The new VIP Silver Savers’ card can do more than help you swing a deal on clubs.

It lets you charge them, too.

Introducing the VIP Silver Savers’ Passport® card, a VISA® card that lets shoppers 60 and older take advantage of the savings in The Silver Pages® Directory.

The VIP Silver Savers’ card combines all the savings opportunities available nationwide through the Silver Savers’ Passport® card with the charge convenience of a VISA card. In addition, the VIP Silver Savers’ card entitles you to other benefits, such as free credit card registration, lost luggage reimbursement, emergency cash and free travel insurance worth up to $300,000.

So before you spend money on anything, from restaurants and retail to rentals and travel, use The Silver Pages. And save with the VIP Silver Savers’ Passport VISA or free Silver Savers’ Passport card. To learn how to apply for either card, call 800-847-3578.

Southwestern Bell Media

U.S. NATIONAL SENIOR OLYMPICS
PROGRAM MAGAZINE
JUNE 27-JULY 2, 1987 ST. LOUIS

Fitness and excellence through competition.
THE 50 AND OVER DO-IT-YOURSELF KIT.

If you’re 50 or over, you’re eligible to join over 25,000,000 American Association of Retired Persons (AARP). AARP believes in the dignity and self-sufficiency of older Americans. Even if you’re not retired, your AARP membership will help you attain these goals in so many ways, it’s hard to believe it only costs $5.00. Just take a look at this list:

- You can make new friends and get involved in your community by joining one of over 3,400 local AARP chapters.
- You’ll be adding your voice to the millions of others we represent wherever and whenever government addresses the concerns of those over 50.
- You’ll receive the beautifully produced bimonthly Modern Maturity magazine, as well as the AARP News Bulletin to keep you up-to-date with news and information affecting you.
- You can join the AARP Motoring Plan designed and priced for AARP members.
- You can enjoy the benefits of our specially developed Auto and Homeowners Insurance.
- You are eligible to participate in the AARP Investment Program, a group of mutual funds tailored to fit the special requirements of people over 50.
- For only $5.00 a year, you and your spouse can join AARP and enjoy exclusive benefits and services like these. Simply fill out the coupon below. Or, send the same information to: AARP Membership Processing Center, P.O. Box 199, Long Beach, CA 90801. If you prefer, call 1-800-345-8600, Ext. 79.
- Join AARP today. It just might be the best thing you ever do for yourself.

DO IT YOURSELF: TODAY. START MY MEMBERSHIP IN AARP FOR:

- One year: $5
- Three years: $12.50
- Ten years: $35

Your Name: [Blank]
Address: [Blank]
City: [Blank]
State: [Blank]
Zip: [Blank]
Date of Birth: [Blank]
Mail to AARP Membership Processing Center, P.O. Box 199, Long Beach, CA 90801

BEST OF LUCK SENIOR OLYMPIANS

We salute all Senior Olympians on their spirit and achievements as they go for the gold.

The May Department Stores Company and its Famous-Barr and Venture divisions are proud to be a major sponsor of the U.S. National Senior Olympics, and are especially pleased to sponsor the Track and Field events.
5 Message from President Reagan, USNSO Honorary Chairman
6 Welcome to Missouri from Governor John Ashcroft
8 Welcome to St. Louis from Mayor Vincent Schoemehl, Jr. and County Executive Gene McNary
10 Welcome to the 1987 USNSO from USNSO President Kenneth A. Marshall
12 1987 USNSO Officers and Executive Committee
14 1987 USNSO Board of Directors
16 USNSO Organization Chart
18–21 USNSO Schedule of Events June 27–July 3
22 USNSO Major Sponsors
25 USNSO Riverboat Party
26–29 History of the USNSO
32–34 Profiles: USNSO Organizing Committee
37–41 USNSO Sports Compeitions
44 & 45 USNSO Sanctioned Sites and Coordinators
46 1987 USNSO Preview Party: Scoring the Success of the First USNSO
48–50 An Historic Look Back to the 1904 Olympics
56–61 Washington University’s Sports Complex: Sports-minded and Well-equipped for Athletics
63 & 64 Hometown Heroes: former Olympian Joseph Forshaw
68 & 69 USNSO Exhibition Sports
73 & 74 Sports Legends
77 Recognition of the V.P. Fair Foundation
82 & 83 St. Louis Attractions
CENTER INSERT: 1967 USNSO Participants

COVER ILLUSTRATION: BUD KEMPER
Digital
has
it
now.

The kind
of
computing solutions
you can count
on to keep you
in the game.

It all comes down to extra effort.
Working harder individually and as a team.
That's why the ability to communicate is
built deeply into every Digital computer. Every system we sell
responds smoothly — whether it's one-on-one or in response to
the needs of your entire organization.

Teamwork. It's the stuff productivity is made of. And it's what
distinguishes Digital's computing solutions from the rest of the
pack. For ways to give your company a competitive advantage
now, write: Digital Equipment Corporation,
200 Baker Avenue, West Concord, MA
01778. Or call your local sales office.

digital

---

THE WHITE HOUSE
WASHINGTON
May 5, 1987

As a member of our Nation's growing senior citizen population and as honorary chairman of the first
United States National Senior Olympics, I'm
delighted to extend warm greetings to all the
participants and spectators gathered for this
outstanding event.

Physical exercise is important to every American.
Both research and practical experience demonstrate
the tremendous benefits of regular physical activity,
benefits that continue with age and contribute to an
overall sense of mental, emotional, and physical
well-being. I wish to commend each of you parti-
cipants for your commitment to personal fitness.
Your adoption of a healthy lifestyle serves as a
wonderful role model to your peers as well as to the
rest of our Nation. I salute you.

Nancy joins me in sending congratulations and best
wishes. God bless you.

Ronald Reagan
Welcome to the great State of Missouri

John Ashcroft
Governor

As Governor of Missouri, it is my pleasure to welcome both participants and spectators to St. Louis for the U.S. National Senior Olympics. I have a deep interest in seeing that all citizens are able to reach their fullest potential, emotionally, spiritually and physically. In recent years, we have learned that the most important factors which influence our health and well-being are those we control ourselves. By making healthy, sensible life-style choices like involvement in health and fitness activities, we can better fulfill our potential. Getting fit and staying fit isn’t easy, but the rewards are well worth it.

As John Locke said, “A sound mind in a sound body is a short but full description of a happy state in this world.”

Through their hard work, courage and determination, our senior citizens have passed on to us that American spirit which has made our nation strong and progressive. Participation in the U.S. National Senior Olympics is but another way in which they enrich all our lives through their example.

Best of luck to the competitors and best wishes to all for an enjoyable stay in Missouri.
GREETINGS

Welcome to all
USNSO participants from
the St. Louis area

Gene McNary
County Executive

Vincent C. Schoemehl, Jr.
Mayor, City of St. Louis

As Mayor of the City of St. Louis, I would like to extend my warmest welcome to the participants and guests of the U.S. National Senior Olympics, which will be held in our City from June 27 – July 2, 1987.

While you are here, I hope you will enjoy the life and fun of our region, including the interesting neighborhoods, entertainment and informative museums, sporting events, downtown and riverfront attractions and so much more we have to offer.

Best wishes for a most successful event. Enjoy your visit to St. Louis, we certainly enjoy having you.

A FLYING SALUTE TO ST. LOUIS.
WHEN THE V.P. FAIR TAKES TO THE AIR, DON'T MISS THE SHOW.
JULY 3, 4, 5, 1987
ON THE ST. LOUIS RIVERFRONT.
Welcome to the 1987 U.S. National Senior Olympics

Kenneth A. Marshall
President, USNSO & Chairman, USNSO Executive Committee

The last two years have been busy ones. Thanks to the determination and hard work of over 2,000 USNSO volunteers, the first-ever USNSO has become a reality.

The financial support and contributed services and facilities from national and local corporations and organizations have been very gratifying. Without the generosity of these USNSO sponsors and contributors, there simply would have been no National Senior Olympics.

We are grateful for the cooperation of our state and local governments, as well. Their participation has been most important to the success of this event.

I'd also like to thank the USNSO Executive Committee and Operations Committee. The synergistic effort of these talented individuals has been invaluable and has contributed to the first-class professionalism of this USNSO.

A special thank-you goes to our many friends at Washington University, principal site of the 1987 USNSO. Everyone involved with planning and implementing the 1987 USNSO has certainly done their homework, and I hope that all of you, as participants and as spectators, will find the USNSO exciting, exhilarating and worth a repeat performance.

In addition to establishing the first USNSO, the St. Louis organizing committee and the coordinators of regional Senior Olympics are establishing a national organization to stimulate and coordinate the future growth of Senior Olympics. A very important part of that future are plans for a second USNSO in 1989.

On behalf of the USNSO, I'm delighted that you could join us for this historic event, and we hope to see you again in 1989.

We're Proud To Be Here.

As the National Bowling Council, we're proud to have supported this.

As the American Bowling Congress and the Women's International Bowling Congress, it was our pleasure to coordinate the bowling competition locally and nationally.

And as Brunswick, we're pleased to host the finals at Brunswick Four Seasons Bowl.
Christian Health Services—keeping you a winner in good health.

Winners have a lot in common. They demand excellence—in themselves and others. And that’s what Christian Health Services is all about. Excellence in health care—offering innovative programs to meet your health needs at every stage of life.

Specially designed programs include:

- Support groups, health screenings and wellness programs.
- State-of-the-art health care at Christian Hospital Northeast-Northwest, a two-story, 728-bed regional medical center in North St. Louis County.
- Comfort and security during retirement years at Village North Life Care community.
- For more information on how Christian Health Services can help, call 355-2300, ext. 5153.

Christian Health Services Development Corporation
USNCO BOARD OF DIRECTORS

The Honorable John Ashcroft
Mrs. J. Honest Armstrong III
Mr. Jodie N. Bailey
Mr. Jonh Baskin
Mr. Clarence C. Barksdale
Mr. Randall D. Barron
Dr. Karl L. Barth
Mr. G. Duncan Bowman
Mrs. Bourne Bean
Mr. W. Elliott Beoleti
Mr. William Bezlter
Mr. Bud Blattner
Mr. Donald N. Brandin
Mr. Robert Brog
Mr. Harvey M. Brown
Mr. Richman Bry
Mr. Robert Burns
Mr. Cason Capps
Emmett Capstick
Mr. Allan R. Cohen
Mr. Stanley Cohen
Mr. C. Grunden Cole
Mr. Joe Cole
Mrs. George Conant
Mr. William E. Cornelius
Mr. Robert Costas
The Honorable Jerry F. Costello
Mr. Elmer Cowan
Mr. Edwin R. Culver III
The Honorable John C. Danforth
Dr. William Danforth
Mr. Rex Davis
Mr. Taylor Desloge
Mr. Dan Dierdorf
Mr. Richard M. Donnelly
Dr. Meineke Durham
The Honorable Thomas F. Eagleton
Mr. Samuel A. Edgar
Rev. Reverend Cyrus S. Keller
Rev. Reverend Thomas R. Fitzgerald, S.J.
Mr. Alfred J. Fieldscher
Mr. Alfred Reshman
Mr. Arnold Fogle
Mrs. W. W. Foroman
Mr. W. W. Frank
Ms. Louis J. Fusz, Jr.
Dr. Leigh Gertrude
Mr. Sam Gofstein
The Honorable Richard Green
Ms. Dudley Grove
The Honorable Nelson Haganauer
Mr. Michael Hargrove
Mr. Jim Hart
Ms. Pat Fussner
Ms. Schuyler Gott Horbert
Mr. Robert R. Horner
Ms. Ann Hoyt
Mr. Robert Hyland
Mr. John Irwin
Ms. Ida Irwin
Mr. Ronald Jennings
Mr. Francis L. Johnson
Ms. Ann Knowe
Mr. David W. Kemper
Mr. Wayne C. Kennedy
Mr. Jonathan E. Kilmor
Colonel G. H. Kleinknecht
Mr. S. Lee King
Mr. Charles F. Knight
Mr. George Kroith
Mr. Edward Klopfer
Mr. Carl M. Koupal, Jr.
The Honorable Ralph Knodinger
Mr. David Lacks
Mr. Donald E. Lasater
Mr. Lee M. Lemberg
Mr. Richard J. Mahoney
Mr. William M. Martin
Mr. Ray Mastellah
Mr. Kenneth Marshall, Sr.
Mr. Martin Mathews
Mr. Carl Mathias
The Honorable Hugh McCane
Mr. James S. McDonnell III
The Honorable Gene McNary
Mr. Walter L. Metcalf, Jr.
Mr. Stan Musial
The Honorable Carl Officer
Mr. James M. O'Flynn
Mr. Robert F. O'Goughin
Mrs. William Pecce
Mr. John H. Peeler
Dr. Claudius Pritchard
Mr. Donald Read
Father Paul Reinert
Mrs. Nancy Riche
Mrs. Martha Rounds
Mr. Clif St. James
Mr. John Schult
Mr. Steven F. Schrappman
Mrs. Joseph Schlaffy
Mr. James Schrenkhorst
Mr. Donald D. Schmuck
The Honorable Vincent Schoenhof
Mr. & Mrs. Hugh Scott, Jr.
Mrs. Judy Scott
Colonel Robert Sheetz
Mr. Ozro Smith
Mr. Bruce Sommer
Dr. James Spinhower
Ms. Helen Stephens
Mrs. Walter G. Stern
Mr. Robert G. Stolz
Mr. Leigh Strasser
Mrs. Kelly Sullivan
Mr. Louis B. Susman
Ms. Carol Ronda Taylor
Mr. Carl Tippie
Mrs. Jane Vickery
Mr. Mark Vittert
Mr. Charles H. "Chuck" Wallace
Mrs. George P. Whitelaw, Jr.
Mrs. Ann Whitemore
Mr. Charles B. Wilkes
Mr. William Wilkerson
Mr. Dana Zitter
Mr. Carl P. Wood
Louis Denning, Jr.

"It's one thing to stand by your products. It's another thing to stand by them at four in the morning."

Harold Adams, Monsanto Chemist

"Or for that matter, on weekends. Or on vacation. But when I named the Wear Dated® Carpet Maintenance Hotline, I was on call for 24 hours a day, 365 days out of the year. To answer any questions our customers had about Wear Dated® carpets. Now, as a result of our extensive consumer use, Monsanto people are on call to give consumers advice on stains. For example, we answered thousands of calls in a recent four-week period." Commitment. That's what people like Harold Adams are all about. As one of our valued Chemists, Harold was part of a team specially trained in every kind of stain removal procedure. These people will do whatever is necessary, no matter where they are or what they're doing. Not surprisingly, the Hotline has been so successful, it's been given to Monsanto as it's been to our customers. By identifying the most common household stains, our researchers have been able to develop the Wear Dated® Gold Label Carpet, with a locking in our Blockers—the most scientifically advanced carpet anywhere. It's this kind of uncompromising dedication that makes us proud of our employees, and keeps Monsanto on the cutting edge. Twenty-four hours a day.

Monsanto
We challenge tomorrow, every day.
Each Picture Is The Best It Can Be Or We Reprint It Free...Now!
That's the CPI photo finish® guarantee

At CPI photo finish®, we stand behind each and every print we process. So you can be sure that your pictures will look the best they can be...or we guarantee to reprint them free and fast! Our photo finishing technicians are trained professionals. Trust them to give you the advice and service you deserve!

**one hour services:** photo finishing • reprints
• double prints • enlargements • wallet photos
also: film • instant color passport photos
• video transfer • photo accessories & cameras

Check your Yellow Pages for the CPI photo finish® near you!

Located in St. Louis at:
St. Louis Galleria - Crestwood Plaza - Jamestown Mall - Four Seasons Shopping Center - Chesterfield Mall - St. Clair Square

Also located in:
- Washington, D.C.
- Long Island, NY
- Potomac, PA
- Syracuse, NY
- Tampa, FL
- Jackson, MS
- Dallas/Pt. Worth, TX
- Tulsa, OK
- Baltimore, MD
- Yonkers, NY
- Plymouth, PA
- Albany, NY
- Sarasota, FL
- Louisville, KY
- Houston, TX
- Denver, CO
- Chicago, IL
- Cincinnati, OH
- Columbus, OH
- Detroit, MI
- Phoenix, AZ
- Kansas City, MO

(ONE HOUR PHOTO)

CPI photo finish®
one hour photo
**Saturday, June 27**
7:00 a.m.
Horseshoes (M, 55-69)
Mudd Field, Washington University
8:00 a.m.
Tennis (Singles)
Dwight Davis Tennis Center, Forest Park, Shaw Park, Clayton
Volleyball
Athletic Complex, Washington University
9:00 a.m.
Table Tennis (M, 55–59)
Athletic Complex, Washington University
10:00 a.m. & 12:30 p.m.
Bowling
Brunswick Four Seasons Bowl
1:00 p.m.
Horseshoes (M, 80+)
Mudd Field, Washington University
6:00 p.m.
Opening Ceremony
Francis Field at Washington University

**Sunday, June 28**
7:00 a.m.
Horseshoes (M, 60–64)
Mudd Field, Washington University
7:30 a.m.
10K Road Race
Forest Park
8:00 a.m.
Tennis (Doubles)
Dwight Davis Tennis Center, Forest Park, Shaw Park, Clayton
8:30 a.m.
Table Tennis (M, 60–64; W, 55–59)
Athletic Complex, Washington University
9:00 a.m.
Volleyball
Athletic Complex, Washington University
10:00 a.m. & 12:30 p.m.
Bowling
Brunswick Four Seasons Bowl
1:00 p.m.
Horseshoes (M, 65–69)
Mudd Field, Washington University
2:00 p.m.
Table Tennis (M, 65–68, 70–74)
(W, 60–64, 65–69)
Athletic Complex, Washington University
3:00 p.m.
Bowling
Brunswick Four Seasons Bowl

**Monday, June 29**
7:00 a.m.
Golf—Practice Round
Bellevue CC, Glen Echo CC, Saint Louis CC, Westwood CC
7:00 a.m.
Horseshoes (W, 55–59)
Mudd Field, Washington University
8:00 a.m.
Tennis
Dwight Davis Tennis Center, Forest Park, Shaw Park, Clayton
8:30 a.m.
Table Tennis (M, 75–79; W, 70–74)
Athletic Complex, Washington University

---

**1987 U.S. NATIONAL SENIOR OLYMPICS, JUNE 27–JULY 3**

**9:00 a.m.**
Swimming Warm Up
Shaw Park Pool, Clayton

**9:30 a.m.**
Orienteering/Exhibition Event
Forest Park 18 Hole Golf Course
10:00 a.m.
Horseshoes (W, 60–64)
Mudd Field, Washington University
12:30 p.m.
Bowling
Brunswick Four Seasons Bowl

**10:00 a.m.**
Horseshoes (W, 60–64)
Mudd Field, Washington University
1:00 p.m.
Bowling
Brunswick Four Seasons Bowl
1:30 p.m.
Swimming
200 M Freestyle, 100 M Backstroke
2:00 p.m.
100 M Breaststroke
50 M Butterfly
Shaw Park Pool, Clayton

---

A St. Louis Senior Olympics runner

---

Shot put is one of the USNSO Track & Field events.

---

Glen Echo is one of four St. Louis country clubs to be used for USNSO golf competition.

---

USNSO archery competition takes place at the Science Center, Forest Park.

---

Table tennis is the world's second largest participation sport.
Tuesday, June 30
7:00 a.m.
Golf—18 Holes
Belleview C.C., Glen Echo C.C., Saint Louis C.C., Westwood C.C.
Horseshoes (M, 70-74)
Mudd Field, Washington University
8:00 a.m.
Tennis
Dwight Davis Tennis Center, Forest Park, Shaw Park, Clayton
8:30 a.m.
Table Tennis
Athletic Complex, Washington University
9:00 a.m.
Archery
Science Center, Forest Park
Swimming Warm Up
Shaw Park Pool, Clayton
5K (M/W)
James Butler Bushyhead Track and Washington University Campus
9:00 a.m.
Discus (M)
Shot Put (W)
High Jump (W)
Long Jump (M)
James Butler Bushyhead Track, Washington University
400 M Heats (M/W)
100 M Finals (M/W)
1500 M Walk (M/W)
200 M Heats (M/W)
James Butler Bushyhead Track, Washington University
10:00 a.m.
Bowling
Brunswick Four Seasons Bowl
Swimming
200 M Individual Medley, 100 M Freestyle, 50 M Breaststroke, 200 M Backstroke
Shaw Park Pool, Clayton
12:30 p.m.
Bowling
Brunswick Four Seasons Bowl
1:00 p.m.
Horseshoes (W, 70-74)
Mudd Field, Washington University
1:30 p.m.
Badminton Tournament/Exhibition Event
Athletic Complex, Washington University
3:00 p.m.
Bowling
Brunswick Four Seasons Bowl
6:00-9:00 p.m.
Social Event
USNSO Riverboat Party (President and Admiral Riverboat) on the St. Louis Riverfront

Wednesday, July 1
7:00 a.m.
Golf—18 Holes
Belleview C.C., Glen Echo C.C., Saint Louis C.C., Westwood C.C.
Horseshoes (M, 75-79)
Mudd Field, Washington University
8:00 a.m.
Cycling
1/4 Mile & 5K
Forest Park
Tennis
Dwight Davis Tennis Center, Forest Park, Shaw Park, Clayton
8:30 a.m.
Table Tennis
Athletic Complex, Washington University
9:00 a.m.
Archery
Science Center, Forest Park
Swimming Warm Up
Shaw Park Pool, Clayton
10:00 a.m.
Bowling
Brunswick Four Seasons Bowl
Swimming
100M Butterfly, 50m Freestyle, 50m Backstroke, 200m Freestyle
Shaw Park Pool, Clayton
12:30 p.m.
Bowling
Brunswick Four Seasons Bowl
1:00 p.m.
Horseshoes (W, 65-69)
Mudd Field, Washington University
3:00 p.m.
Bowling
Brunswick Four Seasons Bowl
5:00 p.m.
Javelin (M/W)
Pole Vault (M)
James Butler Bushyhead Track, Washington University
6:00 p.m.
200 M Finals (M/W)
400 M Finals (M/W)
1500 M Finals (M/W)
James Butler Bushyhead Track, Washington University
7:00 a.m.
Horseshoes (W, 75-79)
Mudd Field, Washington University
8:00 a.m.
Cycling
Forest Park

The newly-renovated S.S. Admiral on the St. Louis Riverfront.

USNSO cycling events are being held at the Muriy Oaks, Forest Park.

The V.P. Fair, St. Louis' July 4th civic celebration, takes place July 3-5.
Bob Hope will host USNSO closing ceremonies Friday, July 3.
1987 USNSO SPONSORS

We gratefully acknowledge the generosity and support of the following companies and organizations.

USNSO Sponsors through May 20.

PRODUCERS SPONSORS
KMOV-TV Channel 4
McDonnell Douglas Corporation
Mallinckrodt Inc.
Maritz, Inc.
Mercantile Bancorporation
Missouri Historical Society
Monsanto Company
National Car Rental
National Council of Jewish Women, St. Louis Section
Paramount Cap Manufacturing Company
Park Terrace Airport Hilton
Redstone Clayton Inn
Nealon-Papin Co.
Rotary Inner-City
Ryan and Friends, Inc.
Safeguard Preferred Business Systems
Schneid Markets, Inc.
Sears, Roebuck & Company
Sherwood Medical
Joe Simpkins
Solberg Gashman
Southwestern Bell Community Relations Team
St. Louis Area Council, Boy Scouts of America
Saint Louis Country Club
St. Louis Visitors Center
Suburban Business Products
Suburban Journals
Swedig Corporation
Telephone Pioneers of America
USU
Union Electric
Washington University
Westwood Country Club
Wettkus Incorporated
Wilson Sporting Goods
White Company
The Woman's Club of Washington University

MAJOR CORPORATE SPONSORS

Product Equipment
The May Department Stores
Company
National Bowling Council
St. Louis Convention and Visitors Commission
TWA World Airlines

CONTRIBUTING SPONSORS
American Red Cross
Anheuser-Busch Companies, Inc.
Automobile Club of Missouri
Bellevue Country Club
Breitweiser Co., Inc.
Bi-State Development Agency
Boatmen's Bank
Broadway Office Interiors
Brown Group
Brunswick Corporation
Bryans, Clave, McPheeters & McGroberts
CBS Radio KMOX-KHTR
Capital Coal & Coke Company
Cenex Bank
Central Hardware
Charles Crane Company
Christian Hospital Northeast-Northwest
City of St. Louis
Clarion Hotel
Coca-Cola Bottling Company
Coopers & Lybrand
Edison Brothers
A.G. Edwards & Sons, Inc.
Emerson Electric Co.
Forest Park (City of St. Louis)
Fry Wagner Moving & Storage
The Fur Centre
Gatorade-Quaker Oats
General American Life Insurance Co.
Girl Scout Council of Greater St. Louis
Glen Echo Country Club
Hospital Corporation of America
Interco Inc.
Jewish Community Centers Association
Junior League of St. Louis

FOUNDING SPONSORS
Southwestern Bell Publications
Silver Pages

Other contributing organizations:

Grape-Nuts Flakes.
The simple care and feeding of your body.

Few things are better for your body than regular exercise. And good, simple food. That's why Post® Grape-Nuts® Flakes comes in. So good for you because it's so simple. You see, each flake is made from a single kernel of wheat, to capture all the goodness of nature. So you—and your body—can enjoy one of life's simple pleasures: the light, crisp texture and extraordinary taste of Grape-Nuts Flakes. Low in fat. No artificial preservatives. Just simple wholesomeness. Because for people who care about their well-being, the simpler, the better.
EVERYONE LOVES A WINNER.

Fitness and excellence through competition. That's the goal of the 1987 U.S. National Senior Olympics. Because we work with over half of America's billion-dollar corporations, helping them inform, train and motivate their people to new and higher levels of achievement, we have special admiration for the great competitive efforts inspired by the National Senior Olympics.

Whether the competition takes place on the field or on the job, the objective should be the same. To do our personal best. When we do that, we're all winners.

MARITZ INC.

MOTIVATION • TRAVEL • COMMUNICATIONS • TRAINING • RESEARCH

USNSO RIVERBOAT PARTY ON THE S.S. ADMIRAL & PRESIDENT
6-9 PM Tuesday, June 30
St. Louis Riverfront

THE PRESIDENT

USNSO participants and guests who have purchased tickets to the USNSO Riverboat Party are in for fun evening down on the levee. This special event on the St. Louis Riverfront is a chance to meet other 1987 U.S. National Senior Olympics participants from throughout the country. The party will take place on St. Louis' newly renovated S.S. Admiral and President riverboats.

The S.S. Admiral is a one-of-a-kind art deco entertainment center that is docked right on St. Louis' historic Riverfront. The President riverboat, also located on the St. Louis Levee below the Gateway Arch, is America's largest excursion vessel and offers its passengers a scenic cruise on the Mississippi.

The USNSO Riverboat Parties include a box supper and dancing. There will be a cash bar. After 9:00 p.m., partygoers may stay to visit the many attractions of the riverboats and historic Laclede's Landing on the St. Louis Riverfront.

The St. Louis Convention & Visitors Commission is sponsoring the USNSO Riverboat Party.

S.S. ADMIRAL
Senior Olympics, as a structured event, began in Southern California in 1969. For the first time, there was an athletic competition planned for Seniors. From that beginning, Senior Olympics has grown to more than 500 local and national events in communities throughout the United States.

There has been no national organization stimulating this growth. It is a grass-roots, do-it-yourself happening. Senior Olympic events are organized by local not-for-profit organizations, non-profit organizations, Division of Aging, Parks and Recreation groups, and governments, including State Governors' offices. Funding, which has been very small, has come from private and public sources. Senior Olympics is a phenomenon whose time has come.

Most Senior Olympic events emphasize participation, fitness, good health, fun and competition. While some involve only a few hundred participants, many include several thousand. For the serious athlete, regardless of the sport, Senior Olympics provides the only event where the athlete competes only with peers of the same age. Usually there is in five-year age brackets and a top of 75 or 80 plus.

When Senior Olympic event coordinators met with each other, conversation started about a national event where the best from each region could compete to see who is the best of the best. Early in 1985, Harris Frank, a founder of the local St. Louis Senior Olympics, talked with Kenneth Marshall, who had just retired as a senior executive with an international medical products manufacturer, about creating the first U.S. National Senior Olympics in St. Louis. Both Frank and Marshall had extensive experience as leaders in St. Louis community activities. They decided to try. This was April 1985.

A tentative date of June 1987 was selected. Just over two years, The V.P. Fair Foundation, sponsor of the July Fourth Fair, was contracted for its support. The foundation resorted enthusiastically and the date was set for June 27 – July 2 creating a 9-day "happening" in St. Louis. Since so much would depend on support in the St. Louis community, the USNSO would be not just a competition for senior athletes, but an event which would showcase St. Louis to the participating Senior adults.

Support was asked for and received from the Governor, Senators, Mayor and County Executive.

A statement of purpose for the USNSO was developed: To promote the quality and growth of Senior Olympics by raising the national image, interest and support for Senior Olympics; stimulating participation in Senior Olympic events; encouraging regional and local Senior Olympic events which stage quality events with substantial participation.

A founding sponsor, Southwestern Bell Publications Silver Pages, made a financial commitment which made it possible for the USNSO to begin serious planning. The Executive Committee from the beginning said it would not borrow or spend money not in the bank. Key leadership was organized and a Board and Executive Committee were established. Each brought unique and important experience to the USNSO.

By early Fall of 1985, a lot had been accomplished: community support, a founding sponsor, key leadership, a date for the event, statement of objectives, sites for the event, and some preliminary concepts on events, qualifications, and rules. The big question was, is this an event that would appeal to and be supported by the regional Senior Olympics and their participants?

A meeting of representatives of Senior Olympic regional events was called for November 1985. Each regional event was invited to send one representative as a guest of the USNSO. Everyone invited came and after hearing the plans of the St. Louis organizing committee, there was unanimous support and enthusiasm.

The attendees at the meeting made decisions on what events should be held, what the age divisions should be and how qualifying should take place. The year of 1986 was a busy year. An office was established. A newsletter was initiated to all interested parties to tell them what was happening. Regional events signed "sanctioned sites" agreements. Qualification began at events holding their "last" regional before the national. More committees were formed for such areas as special events, insurance, finance, game administration, Sports Legends, souvenirs and others. A comprehensive.
Swimming is a key competitive sport for men and women senior athletes. Volleyball will be a competition sport at the 1987 National Senior Olympics.

A USNSO hopeful competes in archery at the St. Louis Senior Olympics Regional Games, hosted by the JCRA.

By legal and insurance counsel, media information form and transportation information.

More than half of the qualifications will be determined at events in the months immediately before the games. Plans were initiated for providing community support, information to the general public, to make possible their timely entry. This requires close coordination between USNSO headquarters and each Senior Olympic-sanctioned site.

In March, additional committees were being formed with very specific responsibilities. The host committee was that with 4,000 participants expected, there will be a need for 2,000 volunteers. Involvement in events, hospitality, registration, parking, traffic, medical services, refreshment services, communications, records documentation, press and public relations, etc.

In March, the USNSO moved to a new office space so there would be room for volunteers to work and papers to be stored and assembled.

Computers were installed in January, and programming and data entry began. Every participant will have a data file. Registration and events will use data and from the file.

Planning for USNSO was in the final stages in the Spring of 1987. The hundreds of details were being arranged by the many volunteer chairmen. With no history to go by, everyone's best judgment was being relied upon.

Enthusiasm was everywhere and the St. Louis community was responding generously with time and money to the challenge of hosting the first USNSO with 4,000 participants and a total of 8,000 or more people.

US. National Senior Olympics is in no way affiliated or associated with either the United States Olympic Committee or the International Olympic Committee and such events are not held under their auspices.
IT TAKES A FAMILY PHYSICIAN TO TREAT
THE MANY MEDICAL NEEDS OF THE FAMILY.

In this age of specialization there aren't many physicians who can treat every member of the family. Because when a family includes everyone from Grandma to the toddler, the health needs are diverse. And a physician should be versatile enough to deal with all of them.

Unfortunately, many people don’t have a family physician and often run from doctor to doctor.

But there is a better way. Because there is a group of physicians who are trained to treat the many needs of the entire family.

The D.O Is Trained To Be A Versatile Physician.

The initials D.O. stand for Doctor of Osteopathic Medicine. D.O.s are trained to be family physicians. In fact, most D.O.s enter medical school because they want to be general practice physicians, not specialists. Some D.O.s do, of course, go on to become specialists. But approximately 75% enter general practice.

After four years of medical school, D.O.s, like all physicians, complete a supervised training period in the actual practice of medicine called “internship.” It usually lasts at least one year. The difference is that all D.O.s take a rotating internship which exposes them to the many different disciplines of modern medicine. Disciplines such as internal medicine, surgery, obstetrics/gynecology and general practice. All D.O. interns are also exposed to anesthesia, pathology, pediatrics and radiology.

Consequently, D.O.s have versatile medical skills that equip them well for family medicine.

Benefit From All The Skills Of Modern Medicine.

As family physicians, D.O.s take a common sense approach to health care. The body is one interrelated system. And it is logical to assume that a problem in one area of the body may cause, or be the result of, a problem in another.

D.O.s use every discipline of modern medicine to identify and treat causes, in addition to treating symptoms. Because knowing exactly what the problem is helps the D.O. control its effects.

So it just makes good medical sense to put your family’s health care in the hands of a D.O. who is specifically trained to treat your entire family.

Call For A Physician Referral Today.

Nancy Campbell, our Physician Referral Coordinator, will be happy to answer your questions. And if you need a family physician, she’ll recommend one close to your home. Call her at 314/958-9131 (if a toll call, call collect). And get in touch with a family physician who can treat the many medical needs of your family.

NORMANDY OSTEOPATHIC HOSPITALS
JIM BAKKEN, Chairman, USNSO Competitive Events

After 17 seasons as a place kicker in the National Football League, former St. Louis Cardinals star Jim Bakken is kicking a new ball around town. He's the athletic director at St. Louis University now, and Bakken, a former superbowl player, is now supervising the rebuilding of the city's football team and the rebuilding of the city's basketball team.

In Bakken's first two seasons at St. Louis University, attendance at home basketball games nearly doubled as the team went from "also-ran" to "coordinated" in the Lindberg Midwestern Collegiate Conference.

A native of Madison, Wisconsin, Bakken came to St. Louis in 1962 after a stellar career at the University of Wisconsin. For the next 17 seasons, he played professional football.

A four-time All-Pro, he scored 1,380 points, placing him fourth on the all-time scoring list. He was president of the National Football League Player's Association and once booted a record seven field goals in a single game.

Upon retirement in 1978, Bakken became a vice president of Sports Network, Inc., a St. Louis-based radio and television syndication company. He joined the St. Louis University staff in July 1984.

ELLEN R. CONANT, Chairman, USNSO Board of Directors

Ellen R. Conant is a St. Louis County Council Member representing 130,000 citizens of the Third District. In 1986, Mrs. Conant was elected Chairman of the Council. She was the first woman to hold this position. In November, 1986, Mrs. Conant was reelected to a second term.

Mrs. Conant graduated from Washington University in 1952 with a Bachelor of Arts degree in Political Science. She received a Master of Arts in Urban Affairs from St. Louis University in 1953. In 1983, she was awarded the Danforth Fellowship to study Harvard's Program for Senior Executives in State and Local Governments.

In December, 1986, she received the Special Leadership Award in Government from theYWCA. She is a former St. Louis Globe-Democrat Woman of Achievement for Community Concern. She has received the Southwest Newspaper Signal Award, the Human Development Corporation Award, as well as the Kellogg Award of the Association of Episcopal Colleges.

Mrs. Conant was instrumental in bringing Call For Action, a national church action and advocacy network, to the citizens of St. Louis. In addition, she has served as the United World Women's Game of the Century in 1985.

TAYLOR S. DESLOGE
USNSO Secretary & Treasurer

Taylor Desloge is the former Vice President of the Missouri Bar Association, Inc. Mr. Desloge currently serves on a number of boards for businesses and civic and charitable organizations.

He is on the board of directors of the following businesses: Watlow Electric Manufacturing Company, First Federal Savings & Loan Association, Centerland Land, and General American Capital Company.

In the area of civic and charitable organizations, Desloge is the president and trustee of the Missouri Historical Society. He is a director of the Missouri Historical Society. He is a director of the Independence Center and the St. Louis Psychosocial Institute. Desloge is also a director of the V.P. Farris, Inc. and the Foundation for the Poor People's Government.

HARRIS FRANK
USNSO General Secretary

Harris Frank is a vice president of Solon Gresham, Inc. He has been with the firm since 1964. In addition to his career, Mr. Frank is active in many civic and charitable organizations; past president, Jewish Federation of St. Louis; board member, Washington
JOHN SCHALE, CoChairman, USNOS Athletic Events
When John Schaal joined Washington University as its athletic director in 1976, the University sported anti-dote facilities, the size of the staff and facilities was about half of what it should be for a competitive Division III program, and Washington University was not a member of any athletic conference.

Nine years later, Schaal's goals have been met and surpassed. Washington University sports a new $13-million athletic complex, the size of the athletic department has increased from seven full-time members to 31, and the Bears are competing in the new University Athletic Association.

Schaal, a Clevelander native, has been instrumental in the development of the 1986 AAU/USA National Junior Olympic Games. Schaal spent 10 years as the University of Chicago as associated director of physical education and athletics from 1974 to 1983, and was inducted into AAU Hall of Fame on July 7, 1983.

Schaal serves as the head coach of the Maryland Terrapins, and is a member of the NCAA Division I Council.

CHARLES H. WALLACE
Chairman, USNOS Facilities, Services & Concessions
Chuck Wallace, a native of St. Louis, has a long history of volunteer civic activities. He began his business career with the family business, Cupples Company, in 1970. Wallace left Cupples to start a new firm, the Stirling-Everest Corporation, in which he is president. Currently, he is an extended time of absence from his firm in order to serve in the active positions of the V.P. Fair Foundation and executive director of the V.F. Fair.

Wallace also serves the civic and business community in the following roles: President & director, Affiliated Home Services; president & director, VNA Visiting Nurses Association; trustee, The Churchill School; director, Bernard Free Skim and Cancer Hospital; director, Central Brunswickers, Jefferson City, MO; director, First National Bank of St. Louis County; and chairman & director, The Shakespearean Festiva.
FOR THE FUN OF Learning

St. Louis Community College

Education that Works.

Meramec Campus
Forest Park Campus
Florissant Valley Campus

USNSO SPORTS EVENTS

BACKGROUND FACTS & LOCATIONS OF THE 11 USNSO SPORTS
ARCHERY
Director, Archery. Ann Hoyt
Science Center, Forest Park
Early in its history, Archery was called "the king of sports and the sport of kings." Even today, the sport is held in high esteem and is considered a worldwide pastime, particularly under the auspices of the Friendship Association of the United Nations. Since 1929, Archery Clubs have been included in the summer Olympic Games, although competitions were never held during the 1908, 1912, or 1920 Olympic Games. The 1904 Olympic and Archery competition was held in St. Louis.

The oldest club on record in the United States is the Union Bowmen of Philadelphia, founded in 1826 and still active. Our own St. Louis Archery Club, on whose shooting field the first U.S. Olympic team will be held, was founded in 1821 by Arthur Lambert Jr. of the Lambert Pharmaceutical Company, after which Lambert-St. Louis Airport is named.

Archery is a lifetime sport — to be enjoyed by young and old, as evidenced by the tremendous age spread from 6 to 80+ years. The National Archery Association has five age divisions: Cadet (12 years and under); Junior (13-15); Intermediate (16-18); Adult (18 and over); and a Senior division for those 50+ years. Recognized divisions are for both male and female archers. Some enthusiasts in their eighties are still practicing.

As an Olympic sport, it is appropriate that Archery should be a part of the Senior Olympics. To equalize competition, age groups have been set up consistent with those used in the other sports competing in the Senior Olympics in 5-year increments. As a further concession to bring about a fairer competitive menu, equipment categories have been established.

These consist of: Recurve or straight line bow shot with fingers; compound bow shot with fingers; and bow shot with a release aid.

The competitive round to be shot will be the NAA "A" round. However, as a deviation from the true round, distances will be shot in yards instead of meters — 30 arrows at each distance of 60, 50 and 40 yards. Two rounds will be shot, one each day, the combined total to determine winners in each age group and equipment category.

The site of the competition is the flat shooting range immediately in front of the Science Center of Missouri Planetarium in Forest Park.

GOLF
Director, Golfing Events. Bob Bellesio, Glen Echo, Saint Louis and Westwood Country Clubs

Golf was a relatively new game to this country when it became an Olympic sport for the 1904 Games held in St. Louis, Missouri, in conjunction with the World's Fair. This was the only time that golf was so designated.

The honor of being the only course ever to have hosted an Olympic golf tournament, therefore, belongs to Glen Echo Country Club, which will be the site of both the Men's and Women's Championship Flights in this year's First National Senior Olympics. The Championship Flights will be made up of the lowest handicap players applying for these Flights, regardless of age. Flight events — 55-59; 60-64; 65-69; 70-74; 75-79; and 80 and over for both men and women — will be held at three other local courses: Bellesio Country Club, host of the 1969 Women's Open Championship and the First USGA Mid-Amateur Championship in 1981; Saint Louis Country Club, site of the 2012 and 1960 USGA Men's Amateurs; the 1923 and 1975 USGA Women's Amateurs, and the 1947 USGA Men's Open Championship; and Westwood Country Club, which was the site of the Western Open Championship in 1936 and 1952, and which played host to this June to the Missouri State Amateur Championship.

All four tournaments will be 36-hole medal play events with no handicaps involved, and are scheduled for Tuesday, June 3 and Wednesday, July 1.

HORSESHOES
Director, Horseshoe, Skip Penfold
Russel Field, Washington University

Horseshoe pitching derived from the ancient Olympic sport of discus throwing, it is known that Roman gladiators and camp followers threw the horseshoe in the same manner as the Greeks did with the discus. As the game progressed, they were played for accuracy rather than distance. Stakes were added as a target. The game was introduced in America by soldiers of the British colonial garrisons, and during the American Revolutionary War, pitching horseshoes was a popular diversion among both British and American soldiers.

The Grand League of American Horseshoe Pitchers was the first ruling body of the sport. It was formed in the conference of the First District Court, Kansas City, Kansas, on May 16, 1914. In 1921, the Grand League Horseshoe Pitchers' Association of the United States was organized. It was incorporated in Ohio as a non-profit organization. On February 26, 1921, its name was changed to the National Horseshoe Pitchers' Association of America, the name it still bears. Between 1905 and 1920, they played on a 30-by-30-foot court, in a marked area, using a curved piece of the "open" shoe. Manufacturers began making special shoes for pitching. They now can be bought in different weights, temperaments, shapes and balances. The better courts have com-
crepe pads and walkways for surfer footing while pitching, and special clay on the pits to hold the snow where it lands.

In the National Senior Olympics, first place will be determined by the double elimination method. The person that goes undefeated has first place and will not have to play the winner of the one-loss side. The matches will be 21-point consolation. A shoe must be within six inches of the peg to score a point and a ringer counts as three points. If each person has a ringer on the peg, they cancel, and the next closest shoe counts as a point. Women of all age groups and men 76 and older may pick at 30 feet. Younger men must pick at 40 feet. Participants may use their own horseshoes, if legal. A shoe shall not exceed 7/16 inches in width, 7/16 inches in length, or have the opening wider than 3/8 inches. The shoes shall not weigh more than 2 pounds, 10 ounces. Tournament horseshoes will be available for use at the courts.

**TABLE TENNIS**

**Director, Table Tennis Events, Eric Seidman, Athletic Complex, Washington University**

Table tennis is the world's second largest participation sport played in more countries than any other racket sport. The International Table Tennis Federation has membership in 162 countries. Having 21,000,000 recreational players, according to a Gallup poll survey estimate based on 1984-88 data, in terms of participation table tennis is America's most popular racket sport. Over 10,000,000 players annually participate in sanctioned tournaments worldwide. Racket sports expert, Dick Squires, in his book, The Other Racket Sports, says of table tennis, "At the top level, table tennis is a grueling and demanding sport."

**TABLE TENNIS**

**Director, Table Tennis Events, Eric Seidman, Athletic Complex, Washington University**

Table tennis began around the turn of the century as a park game. By the 1930's, it had evolved into a highly competitive sport throughout the world. The United States Table Tennis Association was formed in 1933. Rapid strides were made, and in 1936 the United States was the first country to win both the Savvyling Corinthian Cups, awarded to the world's best men's and women's teams.

Change has been the constant companion of this sport, with more and more innovations being added each year. The goal of this sport is to hit the ball back and forth in such a way that the opponent cannot return it. The ball is hit with an overhead or overhand movement, and both hands may be used.

For every US National table tennis event, in which senior athletes have qualified for, they will be allowed to enter an additional Bonus Event. Therefore, if a qualifier qualifies for four events, he or she may actually enter a total of eight swimming events.

**SWIMMING**

**Director, Swimming, Caryl Simon Shaw Park Pool, Clayton**

The 1987 USNSO swimming events are being held at Clayton's Shaw Park Pool from Monday, June 29 through Saturday, July 1. Practice is at 9:00 a.m. and timed finals take place from 10:00 a.m. to 2:00 p.m. The Clayton Shaw Park pool is an outstanding facility for the USNSO swimming competition. It is a 50-meter 8-lane pool with non-turbulent lane lines.

The U.S. Masters Swimming (USMS) Rules will govern the conduct of the USNSO meet.

The following 12 swimming events were compiled from events that are held around the country. Not all regional Senior Olympics offer all 12 events, so the USNSO decided to offer a Bonus event: 200-meter freestyle; 100-meter breaststroke; 50-meter butterfly; 200-meter individual medley; 100-meter freestyle; 50-meter breaststroke; 200-meter backstroke; 100-meter butterfly; 50-meter freestyle; 50-meter breaststroke; 100-meter backstroke; 400-meter freestyle.

For every USNSO swimming event in which senior athletes have qualified for, they will be allowed to enter an additional Bonus Event. Therefore, if a swimmer qualifies for four events, he or she may actually enter a total of eight swimming events.

**10K ROAD RACE**

**Director, 10K Road Race, Dan Sebben**

The tradition of the 1987 U.S. National Senior Olympics will be the 10K Road Race. The race will start and finish at a course held on the campus of Washington University. Francis Field will be the site of the 1904 Olympics, the first Olympics held in the U.S.

The course then leaves Francis Field and travels east on Forsyth Boulevard into beautiful Forest Park. The course will loop through Forest Park and return to Francis Field via the same route. The course will provide a 10K victory lap on the finest rubberized track in the Midwest.

The St. Louis Track Club will provide the race administration, volunteers, and fire extinguishing the safe, well-executed event.

**TENNIS**

**Director, Tennis Events, John Gentry, Athletic Complex, Forest Park & Shaw Park, Clayton**

The 1987 U.S. National Senior Olympics tennis competition will feature winners and runners-up of regional Senior Olympic tournaments as well as Seniors who have participated in national competition and have earned a sectional or regional ranking.

The USNSO tennis tournaments will take place at the Dwight Davis Tennis Center in Forest Park and at Shaw Park Tennis Center in Clayton. The tennis matches will be conducted under the United States Tennis Association (USTA) Senior Guidelines.

Matchs will be two-out-of-three sets with regular scoring and a tiebreaker point to break 6-6 in a set.

USTA Officials will randomly monitor the matches, and head-duty Wilson tennis balls will be provided for each match. Awards will be presented immediately following the U.S. National Senior Olympics.

**TRACK & FIELD**

**Director, Track & Field Events, Bill Miller**

Butler University Track at Washington University's Francis Field

The 1987 USNSO Track & Field competition has unique significance in the average home, and can be played year-round.

USNSO table tennis will be a straight elimination format, singles games played to 11 points, with no deuce, and the odd-numbered categories, for both men and women.

By focusing on the 55-plus age groups, the USNSO affords athletes their own national identity as a competitive group. Until now, masters competition was denied the only venue and catered to all ages from 30 up. This should provide the impetus for growth of the masters Olympic idea that emphasizes “Not the winning, but the taking part.”

Aerial view of Dwight Davis Tennis Center in Forest Park.

Aerial view of Washington University's Athletic Complex and Francis Field.

That it will be held at Washington University's Francis Field, the site of the first U.S. hosted Olympic in 1904.

The original 500-meter cinder track has recently been replaced by the J. Butler Bushhead Complex, a lighted all-weather "track" surfaced facility featuring a 400-meter oval, plus all field events.

The field events include high jump, pole vault, long jump, shot put, discus throw and javelin throw.

Competition begins with a 10,000- meter road run at Francis Field, beginning at 7:30 a.m. Track and Field Competition will be held on Monday, Tuesday and Wednesday, June 29, 30 and July 1. Metric Track events include 100, 200, 400, 800, 1,500, and 5,000, plus the 1,500 Race Walk. Field events include high jump, pole vault, long jump, shot put, discus throw and javelin throw.

Field events will be held at the University of Missouri-Columbia Track and Field Complex.

Washington University's Volleyball Court in the new Athletic Complex.

**VOLLEYBALL**

**Director, Volleyball, Dr. Armando Yaglan, Washington University's Athletic Complex**

Volleyball is an all-around game for anyone, regardless of sex or age. The regional Senior Olympics volleyball is played by men and women who have reached the age of 55 or over. For the USNSO Volleyball tournament, which will take place at Washington University's Athletic Complex, June 27, 28 and 29, there will be at least three matches. Each match will be 21 points, 2 out of 3 games. The USNSO volleyball matches will be open to both men's and women's divisions and women's divisions. The teams will have a minimum of 6 players and a maximum of 16 players.

Women's divisions will include teams from Louisiana, Missouri, Colorado, Ohio, and Wisconsin.

Men's divisions will include teams from Michigan, Louisiana, Missouri, Colorado, New York, Texas, and Wisconsin.

Major League Volleyball has become the newest professional sport, particularly for women.
May The Force Be With You.

St. Louis was the site for the first International Olympic Games in 1904. Now 83 years later, the same site will provide the stage for the first U.S. National Senior Olympics. ConAgra, the Force in Frozen Foods, salutes these senior athletes, who represent such a vital force in our nation.

As America's largest supplier of frozen foods, ConAgra proudly supports the outstanding efforts of these athletes. And we wish the U.S. National Senior Olympic Games continued success in the years to come.

ConAgra - The Force in Frozen Food.

PARTICIPATING ATHLETES OF THE 1987

U.S. NATIONAL SENIOR OLYMPICS

USNSO PARTICIPANTS AS OF JUNE 11, 1987
1987 USNSO PREVIEW PARTY
Boosting the success of the First USNSO

Thanks to the support of more than 1,300 USNSO enthusiasts who attended the USNSO Preview Party on Sunday, February 1, at Washington University’s Sports Complex, substantial financial support was generated for the USNSO.

The Preview Party included demonstrations of various sports including tennis, swimming and cycling. Well-known St. Louis celebrity, Sports Hall of Fame member and veteran sports caster for KNOX Radio, Jack Buck, was master of ceremonies.

“Sports Legends” including Sam “Boom Boom” Wheeler, Dick Weber, Joe Neme, Bing Devine, Jim Bakken and Jeff Salenstein were on hand to meet and greet fans.

A special thank you goes to USNSO Preview Party Co-chairman Pat Coffey and Nance St. James for their exceptional job of organizing this successful benefit for the USNSO.

The USNSO Preview Party featured exhibitions and demonstrations of many sports events that will be part of the USNSO from June 27 - July 2, 1987.

THE QUALITY OF LIFE IS YOURS TO DETERMINE...

ON YOUR MARK, GET SET... LIVE!

LONGEVITY — THE ULTIMATE GUIDE TO HEALTH, WELL-BEING, AND A LONGER, MORE VIGOROUS LIFE!

At no point in history have there been so many advances in the science of life extension. Even more exciting is the revelation that it’s never too early—or too late—to begin. In fact, you can begin today!

Introducing LONGEVITY—the new monthly newsletter from OMNI Magazine. Dedicated to the art and science of staying young, LONGEVITY separates the facts from the fads, the science from fiction, and the myth from medicine—providing our readers with the latest breakthroughs on how to stay younger longer.

Which diets work—and which diets don’t?
Do certain health products cure or cause illness?
Are vitamins the answer to everything—or anything?
Who should you trust your doctor...and when should you trust yourself?
Will breakthrough procedures leave you safe—or sorry?

Subscribe to LONGEVITY today, and pay just $24 for 12 fact-filled issues! Not only will you enjoy the convenience of home delivery, but you’ll also receive a 50% savings off the regular cover price! Should you become dissatisfied at any time, simply let us know, and you’ll be fully refunded for all unmailed issues. So act now—and win the race against time!

1-800-341-7378
In Iowa, 1-800-223-4495

CREDIT CARD HOLDERS CALL TOLL-FREE:

LONGEVITY
PTA, Inc. 1301, Des Moines, IA 50301-1301

Name

Address

City

State

Zip

Credit card number

Expiry date

A name for delivery

CREDIT CARD HOLDERS CALL TOLL-FREE:

1-800-341-7378
In Iowa, 1-800-223-4495

CREDIT CARD HOLDERS CALL TOLL-FREE:

LONGEVITY
PTA, Inc. 1301, Des Moines, IA 50301-1301

Name

Address

City

State

Zip

Credit card number

Expiry date

A name for delivery

LONGEVITY
DEDICATED TO THE ART AND SCIENCE OF STAYING YOUNG
Welcome everyone, to the site of America's first Olympic Games! St. Louis is one of only two United States cities to host an Olympic Summer Olympic Games—Los Angeles last two. The first Olympic was held here in 1904.

Actually, St. Louis was not scheduled to stage those first Olympic Games away from the continent of Europe. Chicago was selected by international Olympic officials to host the 1904 Olympics. At the same time, St. Louis was preparing for its memorable World's Fair (Louisiana Purchase Exposition). When the Fair could not open on the 100th anniversary of the Louisiana Purchase in 1803, it was rescheduled for 1904. As a result, two international events—a World's Fair and the Olympic Games were scheduled in mid-American cities less than 500 miles from one another.

FACTS ABOUT ST. LOUIS' 1904 OLYMPIC GAMES
The Olympic swimming and diving venue was artificial lake used for the Fair in 1904. It apparently was an improvement over the “kiddies’ o’ section of the Bay of Zia used in Athens Olympic Games of 1896 and the river in Paris Games of 1900. The lake was mini-blown into the water after two days of heated competition in St. Louis, but it sure beat swimming in the icy cold Mediterranean a few years earlier. The sports were different in 1904. American’s played “softball water polo,” which was such a rough sport, the Germans, who played by international rules, decided not to enter that Olympic sport.

There were different Olympic events including the 50-pound weight throw and tug-of-war in track and field (called athletics in 1904), all for distance in swimming, and single sticks in fencing. There were different Olympic sports too, like roque and golf in the 1904 Games.

However, the changes have been from 1904 to date, and it seems that the Olympic Games attracted outstanding athletes to St. Louis to compete for prestigious Olympic medals and an opportunity to meet and compete with athletes from other countries. That Olympic concept of sports is still around today.

The athletes. The superstar of St. Louis Olympic Games was 55-year-old Ray Ewry, originally from Lafayette, Indiana. When Ewry was a young man he had polio, and part of his medical treatment included strenuous exercises for his legs muscles so that he could walk. These exercises trained him well for jumping. He became a fine athlete at Purdue University, where he received an engineering degree. After graduation, he headed for New York. When Paris Olympic Games were staged in 1900, Ewry traveled there with other New York Athletic Club members. In Paris, he collected three gold medals for the standing jump, long jump, high, and triple hop, hop, and jump.

Four years later in St. Louis, he added to his gold medal collection with wins in the same three jumping events held on three different days. He broke a world’s record in the standing long jump—his own record.

In 1908 he was again in the standing jump events to win all three medals in the Games. (The standing jumps were discontinued completely as Olympic events after 1912.) He was the only United States athlete over to win eight gold medals in three Olympics. For his sports talents, he was enshrined posthumously into the Olympic Hall of Fame. Ray Ewry represents the Olympic stars of a bygone era.

Over at the Olympic swimming venue in 1904, 19-year-old Charles “Charlie” Daniels of the New York Athletic Club was swimming up the water—and the competition. After it was all over, he owned three gold medals, one silver medal, and a bronze. America’s had its first Olympic swimming start. Unfortunately, Daniels too far ahead of all the marvelous movies and television opportunities thus offered to those Olympic swimming stars who followed him. Johnny Weissmuller, Buster Crabbe, and Mark Spitz used movies and television appearances to great personal advantage many years later.

Beals Wright of Boston won the Olympic lawn tennis singles event in 1904—he also won in doubles. Wright, who won over a small, notable group of mostly American tennis players, went on to amass greater tennis fame in the Davis Cup championships. A 24-year-old Stanford graduate when he played at the Olympic tennis venue adjacent to Olympic Stadium, Wright came from a sports-talented family. His father, George Wright, and uncle, “Harry” Wright, were two of baseball’s professional players. Both were anchored in Berkeley’s Hall of Fame. Beals Wright, himself, was enshrined into the Tennis Hall of Fame in 1956.

St. Louis Albert Brand Lamberth had the distinction of being the only golfer to appear in both Olympic golf championships, Paris in 1900, and St. Louis in 1904. Although he did not win an Olympic medal, he was a top contender in both Olympics. In 1904 at age 28, he helped secure the Olympic gold matches for Glen Echo Country Club. Lamberth is remembered most for his contributions to aeronautics—he was also a barker of Charles A. Lindbergh’s trans-Atlantic flight—and St. Louis municipal airport is named in his memory. There were other stars, too. Milwaukee’s “Arche” Hahn mastered track sports so well that he collected three gold medals and an Olympic record that stood for 28 years. Zoltan von Halmy travelled all the way from Budapest, Hungary to compete in Olympic swimming. In St. Louis he won, he continued his Olympic participation. He was the only athlete to compete in all of the early Olympics before World War I. He was joined by Emil Rausch, European swimming champion from Berlin, Germany, who also won two Olympic events.
Chicago's Charles Dvorak, who attended the University of Michigan, and Meyer Plessis of the Greater New York Irish Athletic Club, who attended Syracuse University, both came to St. Louis to show the world that they were deprived of gold medals in Paris in 1900. Both of these fine athletes—

Dvorak was a pole vaulter and Plessis a

jumper—were caught in the controversy about participating in sports on

Sunday. In Paris Olympics they did not compete in their Sunday events

because some of the U.S. contingency did not think they should. In St. Louis,

where the Olympic events were sched-

uled for Sunday, they both competed

and won the medals they had sought

four years earlier.

George Plaage, a Milwaukee hurdler who attended the University of Wisconsin, and Joseph Stigler, a Cleveland jumper, became the first

black American athletes to win Olympic

medals when they competed in St. Louis.

A practicing physician from St. Louis,

Dr. George Sheldon, won the first

Olympic diving championship in 1904.

Some ladies from Cincinnati and

Washington, D.C., shot for artistic

medals in archery while attired in long

black skirts, lots of petticoats and very

large hats.

There were boxers and wrestlers and

rowers and cyclists and gymnasts and

basketball players and soccer players who participated in a variety of

Olympic events in St. Louis in 1904.

The biggest event of all was the

Olympic marathon which took place on

Tuesday, August 30, 1904. The Olympic

course was an arduous one over

dusty, rocky, unpaved county roads. It was a classic marathon with some

comedy—and lots of drama. A Cuban

mailman, Felix Carvajal, stopped to pick

peaches along Manchester Road, New

Yorker Fred Loomis rode in one of the med-

ical automobiles for a portion of the

race, then was the first runner to return

to the Stadium. His actions—planned

or accidental—angered the officials, he

was "banished for life" from competi-

tion. Interestingly, he won the Boston

Marathon in 1906.

The official winner in St. Louis was

Thomas Hicks of Cambridge, Mas-

sachusetts who was given a drug by his

trainer during the race. It made him so

ill when he returned to the Stadium, that

he had to wait until the next day to

receive his award.

John Funi was the only hometown

to enter—and finish the race. He is

honored today by the St. Louis Track

Club with the John Funi Memorial Cup

awarded to the top male and female

runner in the annual St. Louis Marathon.

There were problems with regard to the

Olympiad in St. Louis. Some of them concerned the relationship of the

Olympic Games to a World’s Fair. There

was a lack of participation by athletes

from some major European countries,

although that last Olympics in North

America drew a respectable group of

athletes from Canada and Cuba. The

"Americans" who competed were often
citizens of some European nation.

The contribution of the 1904 Olym-

piad was that it introduced the Olympic

concept of sports to a large part of

America. It opened the Games to a

diverse group of talented athletes who had

not had an opportunity to compete before.

That was the legacy of the Olympiad

in St. Louis in 1904.

© June Wuest Becht, 1987

Some of this material was published in June Wuest Becht’s article, “Sport Stars of America’s First Olympics,” for

USGA X, Colorado Springs, Colorado,

1986.

Group of swimmers at the Olympic Cham-

pionships, 1904. Start of the 100-yard

swimming race at the 1904 Olympics.
"It's a good feeling to strive for your best... especially when you're a senior athlete."

Blue Cross and Blue Shield of Missouri salutes the U.S. National Senior Olympics. As sponsor of the 1987 St. Louis Senior Olympics Track and Field events, we've demonstrated our support of senior athletes. We know it's always a good feeling to do your very best.

We're striving to bring you the best Medicare Complementary coverage possible. With a choice of benefit options and the Caring Card that keeps claims filing to a minimum, Medicare Complementary from Blue Cross and Blue Shield is a real winner.

CALL FOR A FREE BROCHURE:
658-4700
1-800-392-8740, ext. 4700

Deaconess Volunteer Wons 5 Golds in Local 1986 Senior Olympics.
Catherine Vieth (left), who has been a volunteer at Deaconess Hospital for 14 years, won five gold medals at last summer's Senior Olympic Games in St. Louis. The volunteer corps performs helpful tasks throughout the hospital.

'An ounce of prevention...' is an idea we endorse!

We believe everyone should minimize the risk of a medical problem tomorrow through good health practices today. It simply makes sense.

Successful preventive health care can have many aspects. And your physician can tell what's best for you. Many people prefer to join others in supervised health care activities. So Deaconess Hospital offers a wide array of programs to help you stay healthy. Exercise, weight-control, stress management and smoking cessation are a few examples. Interested persons and companies, call (314) 768-3170.

Exercise in the Deaconess gym is enjoyed by adults of all ages. The program is open to the public.

Exercise courses and a children's playground have been donated for public use by Deaconess in cooperation with Step Up! St. Louis. The above facility is on Oakland Avenue, across from the hospital.

A variety of health enhancing activities for residents and those living in the area is planned to be offered by Orchard House when the new Webster Groves retirement community is completed. It will be located in the heart of the Old Orchard District.

Orchard House will be a distinctive complex of apartments especially created for mature adults. The design will include retail shops and a fine restaurant. Deaconess and its joint venture partners are the sponsors.

Call (314) 631-2992 for information.
Washington University is the chosen site for the USOC Games because its $13.5 million dollar athletic complex is among the finest in the country. Completed last summer, the project is the first major renovation and expansion of Washington University's athletic facility in more than 50 years. The athletic complex was the site for the 1988 AAU/USA Junior Olympic Games, so this will be the second time for a major national athletic event taking place at Washington U. since.

Washington University hosted the World Olympics in 1904.

The University constructed the athletic complex to provide more attractive recreational and competitive sports facilities for its students, faculty and staff. The Hilltop Campus has renovated the original field house and added a recreation gymnasium, an 8-lane, 25-meter swimming pool with diving area, eight racquetball/handball courts, two squash courts, a weight room and locker rooms.

Renovation and construction also has taken place outside with the addition of a new baseball field and several lighted fields for intramural activities. Built more than a decade ago, the historic Francis Field stadium, site of the 1904 Olympic Games, has been refurbished with a regulation football/soccer field and a synthetic, 8-lane, 400-meter track. Field event areas have been developed within the stadium and adjacent to the playing field. The stadium now seats 3,200 fans, compared to the former figure of 7,500.

The wings of the stadium, which jutted at an angle from either end, have been demolished. Other additions included a press box with complete electronic communications systems, improved lighting, a concession stand and restrooms, paved entry with spectator-control fences and a practice field. Also, the University's eight tennis courts have been repainted, with lighting added to four courts.
Planning and Financing.

Plans to build a new sports and recreation center began in 1971, when a local architectural firm was asked to do a feasibility study. "Hastings and Chiwetta did an exhaustive study on what could be done to improve our athletic facilities," said John Schael, Director of Athletics at Washington University. The study was reviewed by the University, crystallized, and then organized into various phases. Originally, we planned construction in three phases. The first phase would have included a multipurpose building, with moderate renovation of Francis Gymnasium; the second phase would have been a swimming pool, as well as some needed indoor spaces; and in phase three, we would have added an additional auxiliary gym and addressed outdoor activity areas. However, after further study, the University's administration decided significant savings could be achieved if all phases were combined into one building project.

The proposal to build a new athletic facility coincided with the announcement of the Alliance for Washington University, a 300 million dollar fundraising campaign. This major fund drive, one of the largest in any university's history, has helped alleviate the problem of financing the new complex.

For some time it had been evident that Washington University would have to do a major renovation and expansion of athletic facilities," said Chancellor William H. Danforth. "The cost was high enough that it was necessary to wait until a major fundraising drive was organized to accumulate resources to do the job well. Accordingly, on recommendation of several groups within the University, the athletic facility improvement was one of the top priorities in the $300 million dollar Alliance for Washington University." Washington University's Athletic Philosophy.

In recent years, it was not policy for Washington University to expand the athletic program. Does the new facility suggest a change? "Athletics and recreation traditionally have played an important role in student campus life," Schael said. "Hillmarks like antiquated heating, plumbing, and the lack of quality activity space existed in our present facilities, and we were falling short on meeting the needs and expectations of the students, faculty, and staff.

"The new athletic complex, which is a combination of renovation and new construction, will result in a modern, high-quality, first-class complex that will lend itself to creative programming. From the outset, we planned a facility to meet the needs of the students."

In intercollegiate athletics, Washington U. competes as an independent at the NCAA Division III level. Varsity teams are made up of students who are interested in high-caliber collegiate athletics without the benefit of athletic scholarships.

The University's recruiting continually were finding that student-athletes were choosing educational institutions offering better athletic facilities over Washington University's outstanding academic opportunities and poor, deteriorating athletic facilities. How does Washington University's community view the new complex?

"The facilities are fantastic," said Daneen Voss, a Washington U. senior. "The improvement in athletic facilities over the past three years has been phenomenal. The complex only can help the University with its overall recruiting." Tom Pollock, a sophomore and a tailback on the football team, said, "When I visited the school last year, I was really impressed with what the University was doing. With its quality athletic facilities and outstanding academic reputation, Washington University is now an ideal school to attend." "I have only good things to say about the new facility," said Guido Weiss, a University mathematics professor. "I headed a committee in 1972 to discuss the building of such a complex, so I'm very happy to see the finished project, of course. It is a nice addition to Washington University." Administrators knew, too, that the ancient facilities were a hindrance to the University's recruiting efforts. "The athletic facilities had detracted from our ability to recruit talented young people who wanted to pursue athletics at both the varsity and recreational levels," Danforth said. "The new facilities should make it possible for us to enroll more such students, as well as provide the space for vigorous athletic programs." Schael added, "It was a serious problem, not only from the aspect of the varsity athletes, but also the recreational users. The new complex is now a recruiting catalyst for outstanding students and faculty. It demonstrates that the extracurricular programs are important to the University and that the athletic complex is just another one of the excellent facets associated with Washington University." Harry Kizer, dean of Student Affairs, said, "The new facilities will enable the University to remain competitive with other major national colleges and universities, who have recently expanded or upgraded their facilities. Brown University, Northwestern, Boston University, Georgetown, Emory, Rochester and others recognize that today's best high school students will increasingly make their college choices from among comparable academic institutions, for non-academic reasons. The new facilities already have had a significant impact on admissions recruiting and a positive effect on undergraduate morale. "Among the Division III ranks, this building fits within the philosophy where facilities and programs are available to all students on campus," said Schael. "At many institutions with high-powered programs, athletic departments are autonomous in developing their own facilities through their own fundraising efforts. Therefore, varsity programs have almost exclusive use of the facilities. At Washington University, we try to balance the use of the facility and encourage participation for all students, faculty, and staff. We do not plan on shifting our priorities.

Collegiate basketball in the Washington University Field House. The new Arena "stretch" pool.
"The quality of our intercollegiate program should improve with the addition of the athletic complex, I've always felt that we've had quality coaching, faculty and administrative support, and the necessary financial resources needed for a successful program. The missing link was a modern facility to carry out our programs. All the ingredients for success are now in place."

Transforming the old into the new.

Access to the four-level complex is through a single main entrance on the east side, facing the campus. A northsouth concourse in the complex, serving the recreation gymnasium, swimming pool, racquetball and handball courts, is designed to provide future access from the north side of the complex.

The recreation gymnasium is in the northeast corner of the complex. The new swimming pool, racquetball and handball courts, and squash courts at the northeast corner take advantage of the topography that slopes down to Big Bend Boulevard. Historic Francis Gymnasium remains a prominent focal point. Several design features are particular highlights. The attachment of Francis Gymnasium to the new complex by skywalks is a unique design, as are the many windows that overlook activity courts, creating an open feeling. Graphics, banners, and vibrant colors brighten the interior.

Original University plans did not include development of the existing field house, which is now the central core of the new building. The architectural firms, Pearce Corp. of St. Louis, in association with New York-based Eggles Group PC, proposed a comprehensive solution, going beyond the original university program by resolving the architectural problem of "what to do with the existing field house."

The architects felt that a complex that did not properly address the existing field house would appear to be an incomplete facility with a major eyesore—the field house—in an unfinished state.

"The two firms, Pearce Corporation and the Eggles Group, thought it would be beneficial if the facility would include the old field house as the linchpin or anchor of the "total complex," said Schaai. The existing field house was reconstructed and a new playing floor level was introduced.

The old field house had three levels, but architects decided that only two levels would be needed for the new field house. The former playing floor then became the ideal location for the new recreational locker rooms. Raising the playing floor ten feet effectively reduced the unacceptable slope of the upper balcony and improved the sight lines as well. This was both an economical and effective reuse of the former facility.

For sporting events, the new field house seats about 3,800 people. When the playing floor is used for guidance seating, the capacity jumps to 4,400.

The new field house has been used for Washington University Bear's home basketball games, concerts, cheerleading, and even a black-tie dinner and dance. It is expected that the new facility will see its first "full house" on November 22, when an old basketball rivalry is renewed between cross-town foes St. Louis University and Washington University.

Crossing the field house is the main concourse, a sleek hallway which links the recreational gymnasium, swimming pool, and racquetball and handball courts with a rehabilitated field house and partially restored Francis Gymnasium.

The interiors are a contrast of old and new because of the renovation of the 1922 Francis Gymnasium and the 1928 Field House. The entire north façade of Francis Gymnasium has become an interior element by tracing the adjoining concourse as a skylit atrium, open on four levels. "There was a natural tie-in with the old building. We thought it would be best to have the total complex integrated as one, the new with the old, to make it more functional and easier for participants to move from one building to another," said Schaai. "We didn't want to close off the available space we had in Francis Gymnasium. It now houses locker rooms and offices, and we continue to use the gymnasium space."

Another design element present in the new complex is the retention of the basic form of the upper window area of the field house and their use as open arches between the field house and upper skylit portions of the concourse on the east and south sides.

One important characteristic of the complex is the building's operation. "It is not complicated for the user once he or she is within the complex," Schaai said. "I believe we have the best combination of function and design that could have been achieved. We researched this project very well. We reviewed facilities at Georgetown, Boston University, Northwestern and other universities. We generated a lot of good ideas to incorporate into our facility. So, in essence, we weren't reinventing the wheel when we planned the new athletic facilities for the Hilltop campus."

The exterior of the complex was designed to be compatible with the existing 1902 Francis Gymnasium character, but contemporary in form and proportion. The main exterior material on the new structure is a brick in brown tones, accented with limestone bands and polished marble.

The care and maintenance involved with keeping the facility in operation is important, adds Schaai. "The University included an endowment in the total project for building maintenance," he said. "Everyday care is in the hands of a facilities manager who has primary responsibility and an assistant facilities manager who has secondary responsibility. Their mission is to ensure that the complex is run in a professional manner and that the highest standard of service associated with the complex is maintained."

Today, Athletic Director John Schaai looks to a new era of Washington University intercollegiate sports to complement the new facility.
Bethesda's Latest!

Professional Nursing Home
in Ellisville
Construction begins
Summer, 1987
Full Professional Staff with
Complete Support Services
210 Beds
On Manchester
West of Clarkson
In a lovely, wooded setting

Bethesda West
Bethesda Dilworth Memorial Home
in St. Louis County
Bethesda Town House
Retirement Apartments
near Union Station
Bethesda Home Care
Bethesda Adult Day Care Center
Bethesda General Hospital
and
Bethesda Eye Institute
in the St. Louis University
Medical Center

HOMETOWN HERO OF 1904
Joseph Farshaw, Jr. (1881 - 1964)

Joseph Farshaw, Jr. was one of the greatest athletes in the history of St. Louis. He was not a professional athlete, however. Like the Greeks, he believed in sport for its own sake, for the love of the game, and the joy of competition. He often said that instead of the medal he won in the 1908 Olympics, he would have preferred to receive the laurel wreath and the olive branch that were given during the ancient games and at the first Modern Olympics of 1896. He felt that it would have been more in keeping with the philosophy of amateur sport, Joe never took money for any athletic activity, even after his Olympic years.

The few greatest jewels of Joe's athletic career were the three Olympics and the Off Year Pan-Hellenic Games in which he represented the United States. This was unprecedented. In the 1904 Games he won three events. He finished 8th in the Marathon in the Pan-Hellenic Games in 1908, and 3rd in the Olympian Marathon in London in 1908. His final Marathon was run in 1912 in Stock-
holm at the age of 31. He was incondi-
tious at being chosen by the U.S. Olympi-


ic Committee to run in this race, where he would be the oldest competitor. He ran well and placed 12th—not bad for the "senior man" in the race.

The modern Olympic Games were revived in 1896, being held that year in Athens, Greece. In 1900 the Games took place in Paris, and in 1904 they were held in St. Louis. Olympic trials took place in London in 1908, and in 1912 the Games were held in Stockholm. The St. Louis Games (Olympiad III) were held during the Louisiana Purchase Exposition. Thirty-eight events were held between May 14 and November 23. Large numbers of fine athletes from St. Louis and other cities were in St. Louis to compete and all were told that they were competing in the Olympics. The events were called Olympic competitions. However, because these games had been rather hastily planned due to the exigencies of the World's Fair, the Inter-
national Olympic Committee met several months after the games and decided that only certain of the competitions would be recorded as part of Olympic III. Sadly, because of this confusion, which subsequently led to the Off Year Pan-Hellenic Games of 1906—in which Joe Farshaw also competed—the USOC and sportswriters in general have largely chosen to ignore the St. Louis Olympics.

After a fine showing (9th place) in the Marathon during the Pan-Hellenic Games in Athens in 1906, Joe's next performance on foreign soil was in the 1908 Olympics in London. At the opening ceremonies of this Olympic celebration he was selected for the honor of leading his team into the stadium carrying the penant for the United States. It was during this Olympics that the offi-
cial length of the modern day marathon was actually set. The race started on the steep grade of the cobblestoned roads at Windsor Castle, and covered 26 miles 385 yards over the roads leading to the stadium, to be completed by part of a lap around the huge track.

Early in the day, the seventy thousand soients in the huge stadium and every rich of standing room had been filled to overflowing by an excited crowd that considerably exceeded its capacity, and on the roads from Windsor to the stadi-
dium it seemed as if everyone in Britain had turned out to see the event. The entire course was lined with excited spectators, many of whom had made their way to the vantage points before dawn.

Joe Farshaw was in the Olympic stadium before the winner crossed the finish line, being exactly 1 minute 52 seconds behind Hayes. His coach, Mike Murphy of Yale, had given him orders to stay with the pace Teawanna, the American Indian on the team who was considered to be faster than Joe. Then, if Joe gave out at ten miles, he was to send Teawanna on alone. So for twenty miles Joe Farshaw and the great American Indian had run shoulder to shoulder. Then it was Teawanna who had given out, and Joe who had gone on alone. Because of Murphy's orders, however, he had made his big move later than he otherwise would have done, when it became apparent that Teawanna was exhausted. Joe always felt that this cost him the race, as he was running better and stronger at the end than Hayes, who won. But he had felt that, having been chosen to be part of a team, it was his duty to follow orders and run for the good of the team, instead of his own personal glory. He never felt any bitterness about this today, and years later would say of the result, "Not that I envied it. It was a glory enough to finish third. It was something to remember, to have done my part for a team that took four of the first five places, five of the first fourteen." Certainly the roar of that crowd must always have remained in his heart. In fact, in an interview after the great race he said: "I shall never forget my first impression of the stadium crowd cheering wildly. It was the most won-
derful sight I ever saw."
When Joe entered the stadium in London he was announced as "Foshee of St. Louis." This appeared in all the U.S. newspapers and so pleased his father that the elder Foshee decided immediately to change the name of the family firm to "Foshee of St. Louis." The name has remained thus to the present day.

In addition to the great showing of the American runners in the Olympic Marathon in 1908, the American team won the Olympics that year, the first time this had happened since the revival of the Games in 1896, and the hysteria of the American public knew no bounds. The members of the team were called national heroes, and their countrymen could hardly wait for their return.

After the Games, the entire team was entertained on the yacht of Sir Thomas Lipton, and when their ship arrived in New York they were treated to a ticker tape parade down Wall Street. They were also invited to the summer home of President Theodore Roosevelt. It was an incredible experience for the poor boy from St. Louis who had grown up in modest circumstances and had traveled little except for athletic trips.

Look who's licking loneliness.

Dogs. Cats. And Purina. We've been 
Purina Pets for People Program. And we've been bringing senior citizens and homeless humane society pets together free of charge. A pet's love and companionship can help people over 60 regain some of their vitality, their happiness, their youth. In fact, studies have shown that pet ownership can aid in lowering blood pressure and help speed recovery from illness. So if you or someone you know is over 60, give Pets for People a call, toll free 1-800-345-5678. And help us lick loneliness.
Celebrating the Spirit of St. Louis...

87TH ANNUAL SENIOR OLYMPICS

To those senior citizens of our community who prove every day of their lives that dedication, pursuit of excellence and spirit of living is not measured by age...we at Dillard's salute you. May your achievements be an inspiration to all.

Good luck!

Dillard's

Enjoying a positive and healthy lifestyle brings many rewards. Like feeling good, living life to its potential. Enjoying special moments. And it all comes from making that personal choice to take care of yourself.

The SSM Health Care System salutes the Senior Olympians of 1987, who demonstrate the best in taking care, in living life to its fullest. Our hospitals and nursing homes have brought quality health care services since 1885 to large and small communities in four states.

Congratulations for taking care of yourselves and for bringing your very best to the Senior Olympics!

SSM Health Care System
Corporate Offices, St. Louis, MO; Arcadia Valley Hospital, Potosi, MO; Cardinal Glennon Children's Hospital, St. Louis, MO; Jefferson Mountain Care Center, Baraboo, WI; St. Clare Hospital, Racine, WI; St. Elizabeth's Hospital, Moonbeam, MO; Eugene Community Hospital, Dillon, SC; St. Francis Hospital, Blue Island, IL; St. Francis Hospital, Nacerville, IL; St. Joseph Health Center, St. Charles, MO; St. Joseph Hospital West, Lake Saint Louis, MO; St. Mary's Health Center, Jefferson City, MO; St. Mary's Health Center, St. Louis, MO; St. Mary's Hospital, Blue Springs, MO; St. Mary's Hospital, Kansas City, MO; St. Mary's Hospital Medical Center, Madison, WI; St. Mary's Manor Blue Springs, MO; St. Mary's West, St. Louis, MO; SSM Central Laundry, St. Peters, MO; SSM Data Center, St. Louis, MO; SSM Home Care Corporation, St. Louis, MO; SSM Professional Services, Inc., St. Louis, MO; SSM Rehabilitation Institute, St. Louis, MO; St. Charles, MO; Villa Maria Skilled Nursing Facility, Jefferson City, MO.
BADMINTON

Did you know that Badminton is a tougher aerobic sport than any other racket sport? At Wimbledon, Kevin Curren and Boris Becker averaged 3.4 tennis strokes per rally. At the 1985 Badminton games, there were 13.6 shots per rally in the finals. Badminton demands quick reflexes, good wrist action, spontaneous response and athletic stamina and agility. Size and strength are not great determining factors, but technique and finesse are paramount. The object is to keep your opponent off balance, never allowing him to get set for his shot. Badminton is fast paced, exhilarating fun—an elitist sport that attracts motivated athletes—and that means great camaraderie, great companionship and spirited competition.

Badminton was started in India under the name of "Pang" and was brought back to England by the military. Badminton is the national sport of Indonesia, Malaysia and India. England boasts 6,000,000 players making it the number one sport ahead of soccer. In Canada, Badminton is rated number two behind hockey. The U.S. has about 40,000 active players with several Nationally and Internationally prominent players right here in St. Louis.

They include Wes Finke and Dicky Winters, recent winners of the International Grand Masters Men's Doubles Championship recently held in Miami, Florida. Ed McSweeney, a local attorney, teamed with Bill Goodman from Boston and won the Master's Men's Doubles event. Other notable St. Louis players include Bill Moshman, who won the Midwest Singles title 17 times and his partner, Jim McGuire who combined with the Moshman to win numerous doubles titles statewide and nationally. Winters holds 9 National and International titles as well as 4 Canadian National titles. Teamimg with McSweeney for two of them, and one with Finke in the latest International Tournament.

During the USNSO, the St. Louis Badminton Club will host a Senior Olympic Exhibition Tournament featuring the top Senior players from across the U.S. The event will be held at Francis Recreation Gym at Washington University starting on Tuesday, June 30 at 1:30 p.m., and continuing through Thursday, July 2.

If you'd like additional information, call Wes Finke, President of the St. Louis Badminton Club, at (314) 843-3660.

ORIENTEERING

What exactly is "orienteering"? Orienteering is a navigational sport in which participants find their way from points A to points B on a map and compass, using a map and compass. The challenge is in picking the fastest and quickest route between points and keeping track of the location on the map.

If you haven't already tried orienteering, you'll want to sign up for the orienteering event at the USNSO. Competition on a 5 km course will take place on Monday, June 28, at 8:00 a.m. in Forest Park, just across the street from Washington University.

The USNSO Orienteering exhibition event is open to newcomers, and will be a new, upped-to-speed version of orienteering. There will be awards for the top ten winners in both the standard USNSO age groups for men and women.

Those of you who would like to participate in the USNSO Orienteering Exhibition can sign up at the USNSO check-in. You can contact Neil Bolling at 722-7524. Tim Harvey at St. Louis, Missouri 63130.

SPIN CASTING

Spin Casting is a fun and leisure-time sport throughout the country. All you need is a small fishing pole, a reel, line, and a body of water, and you're set. During the 1967 USNSO, a special spin casting event will be held on the swimming pool at Washington University's Sports Complex.

On June 27, from 1:00 p.m. to 4:00 p.m., 150 entrants will cast for the first target—30 feet, second target—40 feet, third target—50 feet, fourth target—60 feet, and fifth target—70 feet.

A total of 10 casts can be made. USNSO participants are encouraged to try the spin casting exhibition and see the fun! There will be an award for the top five competitors. Prizes for the first five place winners will be awarded for four rods and reels. The event will be held at St. Louis, Missouri 63130.

If you do not have your own equipment to compete for the USNSO spin casting event, please contact Dale Collins, (314) 442-3777.
R.C. "Bud" Blattner
Baseball, Tennis & Table Tennis Sports Legend

For Bud Blattner, athletics have been his life—hobby and professional career that has spanned more than forty years. It all began in 1935 in St. Louis when Bud won several Municipal Tennis Championships and the City and State Championships in table tennis. He then joined the United States Olympic team in 1936. As a member of the U.S. Table Tennis Team, he captured a World's Championship in Prague, Czechoslovakia. Returning to Europe in 1937, he repeated his performance and again brought back a World's Championship. Before turning professional in baseball in 1939, Bud had become a three-time High School State Champion in tennis and yard twice won the Junior Davis Cup Championship of the Midwest.

His professional baseball career was launched in 1939, joining the Central organization and playing one season of Triple A ball at Columbus, Ohio. Following a highly successful minor league career, he made it to the major league with the Cardinals in 1942. His stint with the Red Birds was cut short by military duty in World War II. Returning to baseball in 1946, Bud joined the New York Giants and performed for them in 1946-1948. In 1948, he became a member of the Philadelphia Phillies.

Bud's broadcasting career was launched in 1950—the beginning of a notable career that eventually included 26 consecutive years of major league baseball play-by-play broadcasting. Bud's broadcasting work gained national stature when he teamed with Dizzy Dean, originating "Baseball's Game of the Week" telecasts. For seven years, the Dean-Blattner team brought major league baseball to the entire country, with the show becoming one of TV's top-rated programs.

For seven years, Bud was the Voice of the California Angels and the lead broadcaster for the Kansas City Royals. For eight years, he was the Voice of the St. Louis Hawks, acting as traveling secretary and assistant general manager as well as calling the first 80 games played in St. Louis by the Hawks.

During that span of years, Bud became the first radio television play-by-play commentator for the NBA, Blattner wrote, produced and hosted ABC-TV's "Baseball Corner." He also was the voice on NBC calling the action of NCAA college basketball. But also worked on two Major League All-Star Games and broadcast the first spring training series for the Los Angeles Dodgers.

In the early sixties, Blattner formed the Buddy Fund. This unique fund, the only one of its kind in the country, embraces 13,000 youngsters and has distributed more than $2,000,000 worth of athletic equipment. Blattner continues to direct the activities of the Buddy Fund, which is based in St. Louis.

In 1980, Blattner established Four Seasons Shores Realty with partner, Peter Brown. Bud has most recently been appointed Managing Director of the Four Seasons Racquet and Country Club. He is a past president of the Bagwell Area Board of Realtors.

He is also coordinator of the Lake of the Ozarks General Hospital Benefit Golf Tournament.

John Howard
Cycling Sports Legend

The son of Howard wins races, sets records, writes books (The Cyclist's Companion and Multi-Fitness) develops world-class athletes and motivates business professionals to higher income levels is because of his commitment to excellence. As a highly competitive cyclist and triathlete for the past 20 years, Howard has developed unique mental and physical skills necessary to win.
John Howard has worked as a color commentator for CBS Sports & WGN cable network. Currently, he serves as the head coach of the U.S. National Triathlon Training Center in San Marcos, California.

Howard was featured on “That’s Incredible” several years ago and was recently interviewed by Johnny Carson on “The Tonight Show.” He also leads motivation seminars and fitness workshops nationwide.

Betty Robinson Schwartz is welcomed into Northwestern University’s Athletic Club by Joanne Fortunato, Northwestern University’s Director of Women’s Athletics.

Betty Robinson Schwartz
Track & Field Sports Legend

Betty Robinson is a former U.S. Olympian with a proud past. As a member of the U.S. Women’s Track & Field Team in the 1925 and 1928 Olympics, she proved herself as a champion sprinter. Betty was the first woman in track and field to win an Olympic gold medal in the 100-meter dash at the 1928 Olympics in Amsterdam. She also won a gold medal in 1928 as a member of the 4 x 100 meter relay team. Betty is in eight athletic halls of fame.

Annette Rogers Kiley is pictured, left, front, receiving her gold medal at the 1936 Olympic Games in Berlin, West Germany, having placed first in the 400-meter women’s relay. Her teammates are Helen Stephens, right front; Henrietta Blount, left rear; and Betty Robinson, right rear.

Annette Rogers Kelly
Track & Field Sports Legend

Annette Rogers Kiley competed in the 1932 Olympics in Los Angeles, winning a gold medal in the 4 x 100 meter relay. She was a member of the U.S. Field and Track Team. She also participated in the 1936 Olympics in Berlin, again winning a gold medal in the 4 x 100 meter relay. She also placed fifth in the 100 meter dash and tied for fourth place in the high jump.

In 1977, Annette was inducted into the U.S. Track & Field Hall of Fame. In 1986, she was inducted into the Chicago Sports Hall of Fame and the Northwestern University Sports Hall of Fame.

Annette has been teaching physical education in the Chicago public high schools for 33 years. She also devotes to Special Olympics.

Carl Steinfield
Horseshoes
Sports Legend

Carl Steinfield earned the title of World’s Champion of Horseshoe Pitching in 1976. He was placed in the Runner-up category four times. In 1984, Carl tied for first place at Huntsville, Alabama and lost 2 out of 3 in the playoffs.

Steinfield was also named Florida State Champion seven times, and he is the present champion. His accomplishments in horseshoe pitching also include New York State Champion (22 times) and Eastern National Champion (10 times).

He is a member of the National Horseshoe Hall of Fame, the New York State Horseshoe Hall of Fame and the Florida Horseshoe Hall of Fame.

In his 52 years of pitching horseshoes, Steinfield has pitched over 1,300,000 horseshoes at 1,081,000 rings, which amounts to 1,609 tons of steel and selling 6,000 miles.

William J. Talbert
Tennis Sports Legend

For five successive years, 1953-1957, Bill Talbert was the captain of the United States team seeking or defending the Davis Cup, the international men’s amateur tennis championship trophy. In 25 years of amateur competition, Talbert has won 38 national championships and ranked among the top ten players of the country for 14 years. He is co-author of the manuals “The Game of Doubles in Tennis” (Holt, 1955); “The Game of Singles in Tennis” (Lippincott, 1962); “Playing for Life” (Little, Brown, 1958); “Tennis Observation” (Barns, 1957); “Bill Talbert’s Weekend Tennis” (Doubleday, 1970) and “Stroke Production in the Game of Tennis” (Lippincott, 1971). He was a contributing editor to “Sports Illustrated” when it started in 1954, until 1968. He is Senior Vice President of the United States Banknote Corporation in New York.

Talbert was elected to the International Tennis Hall of Fame in 1967. In 1970, he was Director of the U.S. Open Championships at Forest Hills. In 1971, he was Chairman and Director of the Championships and again in 1972, 1973, 1974 and 1975, and has been Director of the Championships at Flushing Meadow since 1978.

DePaul Health Center is proud to be the oldest hospital in the St. Louis community. And, we are equally proud to be one of the 43 healthcare facilities in the newly formed Daughters of Charity National Health System. It’s the largest non-profit healthcare system in the country with nearly 15,000 beds. And, it’s headquartered in St. Louis.

We are thankful for these strengths and the capacity to care for and be part of a very special city.
The Most for the Least

- Safe Beneficial Exercise
- Total Body Conditioning
- Five Effective Diet Plans
- Certified Instructors
- 25 Years Experience

For more information phone 968-0833

8 Week Continuous Sessions only

$25.00

Martha Rounds
SLIMNASTICS

Lambert St. Louis International Airport Welcomes National Senior Olympics

Airport Commission

Gen. Donald Bennett, Chairman
Edward J. Aboussie
Gabriel J. Alberici
Luther Boykins
Perry Joseph
Wendell Rivers
John George Storey
Thomas Villa
Jo Ann Wayne

Mayor Vincent C. Schoemehl, Jr.

USNSO SALUTES THE 1987 V.P. FAIR

The U.S. National Senior Olympics gives special thanks to the V.P. Fair and the V.P. Fair Foundation for the many kinds of support it has given to the 1987 USNSO. The in-depth planning and coordination of the V.P. Fair and the USNSO resulted in shared Opening Ceremonies of the V.P. Fair with Closing Ceremonies of the USNSO, thus creating important economies.

The USNSO also appreciates the recognition of its USNSO winners in the 110th Annual Vailed Prophet Parade.

The volunteer support received from the V.P. Fair has also been an important and welcomed addition to the ultimate success of the first-over U.S. National Senior Olympics.

HAPPY 4th of JULY ST. LOUIS!

Community Federal
PUT THE BIG BLUE CHIP TO WORK FOR YOU.
Best Wishes and Sincere Admiration for The 1987 Senior Olympians from THE JONES COMPANY, St. Louis' #1 Selling Single-Family Home Builder.

Luxury in the Heart of St. Louis County...
Close to all the events of the National Senior Olympics

The Breckenridge FRONtenAC

310 Modern Guest Rooms
with 53 suites
22,785 Square Feet of Meeting Space with Amenities
Private Continental Restaurant
and Le Cafe Coffee Shop
Live Entertainment Nightly
in Le Rendezvous Lounge
Professionally Designed & Staffed Health Club
Adjacent to Plaza Frontenac Shopping Complex
featuring Neiman Marcus, Saks Fifth Avenue, Guess, Polo

1335 South Lindbergh Blvd., St. Louis, Missouri 63131
Phone: (314) 933-1100 Fax: 43-4383
Reservations: MO 1-800-302-7768 USA 1-800-325-7800
Very Special Rates for The National Senior Olympics

You'll like the shape we're in.
Discover The Plantation at Leesburg.
You're invited to enjoy the full life at The Plantation...offering you an 18 hole, par 72 golf course, built by the same team that constructed the Walt Disney World courses.
Enjoy a 20,000 sq. ft. clubhouse with a 1200 sq. ft. sprung maple dance floor, swimming pools, (one heated), Nicky championship tennis and shuffleboard courts, a fifteen station fitness trail, softball, Nautilus room, a full-time activities director and more.
Choose the home that's just right for you from the hundreds of floor plans available from the top manufacturers in the industry.
Come stay in shape with us. You'll like the shape we're in.

For more information call toll free:
1-800-235-8536 in Florida call collect:
(941) 326-3626 or send in the coupon.

78

79
The 1987 USNSO thanks these volunteer organizations for their loyal support and participation.

Special thanks to the following USNSO Sponsoring Volunte Organizations and their many volunteers who have been actively planning for the hospitality and volunteer needs of the U.S. National Senior Olympics since spring, 1986. Their enthusiastic support has insured that the U.S. National Senior Olympics has a strong, hardworking and energetic volunteer network of more than 2,500 volunteers of all ages—eager, smiling, professional volunteers—the "people power" needed to make the USNSO wheel run smoothly:

- Girl Scout Council of Greater St. Louis—Mary Schumacher, Coordinator
- Junior League of St. Louis—Mary Jane Pieroni, Coordinator
- National Council of Jewish Women—St. Louis Section—Joel Melman, Coordinator
- Rotary Inner-City—Bob Hackman, Coordinator
- St. Louis Area Council, Boy Scouts of America—Dennis Horn, Coordinator
- St. Louis Visitors Center—Winfred George, Coordinator
- Southwestern Bell Community Relations Team—Diane Clark and Ken Blades, Coordinators
- Telephone Pioneers of America—Charles Williams, Coordinator
- The Woman's Club of Washington University—Helene Rods, Coordinator

Other members of the USNSO Hospitality, Housing and Volunteers Committee serving under Chairman Hal Wannerbecher and Co-Chair Carolyn Henges, who have assumed major responsibilities as Coordinators for Planning and Recruitment are:

- John Belz
- Bud Bohneman
- Elane Friedman
- Marcy Harris
- Jennifer Harvey
- Lois Kanesfield
- Anna Lavinson
- Butch Ries
- Susie Sullivan
- Pat Vogt

Serving as Sub-Committee Chairpersons for Hospitality, Information and Registration are the following members of the National Council of Jewish Women:

- Dolly Arnscht
- Betty Baron
- Mary Elbert
- Robin Feder
- Audrey Friedman
- Selma Gidlow
- Lois Goldberg
- Jeanne Goldenhersh
- Marlene Isaac
- Marilyn Lipton
- Lois Miller
- Barbara Nowmark
- Claire Patmutt
- Mimi Renard
- Penny Rosenbarg
- Daisy Spitzer

Directory of Advertisers

S.S. Admiral
American Association of Retired Persons
Automobile Club of Missouri
Bethesda General Hospital
Blue Cross/Blue Shield
Breckenridge Frontier Hotel
Century Bank & Savings
Christian Hospital Northwest
Coca-Cola Bottling Company of St. Louis Community Federal
Cor-A-Gro Consumer Frozen Food Company
CPI Photo Finish
Dana's Discount Hospital
Delta Queen Steamboat Company
DePaul Health Center
Digital Equipment
Dillard's
Emerson Electric Co.
Enterprise Leasing Company
General Foods Corporation Grape-Nut Sales
General Dynamics
Gundaker Realtors/Better Homes & Gardens
Hopper Furs
J.J. Jones Company
Lambert St. Louis Airport
Lonergan (OMNI) Magazine
McDonald Douglas Corporation
Mintz, Inc.
Martha Rounds Seminars
The May Department Stores Company
National Bowling Council
Normandy Osteopathic Medical Center
J.C. Penney Company, Inc.
The Plantation at O'Fallon
Rabinowitz Company
Sears, Roebuck and Company
Southwest Airlines
Southwestern Bell Publications
St. Mary's Health Care System
St. Joseph's Hospital or Kirkwood
St. Louis Community College
St. Louis Convention & Visitors Commission
T.F. World Airlines
Universal Pricing
Wall Street Journal

HOPPER FURS IS PROUD TO SUPPORT THE NATIONAL SENIOR OLYMPICS

295 N. LINDBERGH
ST. LOUIS, MISSOURI
(314) 994-3600

PICTURE YOURSELF A MEMBER OF CENTERRE'S VISTA CLUB

Centerre Bank’s Vista Club is an exclusive FREE bank club offering you special financial services and travel benefits designed for people of ages 55 and above.

Picture Yourself Having The Time Of Your Life!
The time is right to have the time of your life! Centerre’s Vista Club takes you to new places, friends and excitement. You’ll enjoy the luxury of affordable travel and entertainment, professional banking services and discounts on fine stores, hotels and more. You’ve waited for the good things in life. Now is the time to treat yourself to a membership in Centerre’s Vista Club.

Picture Yourself With All These Benefits And More When You Join Centerre’s Vista Club.

1. FREE $5,000 accidental death and dismemberment insurance.
2. A wide range of bank services, including FREE checking account.
3. FREE AARP membership and all its benefits.
4. Special discounts on hotels, motels, products and services.
5. Special AAA Auto Club of Missouri membership rates.
6. Financial planning seminars and investment counseling.
7. Exciting domestic and international travel programs.
8. FREE “Vista” newsletter to keep you up-to-date on people, places and events.
9. The camaraderie of new-found friends, who share your interests.

CENTERRE BANK
Call or come in your Centerre Bank to get all the details.
Join Vista Club today!
While you're in St. Louis, visit some of these outstanding places.

FAMILY ATTRACTIONS
Anheuser-Busch Brewery Tours, Brewery andisland, St. Louis, MO 63134, 835-2202. Open Mon. thru Sat. 9 a.m. - 4 p.m. Admission Free
Craft Alliance Gallery, 6604 Delmar Blvd., 31030, 725-1151. Open Tue.-Fri., Noon to 5 p.m.; Sat. 10 a.m. - 6 p.m. Admission $5-
Fostarei Helport, 400 L.K. Sullivan Blvd., 31022, 445-6401. Flights Daily, 10 a.m. - until dusk, weather permitting.
Gateway Arch, 11 North 4th St., 31020, 425-4466. Open Daily, 8 a.m. - 9:30 p.m. Admission to Museum is Free. Team tickets 10/100-10/adults children.
Grant's Farm, 10560 Gravois, 31023, 483-1700. Open Tue. thru Sun., 6 hours daily. Admission Free. Reservations required.
Huck Finn & Tom Sawyer Riverboats, 500 Main St., 31020, 422-1200. Open daily, 9 a.m. - 5 p.m. Call for information on group rates and dinner dance cruises.
Jewel Box, Forest Park, 31020, 534-8433. Open Daily, 9 a.m. - 5 p.m. Admission Free Monday-Tues., until Noon, other times $2.
Kramer's Marienfonte, 4143 Lackland Ave., 31018, 331-3313. Open Mon. thru Sat., 10 a.m. - 5 p.m. Admission Free. Adults $2.50, children free.
Laumeier Sculpture Park, Geyer & Rott Roads, 31022, 422-8600. Open Sat. & Sun. 10 a.m. - 5 p.m. Noon - 5 p.m. Admission Free.
The Magic House, 510 S. Kirkwood Rd., Lindbergh Blvd., 31022, 822-8900. Open Tue.-Thur. & Sat. 10 a.m. - 5 p.m. Sun. 1 p.m. - 5 p.m. Admission $5-
Missouri Botanical Garden, 434 Shaw Ave., 31030, 577-5000. Open Daily, 8 a.m. - 8 p.m.; Fri. 7 p.m.; Sat. 8 a.m. - 9 p.m.; Sun. 8 a.m. - 9 p.m. Admission Free. Children free.
National Museum of Transport, 3095 Butterfield Rd., 31022, 699-3799. Open Daily, 9 a.m. - 5 p.m. Bus Tour, 9 a.m. - 5 p.m. Admission $5-
President Riverboat, St. Louis levee, below Gateway Arch, 241-5500. Americas largest excursion vessel.
Congoa Hocksite & Museum, 5100 Clayton Blvd., 31010, 653-3025. Admission: 1 child free. Adults $5-
Jefferson Barracks Historical Site, Grant Road at Kingston, 31032, 544-5714. Open Daily, 9 a.m. - 5 p.m. Admission Free. Groups tours available.
Cathedral of St. Louis (New Cathedral), Lindell Blvd. & Newson AVE. 31008, 633-2824. Open Daily, 7 a.m. - 6 p.m. Free tours every Sunday at 1 p.m.
Cathedral Basilica of St. Louis, 4213-3255. Open Mon.-Sat., 9 a.m. - 4 p.m. Free admission.
Mercantile Money Museum, 3352 Delmar Blvd., 31018, 771-5828. Open Tues.-Sat., 10 a.m. - 4 p.m. Noon - 5 p.m. Admission $5-
Maryland Heights, 31020, 221-3454. Open Mon. - Fri., 9 a.m. - 4 p.m. Buffet Dinner, reservations required. Sun. 5 p.m. - 9 p.m. Noon - 10 p.m. Admission $5-
St. Louis Art Museum, Forest Park, 31022, 422-6500. Open Thurs. 5 p.m. - 9 p.m. Free admission. 5 p.m. - 9 p.m. Free admission.
St. Louis Zoo, 31022, 445-6401. Open Daily, 9 a.m. - 4 p.m. Admission Free.
Shawnee Fire District, 771 N. First St., 31022, 421-3791. Call for current exhibits, performances, lectures and symposia.
Gallery of Art - Washington University, Forsyth at Skinker, 31010, 685-5409. Open Daily, 10 a.m. - 5 p.m. Admission Free.
First Street Forum (Arts Center), First Street, 31022, 421-3791. Call for current exhibits, performances, lectures and symposia.
St. Louis Zoo, 31030, 221-3454. Open Mon. - Fri., 9 a.m. - 4 p.m. Buffet Dinner, reservations required. Sun. 5 p.m. - 9 p.m. Noon - 10 p.m. Admission $5-
St. Louis Art Museum, Forest Park, 31022, 422-6500. Open Thurs. 5 p.m. - 9 p.m. Free admission. 5 p.m. - 9 p.m. Free admission.
Shawnee Fire District, 771 N. First St., 31022, 421-3791. Call for current exhibits, performances, lectures and symposia.
Gallery of Art - Washington University, Forsyth at Skinker, 31010, 685-5409. Open Daily, 10 a.m. - 5 p.m. Admission Free.
First Street Forum (Arts Center), First Street, 31022, 421-3791. Call for current exhibits, performances, lectures and symposia.
St. Louis Zoo, 31030, 221-3454. Open Mon. - Fri., 9 a.m. - 4 p.m. Buffet Dinner, reservations required. Sun. 5 p.m. - 9 p.m. Noon - 10 p.m. Admission $5-
St. Louis Art Museum, Forest Park, 31022, 422-6500. Open Thurs. 5 p.m. - 9 p.m. Free admission. 5 p.m. - 9 p.m. Free admission.
Shawnee Fire District, 771 N. First St., 31022, 421-3791. Call for current exhibits, performances, lectures and symposia.
Gallery of Art - Washington University, Forsyth at Skinker, 31010, 685-5409. Open Daily, 10 a.m. - 5 p.m. Admission Free.
First Street Forum (Arts Center), First Street, 31022, 421-3791. Call for current exhibits, performances, lectures and symposia.
St. Louis Zoo, 31030, 221-3454. Open Mon. - Fri., 9 a.m. - 4 p.m. Buffet Dinner, reservations required. Sun. 5 p.m. - 9 p.m. Noon - 10 p.m. Admission $5-
They’re Back!
SPECIAL SENIOR FARES

We can’t give you one good reason to visit St. Louis.

So here are 50.

1. The world-famous St. Louis Zoo.
2. Beautiful peacocks at the Missouri Agric. Center.
3. The Missouri Botanical Garden.
4. 27-hole golf course at the St. Louis Country Club.
5. Wonders of the World with a trip to the Gateway Arch.
6. A day in the life of a farmer at the Missouri Agriculture Museum.
7. The Missouri State Capitol.
8. The Missouri State Fair in Sedalia.
10. Outdoor musical theater at The Muny.
11. Special game series at the St. Louis County Fair.
12. World-renowned art exhibits at the St. Louis Symphony Orchestra.
14. The St. Louis Symphony Orchestra.
15. The St. Louis Symphony Orchestra.
16. The St. Louis Symphony Orchestra.
17. The St. Louis Symphony Orchestra.
18. The St. Louis Symphony Orchestra.
19. The St. Louis Symphony Orchestra.
20. The St. Louis Symphony Orchestra.
21. The St. Louis Symphony Orchestra.
22. The St. Louis Symphony Orchestra.
23. The St. Louis Symphony Orchestra.
24. The St. Louis Symphony Orchestra.
25. The St. Louis Symphony Orchestra.
26. The St. Louis Symphony Orchestra.
27. The St. Louis Symphony Orchestra.
28. The St. Louis Symphony Orchestra.
29. The St. Louis Symphony Orchestra.
30. The St. Louis Symphony Orchestra.
31. The St. Louis Symphony Orchestra.
32. The St. Louis Symphony Orchestra.
33. The St. Louis Symphony Orchestra.
34. The St. Louis Symphony Orchestra.
35. The St. Louis Symphony Orchestra.
36. The St. Louis Symphony Orchestra.
37. The St. Louis Symphony Orchestra.
38. The St. Louis Symphony Orchestra.
39. The St. Louis Symphony Orchestra.
40. The St. Louis Symphony Orchestra.
41. The St. Louis Symphony Orchestra.
42. The St. Louis Symphony Orchestra.
43. The St. Louis Symphony Orchestra.
44. The St. Louis Symphony Orchestra.
45. The St. Louis Symphony Orchestra.
46. The St. Louis Symphony Orchestra.
47. The St. Louis Symphony Orchestra.
48. The St. Louis Symphony Orchestra.
49. The St. Louis Symphony Orchestra.
50. The St. Louis Symphony Orchestra.

Fly Southwest Just Say When

Southwest Special Senior Fares apply only to published direct and connecting flights based in the Southwest Airlines Flight Schedule.

To help us plan for your weekend, fill out the coupon below and mail to:
Southwest Airline, 7900 East 38th Street, Suite 100, Kansas City, MO 64122

ST. LOUIS, YOU SHOULD SEE IT NOW
The new VIP Silver Savers’ card can do more than help you swing a deal on clubs.

It lets you charge them, too.

Introducing the VIP Silver Savers’ Passport card, a VISA card that lets shoppers 60 and older take advantage of the savings in The Silver Pages’ Directory.

The VIP Silver Savers’ card combines all the savings opportunities available nationwide through the Silver Savers’ Passport card with the charge convenience of a VISA card. In addition, the VIP Silver Savers’ card entitles you to other benefits, such as free credit card registration, lost luggage reimbursement, emergency cash and free travel insurance worth up to $100,000.

So before you spend money on anything, from restaurants and retail to rental cars and travel, use The Silver Pages. And save with the VIP Silver Savers Passport VISA or free Silver Savers Passport card. To learn how to apply for either card, call 800-847-3378.