# Hinton and Panuska Win Fall Mixer At The Crossings in Montevideo

Dan Hinton, Jackson Golf Club, and Robert Panuska, Waseca Lakeside Club, combined to win the last mixer of the year with a score of 67 at The Crossings golf Club in Montevideo on October 11.. The format was a net best ball on the front side and a two-person scramble on the back side.

Thanks to host Superintendent Terry Negen and his staff for supplying the MGCSA with great accommodations for the event. The MGCSA appreciates the generosity of the staff and members of The Crossings Golf Club for offering their course to our membership.

Second place honors went to two teams. James Gardner, CGCS, The Wilds



**Terry Negen** Host Superintendent at The Crossings

Golf Club and Indian Hills Golf Club, and Joe Churchill, Simplot Partners, tied Jack MacKenzie, CGCS and Brian Horgan, University of Minnesota. Both teams shot a 71.

Tim Berquam, Bergerson Caswell, gave a talk about pump stations.

The field event winners were Mike Smith, Bluff Creek Golf Course, and Gordy Loysen, Countryside Golf Course. Both won the two long drive contests. The closest-to-the-pin winners were Mike Smith; Barry Provo, Deer Run Golf Club; Mike Knodel, Oakdale Golf Course, and Arlo Anderson, The Crossings Golf Club.

Special thanks to our affiliate members who sponsored tees, greens, field events and our lunch.



Jackson Golf Club Superintendent Dan Hinton, left, and MGCSA President Robert Panuska, Waseca Lakside, combined to shoot 67 to win the MGCSA's final event of the year at The Crossings Golf Club in Montevideo.



#### Settling for Seconds

Pictured from left to right, are James Gardner, CGCS, the Wilds and Indian Hills GC; Joe Churchill, Simplot Partners; Jack MacKenzie, CGCS, North Oaks GC, and Brian Horgan, University of Minnesota. Gardner and Churchill tied MacKenzie and Horgan for second place by carding 71s.

# It's All About Me

# Tendonitis

### By Jonathan Cluett, M.D.

### What is a Tendon?

A tendon is a tough yet flexible band of fibrous tissue. The tendon is the structure in your body that connects your muscles to the bones. The skeletal muscles in your body are responsible for moving your bones, thus enabling you to walk, jump, lift, and move in many ways. When a muscle contracts it pulls on a bone to cause movements. The structure that transmits the force of the muscle contraction to the bone is called a tendon.

Tendons come in many shapes and sizes. Some are very small, like the ones that cause movements of your fingers, and some are much larger, such as your Achilles tendon in your heel. When functioning normally, these tendons glide easily and smoothly as the muscle contracts.

In some cases a tendon will run within a sheath. Inflammation of this sheath can cause an entrapment of the tendon, as is the case in the syndrome trigger finger.

### What is Tendonitis?

Sometimes the tendons become inflamed for a variety of reasons, and the action of pulling the muscle becomes irritating. If the normal smooth gliding motion of your tendon is impaired, the tendon will become inflamed and movement will become painful. This is called tendonitis, and literally means inflammation of the tendon.

### What Causes Tendonitis?

The most common cause of tendonitis is overuse. Commonly, individuals begin an exercise program, or increase their level of exercise, and begin to experience symptoms of tendonitis. The tendon is unaccustomed to the new level of demand, and this overuse will cause an inflammation and tendonitis.

Another common cause of symptoms of tendonitis is due to age-related changes of the tendon. As people age, the tendons loose their elasticity and ability to glide as smoothly as they used to. With increasing age, individuals are more prone to developing symptoms of tendonitis. The cause

of these age-related changes is not entirely understood, but may be due to changes in the blood vessels that supply nutrition to the tendons.

Sometimes, there is an anatomical cause for tendonitis. If the tendon does not have a smooth path to glide along, it will be more likely to become irritated and inflamed. In these unusual situations, surgical treatment may be necessary to realign the tendon.

### How Can I Treat Tendonitis?

Tendonitis treatment must begin by avoiding aggravating movements. This may mean taking a break from a favorite activity for a period of time, but this is a necessary step to allow the inflamed tendon to heal. It is also recommended in tendonitis treatment to try alternative activities; for example, if you are a runner who is experiencing knee pain due to tendonitis, try incorporating swimming into your workout schedule.

Inflammation can also be treated with some medications, including the nonsteroidal anti-inflammatory medications such as Motrin or Advil. These medications can be very helpful treatments both in relief of pain and in reduction of the inflammation. As always, before starting a medication, check first with your doctor.

Side effects of these medications can include stomach upset and bleeding problems. Other possible medications to use are steroid injections. See your doctor for more information about this tendonitis treatment possibility.

Other means of tendonitis treatment include icing the injured site, ultrasound therapy, and many alternative treatments. Often a trip to the physical therapist can be helpful. Working to stretch and strengthen muscles in the area of the tendonitis can be helpful, and the therapist may have other ideas to help with your situation. As stated earlier, surgery is occasionally needed, but only after these non-surgical tendonitis treatment measures have failed to work.

### Are There Ways to Avoid Tendonitis?

The key to avoiding problems such as tendonitis and bursitis is to slowly increase the intensity of your exercise, vary the types of activities you perform, and try not to cycle between periods of activity and inactivity. People who tend to experience tendonitis are seasonal exercisers, who focus too much on one activity. When you begin to experience early symptoms of tendonitis, back off from the aggravating activity, and try something new.

### Will Tendonitis Return After Treatment?

Not necessarily, but it certainly may. If you do experience tendonitis, you are more likely to have symptoms again down the road, but with an intelligent approach to your exercise or activity routine, this problem can often be avoided.

(Editor's Note: Jonathan Cluett, M.D. is chief resident of orthopaedic surgery at a hospital in Washington, D.C.)



# MGCSA Membership Report

#### October 11, 2004

Dan Redig Class A - GCSAA Cottonwood CC Cottonwood, MN W: 507-423-6335

Steven A. VanNatta Class A-GCSAA Owatonna CC Owatonna, MN W: 507-455-1559

Victor Heitkamp Class B - GCSAA Osgood GC Fargo, ND W: 701-241-1350

Jamie M. Plomedahl Class B - GCSAA Hiawatha GC Tomah, WI W: 608-372-6667

Paul Fox Class D - GCSAA Meadows at Mystic Lake Prior Lake, MN C: 612-708-3335 Michael Krogstad Class: Facility Hidden Haven GC East Bethel, MN W: 763-434-4626

#### November 15, 2004

Edwin Z. Money Class A - GCSAA Rush Creek GC Maple Grove, MN W: 763-494-0400 ext. 223

Jeff Bohler Class C - GCSAA Dellwood Hills GC Dellwood, MN 651-426-4406

Jason Dorn Class C - GCSAA Baltusrol GC Springfield, NJ W: 973-376-1933

Randy E. Mehlberg Class C -GCSAA Cleary Lake GC Three Rivers Park Dist. Prior Lake, MN W: 952-447-4084 Christopher Tritabaugh Class C - GCSAA Town & Country Club St. Paul, MN W: 651-646-6743

William Stein Student - GCSAA (pending) North Dakota State University Lakota, ND C: 701-730-0559

Justin P. Zimmerman Student - GCSAA University of Minnesota St. Paul, MN H: 651-780-1109

Patrick McGinnity Affiliate Howard Johnsons Enterprises, Inc. Shoreview, MN W: 414-526-3925

Submitted by James Gardner, CGCS Membership Chair

# Take An Active Part

Are you an active member, The kind that would be missed, Or are you just content That your name is on the list? Do you attend the meetings And mingle with the crowd, Or do you stay at home And crab both long and loud? Do you ever go to visit A member who is sick, Or leave the work to just a few And talk about the clique? There is quite a program scheduled That means success, if done, And it can be accomplished With the help of everyone. So attend the meetings regularly And help with hand and heart. Don't be just a member, But take an active part. Think this over carefully Are we right or wrong? Are you an active member, Or do you just belong?

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# **REGRASSING FAIRWAYS**

Perseverance Affects Change When Contending with Personal Agendas

By Donnacha Sean O'Connor Superintendent, Alexandria Golf Club

My responsibility is to serve the golf course and members, and gain the support needed to make changes that lead to better golfing conditions. By nature, I prefer action to speeches, but also value what communication achieves. I work with my Green Committee to keep them well informed and to gain their support for

projects. Attending Board of Directors meetings helps me keep my finger on the pulse of the membership and gives me insight into the agendas of various divisions within the membership. Writing a monthly newsletter and attending General Membership meetings is a great way to keep the membership informed. This is the key to making controversial improvements, but an extended effort may be required. Personal agendas present the largest obstacle

to effecting change. However, I found that demonstrating success is most effective.

When I arrived at Alexandria Golf Club in January 2001, fairway turf had been in decline and the membership was unhappy. The problems causing poor turf quality were many and varied. The fairway grass had a history of being prone to wilting and required nightly watering, with additional syringing each afternoon. Turf loss was an annual event. These poor turf conditions presented a greater challenge than I had faced before. Turf died in my first year, as it had in the years prior to my arrival.

Several factors contributed to the situation. Environmental conditions were poor due to too many trees and no fairway aeration program, and surface compaction was causing irrigation to run off, preventing even wetting of the soil profile. I established a bi-yearly fairway aeration program. Core aerifying and deep-tine aerification improved infiltration. I installed surface drainage in low-lying areas and implemented a judicious irrigation program. An aggressive tree maintenance/removal and root pruning program reduced competition. Poplar trees lining use of more efficient mowers cut the Blue grass below what it could tolerate. Within three years, there was a transition from Blue grass to a mix with Poa annua. The colonization of the Poa helped maintain a dense turf and this went unnoticed by many golfers, until the Poa went into decline in the hot summer. The decline in

Poa caused a domino effect. In decline, it created voids in the turf canopy that exposed the soil, causing an increase in surface compaction. The compaction made it impossible for new plants to establish. The compaction also affected the soil's ability to take in water and release toxic gasses from the root zone, adding to further decline. Without the density and upright growth of the Poa, the remaining Blue grass assumed a prostrate growth habit. Lateral

many of the fairways had roots encroaching into the fairway - an explanation for where all my irrigation went! Using a vibratory plow to sever the roots along the tree line had a dramatic effect in reducing water usage. I communicated with membership and kept them informed and upto-date on the changes I was making.

At this point, things were starting to improve as water moved into the soil and was available to the grass. The turf was stronger and required less irrigation. The improved infiltration kept the surface drier and reduced compaction. Golfers saw an improvement in playing conditions, but remained dissatisfied with the playability of the grass on the fairways.

Over the last decade, the fairways were lowered from 1.25" to .75" to meet the increasing demands for better playing conditions, often at the request of the better golfer. The reduction in height and growth, preventing other grass from colonizing the surrounding area, further reduced recovery and density.

**Remember, you cannot pick a pear from an apple tree** and it quickly became apparent that improved maintenance practices would only be part of the story. The fairways now consisted of a mixture of Blue grass, Poa Annua, Rye grass and native Bent grasses. This hodge-podge of grasses was sparse and not uniform. Turf type was now the limiting factor. Our variety of Bluegrass was not capable of creating a quality fairway. At fl" mowing height, the Bluegrass survived by growing below the height of cut. I reduced the mowing height to fi" to cultivate the Poa and native Bent grasses.

In the past, the Blue grass mix had provided a reasonable playing surface. Many

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# Regrassing Fairways-

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senior male members recounted the days of old, when the fairways were "great." Those members thought the short cut grass was for the benefit of the low handicap golfer who likes to pinch the ball, rather than sweep it. They also concluded that the reduced mowing height of fi" was increasing the decline in turf. No doubt, the shorter mowing height of fl" had reduced the competitiveness of the Blue grass, but that grass was gone and an increase in height of cut now was not going to bring it back.

The pitfall I failed to avoid was not recognizing the existing friction between high and low handicap golfers; I thought my agronomic reasons for reducing height would stand on their own. As a result, a vocal minority, with nothing but time on their hands, became set against my program for change. I failed to convince some that my goal was to improve turf density, not satisfy the demands of the low handicap golfer. By lowering the height of cut to fi" to improve uniformity, I underestimated the impact it would have on high handicap golfers. Educating the members that mowing grass longer wouldnot increase the density of the stand proved to be a most difficult concept to convey.

In September 2001, using Primo growth regulator at .75 oz/1000, we slit seeded #4 fairway with Creeping Bent grass and had a good catch, but the existing turf species prevented strong establishment. We noticed an overall improvement, due to a reduced population of Bluegrass, but not a significant enough improvement to justify the disruption to play.

Spring 2002, members demanded marked fairway improvement and they wanted it quickly. In response, I recommended fairway regrassing with the possibility of course closure. The membership's uproar reaction to the possible closing of the golf course was deafening. The contingent of senior men, who had decided mowing the fairways short was the problem, vociferously expressed their opinion. The "new Super" had only increased the problem by mowing the fairways even shorter. Seniors continued to associate height of cut with density and wanted it mowed 1" long. This contingent saw my recommendation to regrass with Bent grass cut at a low height as catering to the low handicap golfer. They wanted the regrassing to be done with Blue grass, a grass more friendly to the high handicap golfer. I explained that Blue grass would be difficult to establish and too slow, but they would only hear what fit with their preconceptions.

Summer 2002, we tested plots with Creeping Bent grass, Colonial Bent grass and a low mow Blue grass. The Blue

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## Regrassing Fairways-

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grass took several months to establish a good stand of turf, whereas the Bent grasses took only a few weeks. Therefore, for a membership that was looking for fast results, Bent grasses' quick germination and establishment was the only option. We looked at Colonial for the following reasons: it can be mowed higher, has an upright growth habit, and it has a nice pea green color that blends with the native Poa annua. I took my Green Committee to the NTEP Turf Trials on the U of M St. Paul campus to evaluate the same turf down there, and concluded that Colonial was the best fit for the majority of our members. At this point I thought we were on track, because the seniors would see this as a solution that would benefit them too.

My naivety was soon brought to light. The group of senior men, who played almost every day, became known as the Blue grass Faction. The Blue grass Faction would drag turf type into the discussion at every meeting. I repeatedly addressed the purpose of the low mowing practices in articles written for our monthly newsletter. I explained why fairways with less Blue grass had improved, but fairways with a large percentage of Blue grass were our poorest fairways. I gave positive reasons for regrassing with Colonial Bent grass. It was like reasoning with a wall - they were alienated and their minds were closed. In order to move forward, a demonstration was required.

Mid-August 2002, I renovated a 12,000 sq. ft. test area on the front of fairway #5. We killed the existing turf with a nonselective herbicide (Round Up) and overseeded with Colonial Bent grass. The seed was quick to germinate, but so was the Poa annua. As anticipated, we got a mix stand of Bent and Poa. However, the two grasses blend very well together and look completely uniform to the untrained eye. Options to eliminate or reduce Poa in a Colonial stand are very limited. Colonial is sensitive to most post-care herbicides, products such as Prograss and Dimension.

### The Regrassing Process

- + Communicate intentions and rationale
- + Muster all possible support
- + Spray Round Up on the Fairway
- + Wait 5 days before mowing
- + Scalp the grass as short as possible,
- + Core aerate, about an inch deep and as many holes as possible
- + Pulverize cores and remove thatch + Slit seed in three directions with a Verti-
- seed slit seeder (Charterhouse Redexim) at .5 lbs/1000
- + Spray additional seed at .5 lbs/1000 over the top
- + Drag
- + Water
- + Fertilize

The trial area was open for play in 5 weeks with excellent results. The results were well worth the effort and disruption, so long as the course stayed open, and the surface was more playable for all handicaps. But we were still facing great pressure from members, due to the anticipated disruption of play for any length of time. Some members threatened to go on temporary leave for the duration of the regrassing. The Board of Directors was supportive of fairway regrassing and promptly changed the leave policy for members, requiring medical or extraordi-

nary circumstances.

Summer 2003, our goal was to improve communication with the general membership. We held General Membership meetings specific to fairway regrassing in order to set a more positive tone and educate undecided members. The Blue grass faction was unreasonable during these meetings and deaf to our demonstrated facts. This convinced the majority that it was a decision best left to an expert. In the course of those meetings,

we got our message through

and gained the support to overcome the vocal minority. The Grounds Committee recommended finishing #5 and renovating #1 in order to test not closing the golf course. Their recommendation met with Board approval.

Mid-August 2003, #5 and #1 were regrassed. Round Up was used on the #5 fairway. In an attempt to reduce Poa germination, we used Basimid Granular, a soil fumigant on the #1 fairway. The Basimid was applied according to the label instructions. Incorporating the granules into the soil was limited to aerating the fairway, spreading the granules and dragging them into the aeration holes. This was followed by the prescribed irrigation to trap the gas.

The first cut of rough was mowed to fairway height and members moved their ball off and played from there. Both fairways were open for play in six weeks and the results were well received. #1 hole had to be closed for a week while using the Basimid. The process was less controlled than I would have liked. It did reduce Poa germination, but it did not eradicate the Poa. Keeping those facts in mind and weighing in the higher cost, we determined that Round Up was our best solution.

We had confirmed the following: playability improved for all golfers when compared to previous conditions; we did not have to close the golf course at all, and members were not assessed any fees.

Naysayers had been calling for a vote, but without the need for borrowing funds or assessing fees, the Board was not required to do so. The Board stuck to its guns and made the decision, showing tremendous faith in me and in the process we had gone through. The decision was to complete the front nine in 2004 and the back nine in 2005.

This year of 2004, our newly regrassed fairways opened for play after six weeks and are exceeding expectations. Our new fairways are mowed at 5/8" and the majority of the membership is thrilled with the results. Our fairway regrassing project is a success. However, what could have been a straightforward process was held up by personal agendas. A large majority of the Blue grass Faction is very pleased with the outcome of all our efforts and, with only a few exceptions, the general membership is unified in its support for regrassing. It was perseverance and demonstrated success that enabled us to effect change.



A perfect lie.

### **MINNESOTA IN THE CROSSHAIRS:**

# Asian Carp and Other Tidbits

By Paul Diegnau, CGCS Keller Golf Course

After attending the October 20th pesticide recertification seminar at Midland Hills CC, Dr. Vera Krischik hammered home the point that invasive species in the United States are an enormous, growing problem. Approximately 50,000 invasive species are currently found within the borders of the United States! Why is that a problem? Because invasive species do not bring their natural predators with them. With no natural population control, invasive species can build to extreme levels in short periods of time, inflicting great environmental and economic damage. The sheer number of species present shows the magnitude of the problem that local, state

and federal agencies are fighting.

A current hot topic in Minnesota is the advance of Asian Carp into the Upper Mississippi River Basin (UMRB). The four species of concern are the Silver, Black, Bighead and Grass carp. These fish consume huge quantities of biomass, grow very fast, and can achieve weights of 90 -150 lbs., depending on the specie. Originally used for vegetation control in wastewater treatment ponds and fish hatcheries, Asian carp were accidentally released from sites in Arkansas and Missouri. They have steadily advanced up the Mississippi River basin over the past 25-40 years. These fish are currently estab-

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TRIM SIZE: 3.458" X 4.833" PUB: COLOR: 3/CP (MYK) ISSUE DATE: lishing populations up as far as northerm Iowa. Current data suggests they can spread up to 50 miles per year and begin reproducing within two years of the arrival of the first fish. This summer, for the first time, a 23 lb. Bighead carp was caught in Lake Pepin.

The Silver carp has gained the most media exposure due to its ability to leap out of the water when disturbed by the sound of boat motors. At a recent MISAC meeting, I had the opportunity to view a DNR video on the Asian carp problem and the footage of flying Silver carp in heavily infested waters was remarkable, to say the least! Large numbers of these fish get airborne at the same time, often colliding with boats and humans, causing



damage and injury. Suddenly, using personal watercraft, water-skiing and boating in these areas have become a dangerous pasttime.

These fish could have an immense impact on the ecology and economy of the UMRB due to their voracious appetite. Their ability to consume huge quantities of phytoplankton, zooplankton, mollusks, crustaceans and detritus will negatively impact native species and their habitats. The economical impact on fishing, both commercial and recreational, hunting, boating, recreational water sports, and sightseeing could be extensive.

In 2004, the Minnesota and Wisconsin DNR completed a study with the U.S. Fish and Wildlife Service on how to limit the spread of the Asian carp species into the UMRB. The study concluded that combining a bubble curtain with an acoustic deterrent system has the best chance of success. This hybrid system can be calibrated to the hearing range of an Asian carp, making for a more effective repellant. These systems will be installed at multiple lock and dam locations along the river. Projected costs are in the tens of millions of dollars. The effectiveness of these systems remains to be seen. The entire study can be viewed online at: http://www.dnr.state.mn.us

### More News from the Front Lines...

The pathogen that causes Sudden Oak Death (SOD) was found in Minnesota this year. Forty-one Walmart stores and local garden centers throughout the state were found to have plants infected with Phytophthora ramorum. The disease is spread by "foliar hosts" such as rhododendrons and camellias, which serve as breeding grounds for the innoculum. Many infected plants were sold prior to inspections. The USDA is targeting homeowners and Master Gardeners to be on the lookout for suspicious looking plants in the home landscape.

The USDA is proposing a new rule that would allow for an increase in the use of

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# Asian Carp-

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the ozone-depleting pesticide, methyl bromide. The rule is being introduced to comply with international shipping standards developed under the International Plant Protection Convention. These standards were developed to combat the introduction of invasive pests in international shipping materials such as wooden crates and pallets. Asian longhorn beetle and pine shoot beetle are two examples of foreign pests that enter the United States by this

> The plant resembles a huge version of Queen Ann's Lace but has an ugly attitude. The toxin contained in the sap from this plant causes severe blistering and painful dermatitis when exposed to the sun.

means. Methyl bromide use was to be phased out by January 1, 2005 under the 1987 Montreal Protocol Treaty. Environmentalists are fighting the proposed rule and have until the middle of November to file public comment on the proposal.

Giant Hogweed, Heracleum Mantegazzianum, is spreading into parts of Wisconsin and Michigan, from locations on the east and west coast. This plant originated from southwest Asia and escaped from ornamental gardens here in the U.S. The plant resembles a huge version of Queen Ann's Lace but has an ugly attitude. The toxin contained in the sap from this plant causes severe blistering and painful dermatitis when exposed to the sun. These blisters can develop into purplish or blackened scars. The photosensitivity of the afflicted area can last for years. Eradication is difficult due to a tenacious rootstalk and prolific seeding. Glyphosate is effective at killing the entire plant.

At the last MISAC meeting, Eric Nordlie of Bailey Nurseries shared some interesting news with the council. It appears that within the next two years, Bailey Nursery will no longer produce ash trees. That point reveals the seriousness of the approaching emerald ash borer front. The market for ash trees is simply disappearing!

(Editor's Note: Paul Diegnau, CGCS, is the MGCSA liaison to the Minnesota Invasive Species Council. MISAC is co-chaired by the MN Dept. of Agriculture and the MN Dept. of Natural Resources. The council was formed in response to Presidential Executive Order 13112 on invasive species, the National Invasive Species Management Plan, and Minnesota legislation that encouraged the state to plan and take action on invasive species.)

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# Seasons Greetings

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Joe Churchill, Dale Parkse, Chris Hoff, Jeremy Bates and Charlie Miller

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