At previous facilities I managed, I liked using only signage as it was much neater than sagging ropes. At my current facility, The Ridge at Castle Pines North in Colorado, there was no signage when I arrived so I have been using ropes and stakes for the past few years. I avoid using ropes in the fairways and approaches but use them along cart paths at entrance and exit points. I also utilize ropes and stakes to direct foot traffic around our native grass tee walk-ups. In many cases I feel that ropes in fairways cause more damage than good. Ropes are straightened each morning by the staff and monitored throughout the day by myself and assistants. Any significant movement of ropes is performed by myself and assistants. -David J. Soltvedt, Troon Golf, L.L.C

We out here at Bully Pulpit use a combination of things. Around our tees and greens we use some constructed log rails that are a bit more pleasing to the eye and stay more rigid where foot traffic is the norm. Where we regulate cart entry to and from the golf hole, we use a combination of ropes and stakes as well as signage where we don’t like the carts to approach the green any closer. We use a lot of arrow signs here and there to limit the amount of traffic traveling through our native areas, as well as to limit them from constantly going though our “neck down” spots between bunkers, etc. Our crew is required to move the ropes and traffic logs on a daily basis through course setup, moving when mowing, and also periodically as they encounter traffic stress throughout the day. As far as limiting the distance from the green where carts merge back to the cart path, that decision is up to myself and my assistant. -Kyle Fick, Bully Pulpit GC, Medora, ND

At Crosswoods GC we use rope and 18” spike stakes to control traffic around the tees and a directional sign in the fairway in front of the green. No matter how well you stake it or mark it, someone always finds a way to drive where you don’t want them. -Mike Stone, Crosswoods GC

Since arriving at Theodore Wirth, I have utilized ropes and stakes, cart direction signs, and wide stripe white lines. All greens have traffic control with the white line and cart arrow signs. High temptation areas also receive yellow rope and black recycled plastic stakes. Usage is high judging by the wear areas we have created. “Green and whites” just won’t work in this public scenario because they don’t offer enough of barrier to the untrained golfer. -Brad Zimmerman, Theodore Wirth Golf Course

At Burl Oaks we use ropes and stakes mostly and some small cart signs. -Thomas Natzel, Burl Oaks GC

At Tanners Brook GC, we mainly use 8” white stakes to direct traffic at the ends of the cart paths. We also use the same stakes when we have repaired turfed areas. Also, in front of several greens, we have attached a rope between to directional arrow signs laid on the ground to direct traffic no closer to the green. -Kevin Clunis CGCS, Tanners Brook GC

At Hong Kong Golf Club, two of the three courses have a continuous cart path system. On these two courses, the use of stakes and ropes is limited. The philosophy of the Club is to use ropes and stakes as little as possible. Signage is used more extensively than ropes and stakes, but still the usage of signs is kept to a minimum. The third course is basically a walkers course only with the exception being a medical excuse or the golfer being 70 years of age or older. In those cases, the use of a cart is permitted. All ropes and signage is the responsibility of the assistants for their particular golf course. -Randy Witt, CGCS, The Hong Kong Golf Club
The Stillwater Country Club team won the 2007 Scholarship Scramble at Greystone Golf Club in Sauk Centre on June 18. This was Stillwater’s second win in the past five years. Coincidentally, each win has come when Stillwater Superintendent Marlin Murphy was unable to participate. The 2007 squad was made up of Jordan Weigelt, Kevin Milbrandt, Justin Funk and Adam Larson.

The new champs edged out perennial winners from Albany CC and Wapicada CC by two shots. Finishing second with a score of 60 were Mike Kasner and Scot Milstroh from Wapicada along with Albany’s Tom Kasner and Terry Simon.

Shooting a 61 and winning a scorecard playoff for third place was the team of Tom Meier, Le Sueur Country Club; Jeff Schmidt, ProSource One; Scott Thayer, Legends Club, and Wes Stoneback, The Wilds.

Host Superintendent Lee Mahnke and his staff had the course in great shape. The links style layout offered many challenges. Heavy winds increased the challenges of any obstacles the course had to offer. Thanks to Tim Sanborn and his staff for helping make our Scholarship Scramble a success.

Funds from this tournament helped make possible for University of Minnesota student Tom Steigauf to receive a Scholarship Award from MGCSA Scholarship Chair Scottie Hines, CGCS on behalf of the MGCSA at this year’s event. Special thanks to Tiziani Golf Car for again donating a vehicle for the University of Minnesota to use for the 2007 season. This year Cary Femrite, MTI Distributing, had the closest shot to the pin on the 17th hole.

The four closest-to-the-pin winners were: Femrite, Geoff Jordan, The Meadows at Mystic Lake; Hanna Cragun, Cuyuna Golf Club, and Brian Horgan, University of Minnesota. Jake Kocak, Prestwick Golf Club, sank the longest putt on the ninth hole. Adam Larson, Stillwater Country Club, hit the longest drive on No. 15.

Thanks to our event sponsors for 2007. The current list of companies helping the MGCSA are BASF Corporation, Bayer Crop Science, Cycle Works of Minnesota, Dow AgroSciences, HydroLogic, Lesco, Mom’s Garden Management, Par Aide Products Co., Plaisted Companies, ProSource One, Superior Tech Products, Syngenta and Turfwerks. Sponsorship opportunities are still available. Contact the MGCSA office if you wish to do so.

Next up is our August 28 MGCSA Championship at Hillcrest Golf Club of St. Paul. - Scott Turtinen
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1-ton dump truck, late model in good condition.
Eric Ritter
Spooner Golf Club
715-635-6438

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Turf groomers that would fit on Jacobsen GKIV, GKVI or 522 walkers.
Contact: Steven A. Van Natta
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A used lightweight fairway mower for a neighbor 9-hole course in northwest Minnesota. They don't have much money but want to eliminate mowing with an old 7-gang. Looking to spend less than $2,000.
Contact: Chuck Tutthill
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2002 Toro 3100 "sidewinder" reel mower.
1,300 hours, excellent shape, fresh grind/new bedknives. Asking $7,500, open to offers.
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1996 Toro GM3000 72" recycling mower, 5,000 hours - $3,300.
1996 Jake 1800G trim mower, 3,000 hours - $2,500.
Both in good condition.
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Maddens Resort, Brainerd
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2003 Toro Flex 21 walking greensmower, 170 Hrs.
New condition, w/ wheel kit, $2950.00.
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Jacobsen Tri-King 1672D
1,900 hours - $800.00/best offer
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(320) 274-5141

FOR SALE
2001 JD 2243 with 1300 low hours, water cooled gas engine, reels and knives recently sharpened, ready to cut, includes extra set of reels, both sets 70% reel life, complete with spare tri-plex for parts, maintenance records available $5,000 or B/O
1984 Jacobsen Greens King IV, high hours, still in service, used daily last season, freshly ground reels, ready to cut, maintenance records available $1,000
Free to good home, personal or work, Samsonite pool lounge chairs, 25 available, tan and green, good condition
Contact Bob Distel
Wayzata Country Club
Cell (612)861-5903
Office (952)475-9761

FOR SALE
14 Toro Network 8000 complete satellite boxes. These are the older style metal boxes, $750 each / OBO — All for $5,000
Contact: Keith Scott
Oak Ridge Country Club
(952) 938-6900

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1996 Ryan GA-30 (Reliable) Best Offers:
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1993 Toro Aerator (nice)
1996 2300-D Reel Master 3WD
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1997 Jac. SV Top Dresser/Dump (nice)
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PROUD SUPPORTER OF RESEARCH AND EDUCATION THROUGH THE MGCSA
Preparing for the Champions Tour

By Mike Powers, Superintendent, CGCS
Andrew Carlson, Assistant Superintendent
Tony Gustafson, Assistant Superintendent
Bret Kirchner, Irrigation Foreman
Perry Thompson, Equipment Manager

During the first week of August, TPC Twin Cities plays host to the 3M Championship, an annual Champions Tour event in Blaine, Minnesota. Originally, the Coldwell Banker-Burnet Senior Classic, the tournament debuted in 1993 at Bunker Hills Golf Course in Coon Rapids, Minnesota and found its current home at TPC Twin Cities in 2001. This tournament has generated more than 11.5 million dollars for local charities such as Allina’s Abbott Northwestern and United Hospitals. Proceeds from the 3M Championship have benefited the Virginia Piper Cancer Institute on the Abbott Northwestern campus and the United Family Health Center’s effort to build a new facility. This makes the 3M Championship one of the largest donors on Tour and the largest sports-related charity in Minnesota. Even though the Champions Tour comes to town for only a short time, its benefits can be felt for the entire year.

TPC Network Overview

TPC Twin Cities is part of a greater network of golf courses called the TPC Network. The TPC Network is comprised of 24 different clubs across the country including public, private, and resort clubs with additional clubs being constructed within the United States and around the world. This is an ever-expanding network of facilities, each unique in character, yet consistent in quality. These courses serve as tournament sites for the PGA Tour and Champions Tour and are complemented by excellent practice facilities for TOUR players, members and their guests. Along with these high maintenance standards, a number of TPC clubs meet rigorous environmental standards, helping to preserve and protect wildlife habitats on the golf course, as a result earning certification in the Audubon Cooperative Sanctuary Program.

TPC Twin Cities Overview

TPC Twin Cities was built on 235 acres of a 543 acre housing development site. It has 4 acres of bentgrass L-93 greens, 40 acres of bentgrass Southshore tees and fairways, 40 acres of bluegrass-fescue rough, and 100 acres of native grass areas. The site has 27 bodies of water comprising of 60 acres of water of which 14 acres are protected wetlands. The site was built on a former sod farm and over 500 million cubic yards of soil was moved during construction. All the peat soils were removed and used as material for spectator mounds. The golf course itself is a sand base which was mined on site and used to form all features. It provides unique challenges in nutrient holding capacity and especially water management. TPC Twin Cities opened as a private member club in June of 2000. The par 72, 7,164 yard, 18-hole championship course was designed by Arnold Palmer along with Minnesota native and PGA TOUR player consultant Tom Lehman.

Cultural Practices

Timing of the 3M Championship dictates all cultural practices implemented by the golf course maintenance staff. Starting in June, greens are lightly topdressed on a bi-weekly schedule, which starts with light topdressing using a Turfco Widespin 1530 attachment on a John Deere 2030 Progator and is followed by aggressive verticutting. The greens are then brushed with a Greensgroomer brush and followed by a Buffalo blower to remove any excess debris. Finally, the pin location is moved and the green is watered. The topdressings are followed by occasional rolling throughout the month of July.

Chemical Applications

Timing of chemical and fertilizer applications is critical to ensure the success of the tournament. From the first fertilizer application in April, to the PGR application applied a week (Continued on Page 25)
before the tournament, everything needs to come together for the last week in July. Foliar applications of Griggs Brothers products are used to fertilize the greens at a rate of .07 lbs/M, during the first and third weeks of July and then again at the end of July. Primo Maxx is applied along with the fertilizer at a rate of 0.137 oz/M. To help maximize moisture efficiency within the root zone, wetting agents are applied throughout the summer and finally during the second week of July.

Fairways and tee complexes in June are fertilized at .5 lbs/M and then again in July at a rate of .61 lbs/M. During this time, a plant growth regulator is applied. One week prior to the tournament, fairways and tee complexes are sprayed with Trimmit at a rate of 6 oz/M. Two weeks prior to the beginning of the tournament, the primary rough is fertilized.

TPC Twin Cities has an ongoing integrated pest management program where broadleaf weeds are controlled using a selective herbicide such as Momentum Fx®. In order to help protect the environment by limiting the use of herbicides, GCM staff spends considerable time hand picking weeds and hand spraying broadleaf weeds in no-mow native prairie areas of the course. Furthermore, a granular form of Dicamba, labeled K-O-G, is used to control broadleaf weeds in the bentgrass areas such as fairways and tees. This product is used to spot treat any annual weeds that may appear in the bentgrass. Individuals assigned with course set-up are asked to keep their eyes open when moving tee markers, moving bunker rakes, etc and to lightly apply K-O-G where weeds are spotted. GCM staff also carries around Triamine Jet-Spray Spot Weed Killer for weeds in long grass. Although this approach to control of broadleaf weeds in bentgrass areas can be time consuming, it cuts chemical costs and limits harmful toxins from leaching into the water, when compared to broadcasting or spraying entire tees and fairways. Poa annua is aggressively plugged out of all bentgrass areas on the golf course.

Preparation
In conjunction with the normal mowing schedule, many other tasks have to be completed during the month of July, including getting the bunkers in superior shape. This involves edging the bunkers, mowing inner slopes, checking sand depth, and if needed, adding bunker sand and compacting it. Bunker depths need to be consistent in all bunkers with all slopes at two inches and bunker bases at four inches. With 74 bunkers to maintain, this usually takes a crew of eight about one week to complete.

Along with edging bunkers, there are many other small tasks, which require attention. For instance, approximately 1,500 irrigation heads and countless valves and drains are edged and six miles of continuous cart paths are edged. A crew also spends time removing unwanted willows from pond edges and isolated areas. At the request of the Rules Officials, hazard lines are mowed on a regular basis throughout the summer. The Rules Officials also request that the hazard lines be completely faded out by the time they show up in late July. When the Rules

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Champions Tour—
(Continued from Page 25)

Officials arrive, they complete all course markings. Another task is to fill all of the ball marks and divots with a green sand/seed mixture. Ball marks are smoothed out and blended in with a Partac sand mixture applied with a squeeze bottle. Finally, a few days prior to the beginning of the tournament, the Equipment Manager grinds all reels and bedknives and sharpens rotary blades to make sure they are cutting to their optimal performance.

With the heavy equipment setting up grandstands and tents, numerous areas need to have irrigation heads and lines marked and painted to avoid irrigation breaks. Bike flags are used to identify irrigation heads and valves, which are more visible to operators than small irrigation flags. Starting on the last Monday in June, crews building structures need to be monitored daily to prevent unnecessary damage.

Advance Week

The weekend before the 3M Championship begins, the golf course maintenance staff performs a dry run, or a dress rehearsal, of how the tournament week will run. Each member of the staff will perform his or her morning and afternoon tasks and any minor problems will be corrected. Along with the dry run, any small final touches will be taken care of and the rough will be mowed for the final time.

Tournament Week

When the tournament week finally arrives, the GCM staff usually feels some relief because the hard work of preparing for the tournament is complete. Unless a heavy rain event or something out of the ordinary occurs, GCM staff can complete their daily tasks and relax and enjoy the tournament. Monday through Thursday of tournament week consists of pro-am’s, junior events, skills competitions, and practice rounds. Friday through Sunday the Champions Tour players compete to become the next 3M Champion. To prepare the golf course for each day’s event, GCM staff mows greens and collars, rakes bunkers, drags dew from tee complexes, fairways, and approaches, and cuts flag placements according to the Rules Officials locations. Hand watering will be implemented if needed. GCM staff begins the morning at 5:00 am and the golf course is ready for play at approximately 9:00 am. The staff then eats breakfast and is dismissed. Staff has the option of going home, watching golf, or relaxing in the maintenance hospitality tent. At 3:00 pm, the staff reconvenes for dinner before starting back-up around 4:00 pm. To prepare the golf course for the next day’s event, GCM staff mows tees, approaches, and fairways, roll greens, fill divots, repair ball marks, smooth bunkers, and hand water if needed. Staff finishes around 10:00 pm. If Mother Nature cooperates, staff is able to go home after Sunday morning’s set-up and enjoy Monday off to get a much deserved rest.

The Monday following the tournament holds one last sponsored pro-am in which volunteers and sponsors get a chance to play the golf course. Even though the golf course is not mowed and players play Sunday’s pin locations, a few GCM staff members come in to put out tee markers and flags. Also, tear down of the grandstands and tents begin meaning certain irrigation heads and lines have to be remarked to avoid damage by heavy equipment.

Post Tournament

After the 3M Championship concludes, it feels like summer is over and winter is upon us. However this is not the case. During the next few weeks leading up to Labor Day, damage from tournament becomes more evident. The most obvious sign from the tournament is the damage caused from grandstands and tents. The turf under these structures do not see any sunlight or moisture for nearly seven weeks. These areas need to be heavily slit-seeded and fertilized with some areas needing to be completely rototilled. Along with the loss of turf, many small areas are dug out to create level ground for scaffolding. These holes need to be filled in before reseeding can occur. In addition to the loss of turf, many areas around the golf course are severely compacted from heavy equipment and spectator traffic. These areas are aerified with a Toro pull-behind aerifier attached to a John Deere 2030 Progator. Along with seeding, numerous cart path edges are resodded due to the loss of turf caused by wide, heavy equipment. Approximately 10 to 15 pallets of sod are needed to repair cart path edges throughout the golf course. Weather permitting, tournament damage areas start to recover by mid to late September.

Even though the 3M championship last one week, planning, preparation, and clean-up is a season long event.
Brackett’s Crossing Joins Audubon Cooperative Sanctuary System

Brackett’s Crossing Country Club has received certification in Environmental Planning from the Audubon Cooperative Sanctuary System (ACSS), an international program administered by Audubon International designed to help landowners preserve and enhance the environmental quality of their property. Tom Proshek, Superintendent, and Arik Hemquist, Assistant Superintendent, developed the environmental plan for the property and in doing so were recognized by Audubon International.

By joining and participating in the ACSS, Brackett’s Crossing Country Club will undertake projects that enhance habitat for wildlife and preserve natural resources for the benefit of the local community. These projects may include: placing nesting boxes for cavity-nesting birds such as bluebirds and swallows, utilizing integrated pest management techniques, conserving water, and maintaining food and cover for wildlife.

Harold Stodola Research Scramble Set September 24 at The Jewel in Lake City

The Harold Stodola Research Scramble date has been changed to Monday, September 24. The event still will take place at The Jewel Golf Club in Lake City. Host Superintendent is Doug Mahal, CGCS.

President’s Message—

(Continued from Page 4)

and having the golf course in great shape which made for a day of fun. And congratulations to Tom Steigauf this year’s scholarship recipient. Tom attends the U of M at Crookston.

Another outing that conflicted with the busy summer was the Alternative Turfgrass Species Seminar at Big Fish Golf Club. Tod Blankenship spearheaded the event. Involvement like that from a member of the association is very much appreciated. Look for that event to be in July next year and try to make a weekend of it.

And finally it was nice to see many of the Vendors at our Appreciation Day at the Ponds at Battle Creek.

Your part in the association doesn’t go unnoticed. If it doesn’t rain fairly soon I just may take a little of that slow release water. I hope your summer is going as well as mine is. - James
"Begin Lifting Weights, Grandpa"

By NICKI ANDERSON
Certified Personal Trainer

Question

I am a 60-year-old male and have not been very active other than to play a periodic game of golf. My grandson told me that I could lift weights and improve my balance, which isn't very good, as well as my heart. Is that possible at my age? By the way, I am on high blood pressure medication, weigh about 220 pounds and am 6 feet tall.

Answer

Your grandson is giving you sound advice. Lifting weights to increase strength does great things for the body - at any age. In fact, strength training may be more important for middle-aged and older adults than it is for younger people. And several studies show that weight training improves cardiovascular conditioning and reduces the risk or progression of osteoporosis.

I shared your question with fitness expert Phil Campbell, author of "Ready, Set, Go! Synergy Fitness." He agreed that strength training offers many benefits for older adults, including increased endurance, lower blood pressure, reduced insulin resistance and body fat, and increased resting metabolic rate. Strength training reduces pain in knee joints. Most importantly, it lowers the risk of falls by improving balance. Falls can be deadly in older populations.

Campbell cited research reported on the National Institute of Health's Web site, which concludes that "a prolonged total strength-training program would lead to large gains in maximal strength and power." While this almost sounds like an ad in a muscle magazine for ripped bodybuilders, it's not. This is how mainstream researchers describe the impact of weight training for men in your age group.

Campbell added that it takes a combination of functional exercises like walking, tai chi, swimming, running or specific balance and stability exercises to apply the strength gains produced from weight training in order to improve balance. Experienced fitness professionals understand the need for balance and stability training and typically add it to a client's fitness plans.

So how do you get started? It's important to begin any exercise program with a progressive fitness plan in mind. This (Continued on Page 27)
Lifting Weights—
(Continued from Page 28)

simply means that you should start with low-intensity exercise, once your physician gives you the go-ahead.

After several weeks, progressively move the intensity up to a moderate level. Once you're conditioned with this level of exercise intensity, researchers show that high-intensity exercise is effective for adults of all ages.

One concern that trainers have for their clients, especially those with high blood pressure, is the need for proper breathing. Holding your breath during strength training can cause your blood pressure to dramatically increase, so you want to be sure to breathe throughout your repetitions. I tell my clients to count out loud, which helps to regulate breathing.

There's one other important study that Campbell says just may inspire you to make the commitment to begin a strength training program today. Researchers took 40 adults whose average age was 69, divided them into two groups and had them complete either six months of weight training or six months of endurance training.

The results were surprising. The endurance-trained group improved "oxidative capacity" (the body's ability to supply oxygen to the blood) by 31 percent, but the resistance-trained group improved 57 percent. The weight-training group also experienced a 10 percent increase in muscle size.

Since the endurance group in this study made remarkable improvements and the resistance-training group almost doubled those positive results, why not make the commitment today to add strength training to your fitness improvement plan? Then tell your grandson that he'd better watch out, because you may be challenging him to a bench press contest in a few months!

(Editor's Note: Phil Campbell offers a free newsletter that tracks the research in the area of fitness training for older adults. Visit www.readysetgofitness.com. Nicki Anderson is a certified personal trainer, author and owner of Reality Fitness in Naperville at www.realityfitness.com)
A refreshing and cool north breeze made me grateful for the long pants I had on even though it was mid-June. The first hot and humid week of the season had broken over night with the accompaniment of loud thunder and splendidly bright lightning. With a sliver of pink orange sunrise I drove to work contemplating the full day my staff and I had ahead of us. Indeed, today was to be an active early summer Monday, the last with no outside groups, full of projects great and small.

Smiling, I took in the early hour; the stars fading slowly, dark to my right and a rosy glow of an anticipated sunny display to my left. Wonderfully too cool for downed windows (a temperature only appreciated by out-of-doors workers who tire of long periods of heat and humidity), and Nora Jones soft in the background, my drive to work was the start of a superb day. Until that is, my nasal passages were assaulted by an odor of magnificent proportions which had suddenly and unexpectedly violated my private dream world.

Someone had farted. Musky yet spicy, viscous though light, the pungent aroma almost brought tears to my eyes. With lightning speed my fingers raced to the ignition she still had a yearning for large and only a few members were out. Her idiosyncrasies and lapses in behavior.

Mrs. Johnson's house to investigate. Suddenly a pair flushed from the clover to the club. The brightest retriever I have ever owned, she was a very well disciplined bitch. In the off-season Jessie accompanied me duck and grouse hunting, hobbies that were at one time very important in my life. Bred twice for added income (yeh right!!), she produced my second golden, Bailey, and also picked up a rather embarrassing habit.

You see, the breeding process changed my good lady Jessie from a fine and proper lady to a horny dog. Even after surgical legation she still had a yearning for large male dogs. Once while changing cups on the practice green she caught me by surprise doing the nasty upon the first tee with Toro, the large Collie owned by Dr. Jameson who lived next to the clubhouse grounds. Of course, once the process began interruption was almost impossible. Good thing it was early in the morning and only a few members were out. Her daughter Bailey wasn't always a good girl either.

A blonde, Bailey was just a few marbles short in the intelligence department. She did however have a tremendous nose and provided me with a long, lasting memory of my final great hunting experience. Joining her mother, we were upon a logging trail in northern Minnesota sleuthing for the elusive grouse. The smell of cedar pervaded the air and helped console us as we walked mile after mile looking with little luck for the often flighty bird. Suddenly a pair flushed from the clover to our right. Lifting my Browning 20-gauge semi-automatic, I shattered the silence with two shots.

Off into the forest the dogs went in search of our game and soon after both came back, one bird in each of their mouths. A double, double on a beautiful fall day with two great companions.

My dogs have been very appreciated by the membership as well. Besides looking great as cart ornaments, all of the hounds have been proficient in chasing geese. To their credit we have not had a "flying rat" problem since 1987. Darting, barking and swimming they have each made it a point to prevent any goose intrusion upon the golf course. They also have had their own idiosyncrasies and lapses in behavior. Jessie, my first love, was a dark red/brown lady who waited at the front door for me every morning to chauffeur her to the club. The brightest retriever I have ever owned, she was a very well disciplined bitch. In the off-season Jessie accompanied me duck and grouse hunting, hobbies that were at one time very important in my life. Bred twice for added income (yeh right!!), she produced my second golden, Bailey, and also picked up a rather embarrassing habit.

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