Aubrey Babson sends in this from the "OUT OF THE DITCH" La Rinconada C.C. July issue

THE ONLY WAY TO FLY - Everyone should ride in a golf cart when playing golf. Walking makes the blood circulate too fast, causes deep breathing and forces the lungs to expand, opening them up for T.B. germs, cancer and other pulmonary diseases. Walking also can cause hardening of the arteries, vericose veins, fallen arches and bunions. If you must exercise, jog four miles in the early morning and ride around the course later

Many golfers do not know how to use a golf cart properly. First of all, the golf cart paths should be used sparingly as excessive use will wear them out and repair and replacement is expensive. It won't hurt the grass to drive over it.

Car signs should be obeyed only when it is convenient to do so. You pay a lot of money to belong to the Club and should be entitled to break a rule now and then. Besides, what is so great about having good grass around the greens -- if you hit the shots right you should be on the putting surface anyway. You can play winter rules if necessary or bump the ball if no one is looking.

Golf is a companionship 'game and one should sit in the golf cart while his partner hits his shot, then both players ride to the other ball, discuss which club the shot calls for, then select the proper club for the shot to the green.

Although this procedure slows up the game and might cause some delay to the following foursomes, it is the right way to play the game. In this fast moving world, one should pause and observe the beauties or nature and you are doing a good deed when you allow the players behind you ample time to do so.

Always pull off the cart trail when parking next to a tree or green. Although this causes ruts and wears out the grass next to the trail, it has the advantage of allowing fire trucks, police cars and other emergency vehicles to pass by without undue delay.

Above all, remember you are out on the course to enjoy yourself and your personal comfort is more important than keeping the course in good playing condition. Let the other guy replace your divots, repair your ballmarks and rake out your footprints in the sand traps.

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RIDING ALONG WITH "97" - Frank J. DeCarli, Pen-Gro Sales Company

Bob Dauterman has been appointed the new Superintendent at Sequoyah Country Club in Oakland. He was formerly a salesman for Pen-Gro Sales Co. in the Los Angles area.

Sandy Sandnu has been appointed the new Superintendent at Orinda Country Club in Orinda. He is replacing Ken Stohl who is retiring after many years as a salesman and a Superintendent.