might have liked to jump all over Moody too. After Moody's handiwork, the revitalized Pfeifer made short work of Traynham, 21-5 and 21-8, in the final.

"I didn't see Pfeifer again," said Moody, using the visual verb in the loose sense. "Scott McDonald (Y physical director and the semifinal loser to Pfeifer) brought the trophy down and said Pfeifer had asked them to give it to me."

Moody, 51, who has been legally blind since the age of two and totally blind for the last 21 years, said he has never played handball.

"With what sight I had, I couldn't follow the ball," he said.

Possessing only "travel vision" — enough sight to see how to get around and to read large print — from age two until he lost his sight completely in 1952, Moody hasn't been much for sports, either as a participant or spectator. "I went to the World Series in St. Louis in 1934," he recalled. "I couldn't see what was going on on the field, but I was there."

Moody has been a masseur since 1958. "Before that I sorta bounced around. I did quite a lot of cooking, tending bar, working in the pea harvest, swamping apples."

Being blind and almost blind is not an advantage in finding employment, but it may have helped in the job Moody held for seven years in Seattle before coming to work at the Yakima Y 3½ years ago.

"I was the masseur in a high-class ladies' body building and reducing salon in Seattle. They never said my being blind helped get me that job, but it probably had something to do with it," he laughed.

Illness and a medical mistake cost Moody his sight. "When I was two I had double pneumonia and measles at the same time, and they gave me an overdose of quinine," he recalled. "I was totally blinded for 30 days, and when my sight came back I could read large print but nothing like the newspaper or the phone book.

"It stayed that way until the forties, when it started going gradually. My sight just slowly faded away until it was completely gone in 1952.

"I consider myself fortunate that it went that way, because I had a chance to adjust to it as it went."

Moody, who has six children ranging in age from 16 years to six months, minimizes the difficulty of his almost-lifelong handicap.

"I don't consider it tough," he said. "Actually, I don't even think of it, being blind, unless I get screwed up and turned around and lost."

Gene Moody, who has competed admirably against his adversary and helped Gordon Pfeifer compete at full strength against him, deserves a championship trophy. And Pfeifer was thoughtful enough to present him one.

TEAMWORK . . .

Did it ever occur to you that one of the big plusses for handball is the fact that there are no time limits on a game or match? Time does not run out on a player who starts putting it all together and is making his come-back run after being down by a wide margin in that all-important third game.

We all know that a one-sided score in football or basketball is a matter of "running out the clock" and takes away so much from the attractiveness for the spectator.

The time is rapidly approaching when there will be a TV package for handball, showcasing the best talents of the world. With the magic of video taping and instant replays a tremendous show can be put together by properly editing the live action. The in between lulls, time outs, etc. could be eliminated and instead of a lengthy match that could take up as much as two or more hours, it could be action-packed condensed to a very marketable one hour special, including proper introductory explanations, quickie interviews before and after with officials, players and referee, and the key play.

Heretofore, the main complaint of the network sports show producers has been the mediocre picture they have gotten in the past. Shooting angles of their cameras from the balcony and/or behind a glass frame in the back wall door, or from the side behind glass wall have not done the job properly. The wide angle lens from behind the back door does not catch (1) the ceiling shots . . . (2) back wall play . . . and shoots into the backs of the players. The balcony camera from the height angle gives distortion . . . from the side wall we get the best picture as the camera is going into the front of the players, but it cannot be set up stationary or it would eliminate all front wall play.

In our last issue of HANDBALL Magazine we featured the TV series on handball that was produced at the main 30x60 glass and back walled court at Croke Park in Dublin. They put in a 15"x15" glass panel in the front wall that allowed a camera to shoot right into the players. This, without a doubt, is the best possible picture that can be obtained. However, there is no way the camera can catch the full front wall play.

Bob Kendler's "dream" is to have a court that would actually be a television stage. This would include a full-glass front wall. It excites the imagination . . . only the skepticism about players coping with the front glass. Much experimentation is now taking place and there may be positive answers shortly.

Actually, when you come right down to facts, we've got our court galleries backwards. If we want to sell the game properly then we've got to make some progressive changes. Someone has to come forth with the courage to provide the sounding stage and if it proves successful we're on our way!

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PHOTOGRAPHER ART SHAY . . .

(From page 21)

was a 1949 Ford, but a boy wrote that it was a 1950 model. He could tell from the trim and things like that."

Finally, said Shay, "I think there is nothing better than trying to show kids what you as an adult have learned. I think maybe I'm giving them a useful shorthand version of what I have learned in my life."

But Shay cannot explain how or where he gets his ideas. Plotnick does that better. "I think Arthur chooses subjects by what he finds curious or amusing. He came here one day and said, 'You know, what would be interesting is to find out what the hell goes on underground — all the wires, tunnels, sewers, all those kinds of things.' Arthur's curiosity is as refreshing as a young child's. We bow down to his superior curiosity. We let him choose his subjects on his own. His curiosity is fresh and imaginative. He often comes in with a book all done and says he was on another assignment and thought this subject might fit into the series."

Shay obviously is proud of his books. He tries to answer his fan mail. He has corresponded with a little Puerto Rican girl who lives in New York City's Bronx in the neighborhood Shay lived in as a boy. He is delighted that Ms. Magazine has endorsed his sex education book "How a Family Grows." And he is pleased to report that in 29 cities he visited last year, he found only the library in Lompoc, Calif., without one of his series.

So Shay's focus on life is a little larger now than merely looking through the camera lens. He has to see what's going on around him to be curious enough to write his next book and the next one after that. There's no question he will. Ideas for books spring out in his conversation like blossoms in a well-tended garden.

But like most authors, Shay is not telling what books he is working on next. He keeps that information to himself until he has the book in print.

Singer Wins Calif. State At Gorham's Oceanside Club

Stuffy Singer, Encino Health Club, beat "import" Gordie Pfeifer, Tacoma, for the Second Annual Mel Gorham California State open singles championship held at the new 8-court Oceanside Club held over the July 6-8 weekend. There was classification play and swelled the entry to a whopping 228.

It was an exciting three-gamer with Stuffy taking the first game, 21-15, then losing 16-21 in the second. The third was a nip and tucker with Pfeifer faltering with leg cramps down the stretch and Singer taking it, 21-17.

Sam Haber, former national doubles titlist, came out of an 11-year tournament retirement, teamed with Nacho Bracamontes, San Diego, to win the Masters doubles, over Irv Simon and Irv Seidman, Los Angeles, 21-15, 12-21, 21-20.

Milt Cornell, the tireless and ageless marvel, won the Masters singles over another "young road runner", Alex Boisseree, 21-12, 21-14.

The first "Memorial" Frank Coyle fun tournament (Coyle is still very much alive and blocking) was held at the San Diego Rowing Club with Don Duarte winning the open singles over Dick Shaw, 21-2, 15-21, 21-4. Just returning to semi action after a severe ankle injury, Paul Haber paired with Mike Carella to win the doubles over Bob Gorham and Dave Monjo, 21-13, 21-14.

Coyle himself, disdaining the tournament moniker, won the Masters doubles, playing with Nacho Bracamontes.



Way Out Court . . .

Sirs:

I am enclosing information on a new handball court recently opened here in Tehran, Iran. I realize you may not want to include this information in your soon to be published court directory — after all, how many people travel this way to play handball? Regardless, use it if you want.

The court was opened on June 29. It is 4 wall, regulation size. However, walls and floor are cement. Has no ceiling nor lighting at this time. This court was built using U.S. government appropriated funds, therefore, we didn't get the best but we're working on additions. Hopefully during 1974 we'll improve the one court we have with lighting, roof, observation deck, etc., as well as add one additional court.

The court is located at the Gulf District compound, an area containing various outdoor recreational facilities for use by the American community living in Iran. The facility is managed by U.S. Armed Forces. The Embassy can provide information for those that come this way and are interested.

Being an Army officer interested in handball, and to assist in preparing your court directory, you may want to include courts available on U.S. military installations. Though use of these courts would be limited to military families, in most cases, the information would be of particular interest to us in the service that frequently move about the world. I'm sure if you addressed an inquiry to either the Dept. of Defense or to the individual armed services activities, their offices could provide you a list of stations having handball facilities. The military members of the American Olympic Committee might also be a good source of such information.

I hope this has been of some information to you. I shall be leaving Iran in about six months for Yuma, Arizona, and sincerely hope there are handball facilities — either civilian or military — in the area. If not, I'll have to see about building such facilities, as I had to do here in Tehran.

Best of luck!

Bob Tagge

Deserved Award . . .

Dear Bob:

I received the latest issue of "Handball" and I cannot tell you how delighted I was to read the back cover. You will recall that a few years ago while we were discussing Masonry, I expressed surprise that you had not been coronated. I knew of the vast number of hours you devoted to Masonry which not only consisted of two terms as Master but the Degree work you did, to say nothing of the lectures you delivered. It seemed to me that almost every publication regarding Masonry in the State of Illinois carried something about what you did or was going to do.

It finally happened, and in passing I must say — long, long overdue. Hearty Congratulations.

I look forward to the next announcement, which hopefully will not take as long coming, the — 33rd.

As I have said many times before, Bob, you are an amazing person. Tireless and with boundless energy and imagination. As you continue over the pathway of this life, you will touch many people and worm your way into their hearts, without trying, as you did to me.

You are a real Mason and I'm better off for knowing you.

Fraternally and respectfully

Judge Joseph Shane
Beverly Hills, Calif.

Government Service . . .

Dear Mr. Kendler:

Since August 1971, you and the other members of the National Business Council for Consumer Affairs have exerted a very substantial effort to complete a series of landmark reports and recommendations to improve business-consumer relations in the marketplace. All seven of the NBCCA Sub-Councils have now completed their findings.

Thus, as this major undertaking completes the achievement of the goals you adopted at the outset, I wish to extend to you the gratitude of President Nixon for your service to the Nation on this Presidential Advisory Council. It was a most successful undertaking that received universal praise from all quarters.

We are counting on a broad implementation effort by the business community that must go beyond the National Business Council for Consumer Affairs. We hope you will continue actively in promoting this goal.

With deep appreciation and best wishes, I remain,

Frederick B. Dent
Secretary of Commerce
Washington, D. C.

Film Program

A great program for Hinder Clubs, handball awards dinners or sport nights.

Phil Collins — 1973 National YMCA Masters doubles champion, holder of 16 national handball titles; plus 1958 World's doubles.

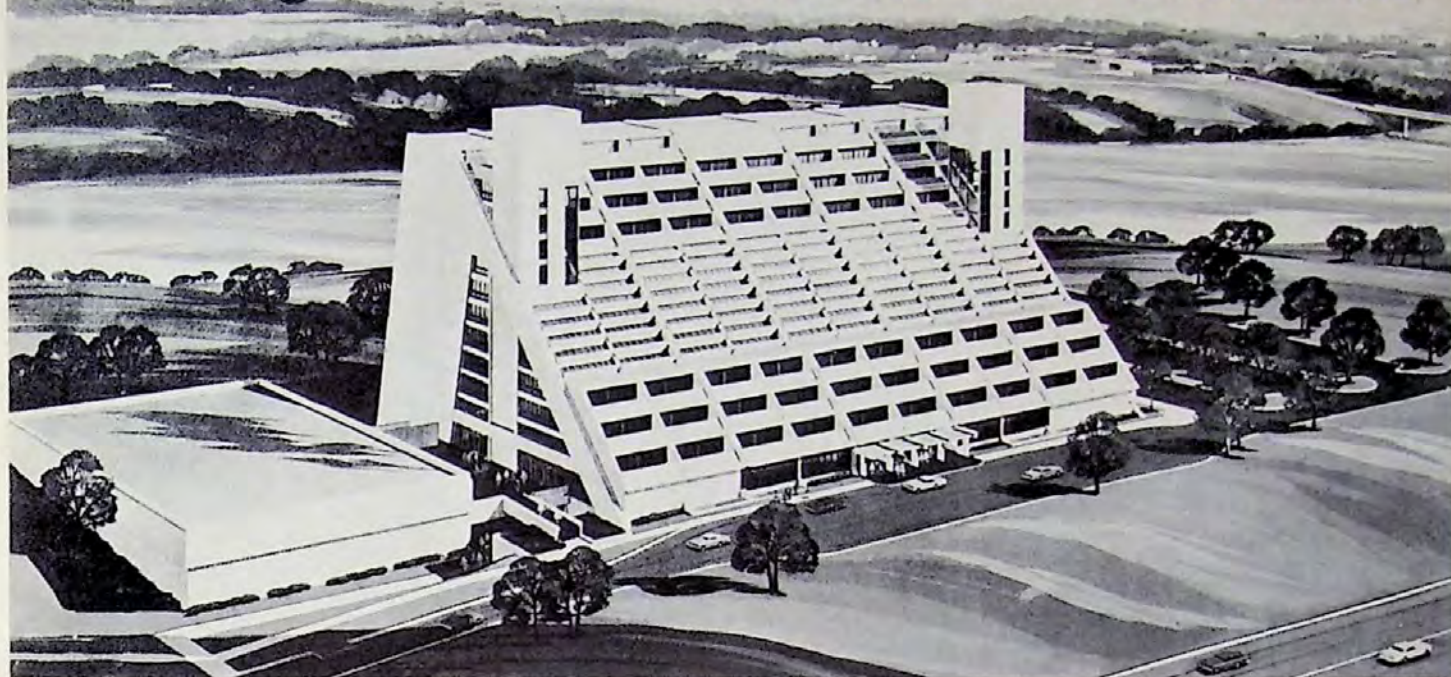
I have a complete library of video tapes of some great handball matches: Terry Muck, national singles champion; plus other nationally ranked doubles matches.

I also have available a closed circuit TV service for tournaments. We have filmed many invitational championships, plus exhibitions and clinics.

For more information about the above, write or phone —

Phil Collins
c/o The National Republic Bank of Chicago
1817 S. Loomis St.
Chicago, IL 60608

Housing and Ticket Info. for 1974 Nationals



Official housing headquarters for the 1974 U.S. National Four-Wall Championships in Knoxville, Tennessee, Mar. 18-25, will be the unique new Hyatt Regency. Transportation to and from the University of Tennessee courts will be provided.

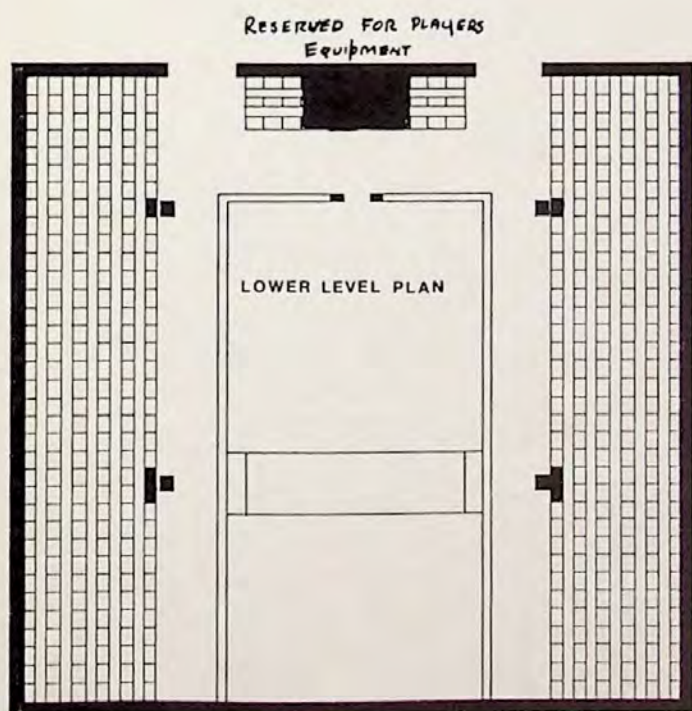
Special rates at the Hyatt Regency: Singles — \$16; Doubles — \$22; Triples

— \$24; Quads — \$27. These rates are for the tournament and players should identify themselves when making reservations.

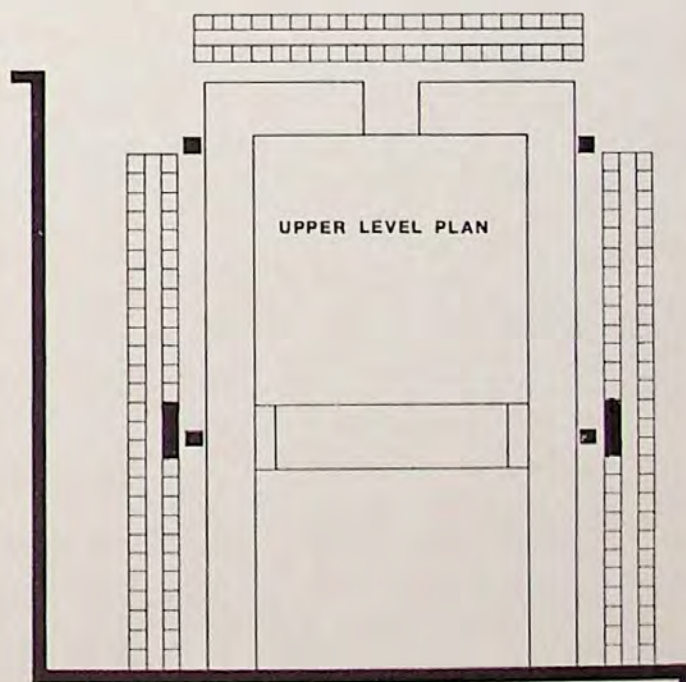
There is also housing available at the Sheraton Campus Inn (within walking distance of the courts). Singles — \$13; Doubles — \$18; Twins — \$20.

On ticket availability — prior to March

1, 1974, seats are \$25 each; after March 1, \$30. These are reserved seats, good for the entire tournament. Those desiring seats should mark the seating chart and send their check, payable to: Knoxville Handball Club, 107 W. Main Ave., Knoxville, TN. If the committee cannot fill the request for the desired seats they will re-seat as near as possible.



Note: There are some seats that are obscured by pillars or the full wood door and they have been blocked out in the accompanying diagrams. Ticket purchasers are asked to mark their seat preference and if such seats are available at



time of receipt by the host committee they will be confirmed. If the particular seats have already been reserved the committee will then reserve seats as close as possible to the requested location.

DISCIPLINE—'Put It All Together'

By MORT LEVE

Perusing a recent column by Maggi Daly in Chicago TODAY I was struck by a quote from Jack Lalanne, nationally-known physical fitness expert. He told Maggi the "key" to physical conditioning is one word — DISCIPLINE.

And, we can very well apply DISCIPLINE as the foundation to success in handball. We have bantered around such words as "Courage . . . Concentration . . . Control . . ." (from Stuffy Singer's instructional piece) . . . "Hand . . . Head . . . Heart . . ." (from Pete Tyson) . . . "Emotions" . . . "Serve and Shoot" . . . "Point of Contact". DISCIPLINE can cover quite a number of factors in handball.

To me, DISCIPLINE is the ability to dedicate yourself to the problem at hand, to condition properly . . . use moderation in living habits . . . mental approach . . . make the needed sacrifices, if they be such, to be able to perform at a peak.

When I thought of the word DISCIPLINE immediately the name Jim Jacobs came to me. If ever there was

a champion who personified this word it would be Jim. All his life Jim has disciplined himself in his living habits. His very game has been disciplined. He disdained a bombastic, offensive "blow the opponent off the court" type of game for a patient wear down controlled offense-defense pattern that gave him a record six USHA national singles along with six doubles honors. Jim possesses all the tools — the complete handballer. But, he would discipline himself to play percentage handball when he might have been more of a crowd pleaser by shooting more with his very fine off hand.

There is a discipline that comes through maturity, through experience. Dr. Steve August disciplined himself to use his off hand defensively and control his temper . . . Terry Muck has become a champion through a disciplined patience, learning to remain unperturbed when a more powerful opponent blasts away at the onset of a match and then turn the tables through a steadiness and refusal to get ruffled.

There is a need for discipline for those would-be national champions who do not "pay the price" . . . attaining the physi-

cal edge to sustain them through the strenuous tournament schedules.

Paul Haberknows what DISCIPLINE means. He has disciplined himself to work at his control game by the hours, and when he won the big ones he knew that rest and an avoidance of the bright lights was absolutely necessary.

The full DISCIPLINE is sometimes not possible in its fullest extent for a player who must devote himself primarily to earning a living. He just cannot spend the time that is necessary to prepare properly for the big national tests.

There is no excuse for the professional athlete not to have the DISCIPLINE. This is his life and too many big talents have gone by the wayside because they have not heeded to this most important fact. The time is not far off when we may have handball "pros" and it should definitely upgrade the caliber of national performance.

Whether we are in that select echelon of national contending or merely the "Club" player who has found handball as the ideal outlet, DISCIPLINE can add so much to our successful pursuit of the little black pellet.

Ruby's Solution . . .

Ganakes and Katinas Only 100% Winners

One — and only one winner in the "WHAT WOULD YOU DO IN THE FOLLOWING SITUATIONS?" By Ruby Obert.

Nick Ganakes, P.O. Box 42, Burlington, Iowa 52601, and George Katinas, 6736 Brigadoon Dr., Bethesda, MD. 20034 were the only ones out of 137 returned answers who got them 100% right!

Answers:

1. Singles finals: score 20-20 third game, one fault — Answer: (c) Go for the ace.

Note: This was the stumbling block for a good majority of the contestants, most answering — "(b) Serve safe."

2. Ref calls crucial play against you — Answer: (d) continue the game and don't show emotion.
3. You see ball break during volley — Answer: (b) Complete play and then tell ref.
4. You get a setup on a crucial play — Answer: (a) Go for the kill.
5. You don't like the draw — Answer: (d) You forget it and continue play.
6. A player intentionally trips you — Answer: (a) You continue playing.
7. You're losing badly — Answer: (c) You call time out.
8. Your opponent leaves the court for half an hour — Answer: (c) You have the ref consider forfeiting the game.

9. You notice that you're scheduled to play at 3 a.m. — Answer: (c) You ask the committee about a possible error.
10. Your opponent doesn't wear white on the court — Answer: (c) You see what colors the rules permit.
11. Your opponent smokes a cigar while playing — Answer: (d) You ask the ref to have him stop.
12. Your opponent sings opera while he plays — Answer: (c) You have the ref stop him.
13. Your opponent slips during a volley — Answer: (c) Continue the volley.
14. You bounce the ball three times in the service box — Answer: (d) Call a time out.
15. If a 3-wall game is called because of rain — Answer: (a) Play resumes where left off.
16. In one-wall, a player catches a ball going over the long line — Answer: (d) It is a point or handout against him.
17. You've never won a championship — Answer: (d) You try a lot harder.
18. Before a game, a bettor wants to know how you feel — Answer: (d) You say OK and leave to warm up.
19. You are presented with the 3rd place trophy — Answer: (d) You accept it graciously and thank everyone.
20. You've read these questions — Answer: (d) All of the above.

Fresno YMCA Invitational

November 2-4, 1973

Open Singles

Open Doubles

Masters Doubles

ENTRY DEADLINE: Oct. 22.

ELIGIBILITY: Singles limited to 50 players; Open doubles and Masters doubles limited to 25 teams each. Consolation bracket in open singles only. Past Fresno entrants will be given preference. No entry will be considered without entry fee.

AWARDS: To top three places in each event and first place consolation singles.

HOSPITALITY: There will be the usual "all day long" free hospitality at the Y and an informal dinner, buffet at the "Old Fresno".

SEND ENTRIES TO: Richard Polson, c/o YMCA, 1408 N St., Fresno, CA 93721. Make checks payable to: Fresno Handball Club.

FEE: \$12.50 per man.

Unless otherwise notified, singles players should be ready to play by noon Friday; doubles players should be ready to play by 5 P.M. Friday. You can call the Y Nov. 1 or 2 at 1-209 233-5737 for exact times.

Name _____ Age()	Partner _____ Age()
Address _____	Address _____
City _____	City _____
Phone _____	Phone _____

Hollander-Horrod Invitational

Rochester, NY Central YMCA

October 26-28, 1973

EVENTS: Open singles and open doubles. Players can enter in one event only.

FEES: \$8 for singles; \$15 for doubles team.

DEADLINE FOR ENTRIES: Oct. 17, 1973.

HOSPITALITY: At YMCA and buffet banquet.

DEFENDING CHAMPIONS: Singles — Jack Weintraub, Westside YMCA, New York; Doubles — Harry Hyde and John Walsh, New York A.C.

SEND ENTRIES TO: Bob Orozco, physical director, YMCA, 100 Gibbs St., Rochester, NY 14601. Phone — Area Code 716 325-2880.

MAKE CHECKS PAYABLE TO: Rochester Handball Club.

Name _____ Age()	Name _____ Age()
Address _____	Address _____
City _____	City _____
Phone _____	Phone _____

HOUSING: at YMCA or nearby (walking distance) motels and hotels.

Cooke-Solin Win at Watsonville

The Watsonville YMCA hosted its 2nd Annual Doubles Handball tournament recently with great success.

The teams were broken up into two brackets with the OPEN being held June 23-24 and the Invitational being held July 14-15. The Open was held for those not invited to the Invitational to give those players who would not ordinarily have a chance to win against the best. Those players who would not ordinarily have a chance to win against the best. There were 16 teams in each tournament.

Jerry Cooke, Sacramento, and Hal Solin, SERC, won the Invitational handily against last year's defending champs, Marty Goffstein and Ron Earl, San Jose YMCA, 16-21, 21-2, 21-9. Cooke and Solin didn't lose a game prior to the finals. They beat Gary Ryan and Kevin Sheehy, 21-8, 21-14 and Tom Rohrbach and Ron Moremeister in the semi-finals, 21-11, 21-7. Goffstein and Earl had to beat Tom Fleming and Brien McClusky, Olympic Club, 21-14, 21-10 and Rudy Stadlberger and Ed Coleman, 20-21, 21-1, 21-13 in the semi-finals.

Mike Miller and Ed Fitzgerald, Encino Handball Club won the Consolation over Howie Wyrsh and Bob Blanco, SERC, 17-21, 21-8, 21-15.

In the Open Doubles Philip Keck and Brad Parra, Beale AFB, never broke sweat in the tournament, winning in the finals against Marv Snowbarger and Bill



INVITATIONAL DOUBLES WINNERS — 1973 — Watsonville YMCA (left to right) — Russ Hampton, tournament chairman; Hal Solin & Jerry Cooke, champions; Ron Earl and Marty Goffstein, runners-up; Hank Wempe, handball Commissioner.

sweat in the tournament, winning in the finals against Marv Snowbarger and Bill Lanfri, San Jose YMCA, 21-6, 21-7.

In other games Keck and Parra beat Bob Sweat and Rick Ortner, San Luis Obispo Handball Club, 21-8, 21-5 and Larry O'Sullivan and Jay Danzig, 21-3, 21-9 in the semi-finals. Snowbarger and Lanfri beat Ed Lyckman and Rich McGuire, SERC, 21-14, 21-16 and Ross

Aragon and Dave Altschuler, San Francisco YMCA, 21-18, 17-21, 21-8 in the semi-finals.

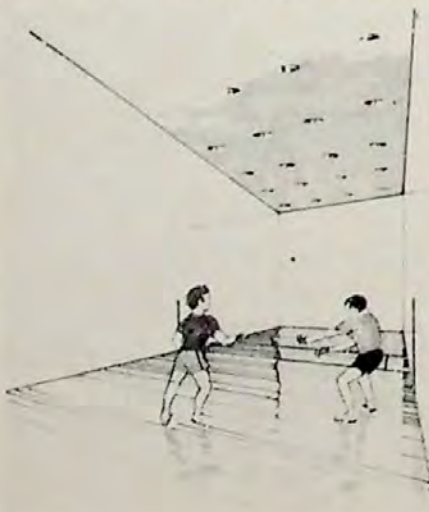
David Welch and Rick DelBovo won the Consolation over Darrell Kelly and John Oppenheimer, 21-15, 14-21, 21-16. Both teams are from the Watsonville YMCA.

Darrell Kelly
Physical Director

announcing with pride: a First in office space

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Jacksonville, Fla.

YMCA Summer tournaments: Pete Joanides, now in the Masters age bracket, nevertheless, dominates the local scene, winning the singles over Ben Burnette, 21-10, 21-18; and the doubles with Sonny Jones over Ben Guzzone and Jud Litchfield, 21-9, 21-12.

There were 32 entries in singles; 16 doubles teams.

Semi-finals — singles: Joanides def. Jones, 21-2, 21-11. Burnette def. Litchfield, 21-12, 21-9.

Semi-finals — doubles: Guzzone and Litchfield def. Burnette and Nate Krestful, 21-14, 17-21, 21-20; Joanides and Jones def. Jack Bates and Frank Hancock, 21-2, 21-4.

Hal Schwerdt defeated Ed Parks in the Golden Masters, 21-9, 21-14, and in the "youngster" over-40 bracket, Krestful defeated Ed White, 21-11, 21-8.

Handball Committee Chairman
Charlie McGhee
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RACQUETBALL

BY *Chuck Leve*

The National Racquetball Club, Inc. has made substantial progress in its organizational efforts to begin the first professional/amateur racquetball tour with prize money in the history of the court sports. Perhaps the biggest step forward came recently when the N.R.C. succeeded in signing such top players as Charlie Brumfield, Steve Keeley, Steve Serot, Bill Schmidtke, Ron Rubenstein, Charlie Garfinkel and Charlie Drake to tour contracts. Other players offered contracts and expected to sign shortly are Mike Zeitman, George Rudysz, Jerry Hilecher, Ken Wong, Bill Thurman and Jim Austin.

The N.R.C. tour begins September 13-16 in Long Beach, California, at Ben Agajanian's Long Beach Athletic Club. It then moves to Houston, Texas, two weeks later and from there on the remainder of an 18-city tour across the continent. Such cities as San Francisco, Cleveland, Chicago, San Diego, Atlanta, Minneapolis, Milwaukee and Norfolk, Virginia, are on the N.R.C. schedule.

On other fronts, the N.R.C.'s first magazine is now in the mails and racquetballers from coast to coast will be able to read what the N.R.C. is all about and the definite plans for the upcoming year. The tour is virtually completed, with just a few last minute site adjustments. With most of the players now under contract, and the green ball in production, the N.R.C. is well on its way. An exclusive contract with Leach Industries gives the N.R.C. an official line of racquets, and negotiations are still going on for an official prize money sponsor.

The N.R.C. tournaments will be open to any racquetballer, whether he is professional or amateur. There will be no dues needed to have been paid prior to eligibility, and of course, there will be prize money — \$5,000 per tournament.

The money will go toward open singles only and be distributed in the following manner: \$1,500 for first place; \$1,000 for second, \$600 for third and fourth (there will be no third place play-off); \$200 for fifth through eighth place; and \$50 for ninth through 16th. There will be no prize money in doubles nor in women's events for the first year, unless N.R.C. sponsorship wishes it to be so. Otherwise, the doubles and gals will have to wait a year or two for the tour to become established before this becomes a reality. It will eventually happen, though.

Other new twists in N.R.C. tournaments will be the method of draw, which will be far more equitable than in the past. The N.R.C. has decided that the top two players will be seeded and placed at the top and bottom of the brackets. Players three and four will then be seeded and placed at the top of the bottom bracket or bottom of the top bracket by coin flip.

After that, seeds five through eight will draw from a hat and be placed in the accurate positions. The same will then hold for the ninth through 16th seeds.

"We feel that in this way we have taken as much of the human element out of the draw as possible," said Bob Kendler, president of the N.R.C. "And we feel this is a wise method of operation, with the players now competing for cash."

After two or three N.R.C. tournaments, the seeding will be done by a mathematical formula based on past tournament results, to take even more of the burden off N.R.C. officers

Recent tournament results show Steve Strandemo continuing his rapid rise to racquetball prominence with a stunning win in the Canadian National Championships. En route to the title, Strandemo topped Jerry Hilecher, Bill Schmidtke, and finally, Steve Serot in the finals. Other top players who did not "place" in that tournament were Bud Muehleisen, Bill Thurman, and Charlie Drake.

Hilecher and Schmidtke teamed up to capture the doubles with a win over Serot and Ron Starkman. Wayne Bowes, from Lethbridge Alberta, captured the closed Canadian singles title.

Two weeks later Schmidtke won the Twin Cities Open over Ron Strom, Strandemo's former doubles partner from hometown St. Cloud, Minnesota. Bill, currently ranked fourth, needed three games with a 21-18 third game win. Strom, a smooth sure-killing southpaw, will be tough wherever he plays this year.

* * *

The N.R.C. was pleased to hear that the International Racquetball Association has ruled that N.R.C. contract professional players will be allowed to compete in I.R.A. tournaments. There was a fear voiced by some of the players that the I.R.A. would impose a ban on them for signing with the N.R.C.

Conversely, the N.R.C. will allow their pros to participate in any I.R.A. events as long as they do not conflict with tournaments sponsored by the N.R.C. Thus the stage is set for co-existence between the two organizations, something that all racquetballers are hoping for.

"We're not interested in banning anybody from anything," said Kendler. "We just want to go ahead with the business of the N.R.C."

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A sampling response from those in attendance:

Malin Greenberg, Court House, Minneapolis. — "I just wanted to express my great pleasure with the proceedings of the Association over this last weekend. Not only was I pleased with the great turnout, I would like to think I know everything about racquetball that there is to know from a business standpoint, I will candidly admit that I, too, learned something there."

Ken Porco, Louisville Athletic Club. — "Just want to say thanks for putting together a very successful first meeting of the NCCA."

Dr. James Tanner, Birmingham. — "Congratulations on a truly wonderful seminar."

Lee Nylen, Champion Glove Mfg. Co. — **"I want to thank Mort, Bob and Chuck for the very fine seminar you organized on behalf of all of us who are interested in building courts in our respective communities."**

Len Stream, San Mateo, Calif. — **"Thought the program was great—excellent exposure. The content of the seminar was very complete. Looking forward to attending next year's NCCA seminar. Well done."**

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This may be the BIG year . . .

The hue and cry for professional Handball has become so great that I have devoted myself to the problem ever since our last convention. The transition to "Pro-Am" play is quite an undertaking but fortunately, I gained considerable knowledge while making the change in Racquetball. If handball players are as receptive to this new idea as the racquetball players are the turn-about will be accomplished without any difficulty.

Frankly, our game has needed a shot in the arm for some time. We haven't been building enough courts for handball. Surprising as it may seem, courts for racquetball are springing up everywhere. The advent of pro handball will not only swell the galleries, — it will attract unlimited numbers of youngsters. It may even stimulate better performances although it is hard for me to believe that there could be greater play than in the Haber-Pfeifer or the August-Muck matches.

If you are wondering what takes us so long, consider this: A pro tour in about a dozen cities would cost well over \$100,000. For this we need a sponsor and are making a search now. The sponsor will need the broadest possible exposure to justify such an investment and for this we need TV. That means a further investment by the sponsor and network time comes high. But this, too, we think we can handle. Now comes the hardest part! Find a dozen or more top players who can make the tours and hosts who can stage the matches; also make balls that are visible on TV. To provide food, travel, housing and equipment is the next hurdle. Promotion in each city calls for a good P. R. man and a dynamic ticket salesman. We will need pro referees and an experienced floor manager.

The requirements for a successful pro season are too numerous to mention. But we are at work on all of them and there may be a way you could help us. At the moment, we would welcome suggestions for sponsors, — either local or national. Let's face it, — the key to our whole program is money, — and if we are going to make our tours exciting, we will have to make the prizes exciting. Only a sponsor can afford this. So if you know of anyone we could approach, please send us their name, — yours will be held in confidence.

I can't tell you exactly how we will undertake and underwrite this giant step forward. Until our next Board of Directors meeting, it may be possible to test the market with some trial tournaments. At the convention, you will get the results and make a policy judgment that could determine the whole future of Handball. In the meantime, you will hear a lot about the Racquetball tour and to lay the rumors to rest, I'll tell you now that we have 18 cities signed up for the tour and will present 15 open tournaments, two top 16's (one singles, one doubles) and will culminate with the National Championships in mid-May, 1974.

We think the prize money will start at \$5,000 per stop and run to \$30,000 depending on the event. We won't know exactly until we have all the figures in from TV, ticket sales, sponsors, endorsements, and entry fees. This is certainly a far cry from the happy-go-lucky fraternity we started with but if the players mean business, this must be run as a business.

I would like to emphasize that all our events will be oriented as much toward the amateur as the professional. The Pro-Am idea has been successful in many other sports and there is no reason why it should not be just as successful in Handball. Time will tell.

We get many wonderful suggestions from our readers and I would certainly appreciate some on this matter. Why don't you write me your idea of what a handball tour should consist of, — how many players we should invite, — what kind of prize money we should start with. Although I was given the go ahead at our last convention, — I would like to hear what you think about the pro am idea in handball. In Austin, several hundred players voiced their approval. But we have a hundred times that many members and I never really got THEIR approval.

So do me a favor. If you want this to be the BIG year, — tell me: Do you want Professional Handball? And if you do, please suggest some sponsors.

BOB KENDLER

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