"A Newsletter Celebrating The Diverse Enjoyment Of The Quality Of Life In Minnesota"

Debut Issue

Announcing the inception of a fresh, new monthly newsletter designed for those individuals, young and old, who have an appreciation for the varied and uniquely entertaining recreational escapes that Minnesota has to offer those who live, or visit, within it's friendly borders. Each issue Minnesota Recreation will highlight some of those seasonal and cultural diversions, as well as provide insights and reflections into the quality of life that is truly reminiscent of the "Land of 10,000 Lakes".

Beginning with this commencement issue,

Minnesota Recreation
will provide to its readers articles on outdoors and nature, sports, books, the cinema, food and drink, health concerns, financial advice, home and gardening tips, upcoming events, etc.

We at Minnesota Recreation share a vision of making this publication a break-forth celebration of the Minnesota lifestyle. We will stay entertaining, informative and

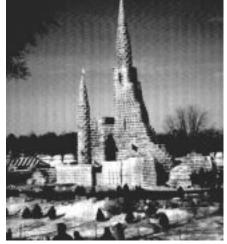


World Champion Minnesota Twins, 1987.

up-to-date while still maintaining that Midwestern, comfortable feel that will become our trademark. We invite you as neighbors to comment or contribute, and ask that you support our advertisers in our continued growth.

Thank you for taking an interest in what will prove to be a novel monthly newsletter.





St. Paul Winter Carnival Ice Castle, 1986.



The Great Outdoors 2

Minnesota A' La Carte 3



Page 2 MINNESOTA RECLEATION

MINNESOTA RECTEATION

Volume 1, Number 1

PUBLISHER / EDITOR Jeffrey W. Paul

CONTRIBUTING WRITERS

Carolyn Betz
Dave Clemens
Darleen Esposito
Raymond Kaufenberg
Jennifer Nuttall
Timothy Quinlan
Frank Skaj

MINNESOTA RECREATION

is published monthly by



J H Huhlishing
3923 S. Valley View Dr., #303
Eagan, MN 55122
Telephone / Fax: (612) 452-5921
Call must be acknowledged by voice before sending fax.
© 1993 J W Publishing

DENNIS BETZ

Full-Service Investments



- Growth Stocks
- Fixed Income
- Mutual Funds
- Retirement Plans

(612) 370-2915

INVESTMENT SECURITIES

John G. Kinnard & Co.

1700 Northstar West Minneapolis, MN 55402 The Great Outdoors

Avoid Harming Wildlife

by the Wildlife Rehabilitation Clinic

Most of the wild animals brought to the clinic for rehabilitation suffer from injuries or illnesses caused by humans. Since most people seek to avoid causing harm to other living things, we decided to put together a list of things to do - or not do - to help wildlife.

We asked experienced clinic volunteers to contribute to the list, based on patients they've handled over the years. And here's what they came up with (the list is in no particular order, but if everyone followed all 15 suggestions, the clinic's caseload would be dramatically reduced):

- 1. Prevent your pet cats and dogs from attacking and/or playing with wildlife. Don't allow dogs to run without supervision and attach bells to any outdoor cat's collar. Better yet, raise your felines as indoor cats. Many injured animals are brought to the clinic with wounds from dog or cat attacks.
- 2. Alert birds to large expanses of glass in your home, such as patio doors or picture windows, by hanging reflective streamers nearby or allow the glass to remain dirty in the spring. Reducing the reflection should also cut down the number of birds who collide, often fatally, with windows and doors.
- 3. Educate children to respect all wild creatures and their habitats. Children need to learn that wild animals are not playthings and should be allowed to go about their lives unmolested. Children should also be told not to destroy nests, burrows or other havens for wildlife.
- 4. **Pick up litter and refuse** that could harm wildlife, including six-pack rings (after cutting each circle to reduce the risk of entanglement) and watch batteries (if consumed by waterfowl, they can cause mercury poisoning).
- 5. **Be alert when driving**, especially near wildlife refuges and in rural areas, to avoid hitting or running over wild creatures. Please stop and move any turtles from the roadway or shoulder.
- 6. As a general rule, leave infant wildlife alone, since they seldom are truly orphans: A parent may either be nearby or will return within several hours. If you find young birds on the ground, attempt to return them to their nest or, if they're learning to fly, place

them in a tree for safety if pets are near.
7. Place caps over all chimneys and vents on your

roof to prevent birds, ducks and raccoons from taking up residence and becoming trapped.

- 8. **Do not leave fishing line or fish hooks unattended** outdoors and retrieve any kite string left on the ground or entangled in trees.
- 9. **Before mowing your lawn or rototilling your garden**, walk through the area first to make sure no rabbits or ground-nesting birds are in harm's way.
- 10. Check trees to make sure there are no active nests or residents of cavities before cutting them down. Even better, avoid cutting down dead trees if they pose no hazard, since they provide homes for a variety of wildlife, such as woodpeckers, squirrels and wood ducks.
- 11. **Use non-toxic products** on your lawn and garden to fertilize and discourage pests.
- 12. Motor oil should not be left in oil pans unattended. A surprising number of birds and mammals fall into oil pans each season and few survive, even if the oil is carefully washed from fur or feathers.
- 13. **Do not trap** or in any other way cause harm to wildlife.
- 14. **Do not attempt to raise or keep wild animals yourself.** Not only is it illegal, but wild creatures do not make good pets and captivity poses a constant stress to them. And young wild animals raised without contact with their own species fail to develop survival skills and fear of humans, virtually eliminating their chances of surviving in the wild.
- 15. Support environmental groups which seek to save and reestablish wildlife habitat. Remember that garbage and pollution harm wild creatures as well as humans, so recommit to recycling, reusing and reducing reliance on disposables and try to substitute walking or biking for many car trips.

The Wildlife Rehabilitation Clinic at the University of Minnesota exists mainly on donations. If you wish to contribute, contact them at (612) 624-7730.

Page 3

Minnesota A' La Carte

What's Cookina? by Darleen Esposito

Food Editor

Closing the cabin, enjoying fall colors, or taking a trip to see Aunt Marge? Here's a suggestion for a hearty sandwich to make

the day ahead, and to heat and eat when you arrive.



4 lbs. arm cut roast 8 ozs. tomato sauce 2 tsps. salt 1/4 tsp. pepper 1/2 cup water 1/4 tsp. paprika 1/4 cup lemon juice 1/2 tsp. dry mustard 1/4 cup ketchup 1 tblspn. Worcestershire sauce 1 chopped onion I clove garlic, minced 2 drops tabasco 2 tblspns. brown sugar

Mix ingredients in a slow cooker and cover. Cook for 6 hours, stirring occasionally. Serves 8 - 10.

No time to plan ahead, the kids aren't packed and you haven't slowed to a dead run? For a submarine "combo" that will sink your gondola, try one from the Buon Giorno Italian Market, located at 335 E. University Ave. and Mississippi (next to 35E in St. Paul). A "surprise is in store" is a good pun for this specialized deli-market featuring fine

imported meats and cheeses, freshly home-made Italian sausage and salads, a complete grocery department, and fabulous wines and liqueurs. A total line of catering is also offered from simply delicious take-out sandwiches and box lunches to a full banquet.

Frank Marchionda, owner and manager, takes family pride in telling you the ingredients of their marvelous submarine sandwiches. The bread is baked using his grandma's secret recipe straight from Italy, with no preservatives. Being in business at this location for 16 years, Buon Giorno serves a heavy lunch crowd, so Frank suggests you call ahead with your order "cause when the bread is gone, it's gone".

With your list to visit, sample the deli and order that romantic picnic basket for two. Then go kick some leaves and enjoy Minnesota after you've inhaled the delightful fragrances from the provinces of Italy.

Tip: Try cutting mushrooms evenly and quickly with a common egg slicer.

Toast: The wine is only as good as the company.'

Readers are encouraged to send in favorite recipes, tips and toasts to What's Cooking?

BEER AND FOOD COMBINATIONS

Many people think of wine as the perfect complement to food. Here's an alternative - many foods go well with beer. Below is a list of the various types of beer and the foods that they would go best with.

Bock - Strong lager usually available in the Fall and Spring. Best served with veal sausage (weisswurst).

Brown Ale - Slighly darker and sweeter than a bock beer,

brown ales are excellent as an aperitif. Courtesy of "Minnesota Spirits" Munich Dark/Pale - Dark lagers traditionally have a spicy-malty-coffeeish taste. Pale lagers

are characterized by a malty taste. Both go well with chicken or pasta. Pale Ale - Fruity, copper-colored style of ale. Good with red meat and cheddar cheese. Pilsener/Pils - A super-premium pale lager with a fragrant, flowery bouquet. Good

as an aperitif or with fish dishes. Porter - A dark, almost black, fruity-dry beer. Good with oysters, shellfish, salt-cured fish. Stout - Almost black roasty brew made by top-fermentation. English stout is often sweet, and is a good mid-afternoon restorative. Great with oysters. Serve warm.

Weisse/Weissbier - A wheat beer with hints of apple, plum, and perhaps clove. A fruity, refreshing summer beer that goes well with elderberry fritters.



The Secret's Out

We Divulge A Famous Culinary Delight From A Twin Cities Restaurant

BOUNDARY WATERS WILD RICE SOUP

- Dayton Hudson Restaurants

1/4 cup chopped onion 3/4 to 1 cup cooked 1 tablespoon butter 2-3 tablespoons flour 4 cups chicken stock

wild rice* 1/2 teaspoon white pepper 1 cup whipping cream

1/3 cup sherry

In large saucepan, saute onion in butter until tender. Make roux by stirring in flour: cook and stir 2 to 3 minutes. Add stock: whisk in flour mixture until smooth. Heat to boiling; reduce heat and simmer 20 minutes. (To make thicker, add more roux.) Add wild rice, pepper and cream; simmer. Add sherry and heat thoroughly. 6 cups.

TIP: *See How To Cook Wild Rice recipe below.

HOW TO COOK WILD RICE

1 cup uncooked wild rice

3 cups water, bouillon or broth

1/2 teaspoon salt

In large saucepan, combine wild rice, water and salt; heat to boiling. Reduce heat, cover; simmer about 30 minutes. Check for doneness. Continue simmering until tender, checking every 5 minutes. (Wild rice usually cooks tender in 30 to 45 minutes.) Cooked wild rice can be stored in a tightly covered container up to 2 weeks in the refrigerator. For longer storage, freeze. 3 cups.

Page 4 MINNESOTA RECREATION

Literary, Cinematic Review

Betz on Books

by Carolyn Betz Manager, Dayton's Book Department



When I told a friend that I was writing a book column for the premier issue of "Minnesota Recreation" he laughed, "Well, what are you going to do, recommend books that people can read on their exercise bikes"? I went on to explain to him that reading is a big part of the Minnesota lifestyle. Look

how many bookstores, publishers and authors call Minnesota their home. I know plenty of people who make reading a recreation ... they sunbathe and read, fish and read ... in fact, I even know a couple who bring a book to hockey games and read it during Zambonee breaks!

Reading can be very social, take my bookclub for example. We get together once a month, discuss a fiction book, enjoy liquid libations and have a tasty potluck dinner. We even discuss current affairs, this month we had a lot of insight into the breakup of Burt and Loni's marriage. Who says only great minds can solve the world's problems.

With the summer now at it's end, this is a perfect time to organize your bookclub. You can have recreational reading enjoyment all winter long! Few hints that've worked for my bookclub:
- Only read mass market or trade paperbacks. Hardcovers have become too expensive, and you can't always find

the H/C at the library in a timely matter.

- Fiction is a lot easier to discuss than non-fiction. Non-fiction is more specific to taste, and it's harder to find current non-fiction in paperback.
- Some of our bookclub favorites are <u>Cape Ann</u> by Faith Sullivan, <u>The Eight</u> by Katherine Neville, and <u>A Year in Provence</u> by Peter Mayle.
- Be forewarned, you will rarely read a book that everyone unanimously enjoys ... that's the fun of it!
- Whoever is hosting the bookclub is in charge of the invitation, the main dish, the selection of the book, and telling people what food to bring when they call in to RSVP.
- Have outings ... such as "Bookclub goes to a Twin's game" or "Bookclub goes to the movies". (You'll get 100% attendance on these!)

So, hurry up and call those friends. If the fall and winter are anything like this summer, you will need some indoor recreation. Happy reading!

Film Q

by Tim Quinlan Staff Writer

With the inaugural issue of "Minnesota Recreation", I thought I'd review a film made in Minnesota. Untamed Heart was released to the theaters last winter, and has come to your video stores just in time for the upcoming "It's too cold out. Why don't we rent a video?" season. I usually don't enjoy films made in Minnesota, because frankly they're usually not very good. Plus, I actually find having all too familiar locations in a film a distraction. My expectations were heightened though with the generally good notices the film received and the attention given by the media to the Minnesota "flavoring" of this film. (Boy, a lot goes into considering a \$2 video rental.)

Since this is our first issue, I must let you know that I hate reviews which talk about plot and give away too much of the story. Although I do think people in general place too much attention on the plot of a movie, the reason I won't discuss it here is because I think a film's story needs to unfold itself to the viewer as a unique experience. When previously described scenes come across

the screen, the overdescriptive reviewer's ideas are automatically attached to the scenes and, in my opinion, this gives too much power to the reviewer who is after all just another person who saw the film. With that stated, I will say the film is a sentimental romance about love lost and love found which uses the essence of the ever popular (these days) beauty and the beast saga. More than that though, it's quite beautifully done, and I would think perfect for a chilly autumn evening if you're with someone special, or at least wishing you were.

Christopher Slater and Marisa Tomei play the unlikely couple with style and pretty good chemistry. If you're familiar with these two actors, you may realize that this is a story of young love, and it receives fine tender treatment by the director, Tony Bill (My Bodyguard, Five Corners). Rosie Perez suitably drops her usual New York attitude to perform well in the supporting role. As far as Minnesota "flavoring" is concerned, there are a coupla guys who taulk bowt fishin', and Marisa Tomei does alright with a Minnesota accent, but much of the film has a standard sense to it. Having if pouring rain the day after Christmas didn't exactly bring



Maria Tomai in Untamed Heart

me home either.

What I enjoyed most about this movie was the delicate mood carried through the film. There are a couple of violent moments, but they stand out as truly negative, unwanted experiences, instead of an essential part of the characters. What is essential to these characters are their hearts, and their need for love and affection. The film succeeds by giving a sincere portrayal of human frailties and allowing us to observe the dynamics of the dearest relationship of all, love.

P.S. I should forewarn you that a tear or

P.S. I should forewarn you that a tear or two could be shed.

Tim is a film school graduate, and has studied film at Sorbonne University in Paris.

Page 5 MINNESOTA RECLEATION

Healthy, Wealthy E Wise

Health Tips

HANDLING A MEDICAL EMERGENCY IN YOUR HOME

- **Dial "911" immediately** If your area isn't served by "911", next to your phone have the numbers of your physician, fire department and police.
- Stay calm Talk slowly and clearly.
- Be exact when giving your location -Give your name, phone number, address, apt. number, city or town and directions, including landmarks or cross streets.
- **Describe the help you need** Medical, police or fire assistance?
- Give details of the condition of the victim Bleeding severely, choking, etc.
- **Describe first aid** If someone is administering first aid, say what kind. Cardiopulmonary resuscitation (CPR) or any other emergency care.
- **Describe the victim's location** Is the person in the upstairs bathroom? Downstairs on the kitchen floor?
- **Listen carefully** And write down instructions. If needed, ask the dispatcher to repeat any information.
- Don't hang up too soon Hang up only when the dispatcher tells you to.
- Be sure your house number is clearly visible If it's in the evening, make sure you turn a light on outside to illuminate your house number.



Dollars & Sense

by Raymond Kaufenberg
PaineWebber Incorporated

INVESTMENT A B C'S

Define your **A**ims Select your **B**roker

Proceed with Careful Consideration

Many people have a mental block when it comes to investments. To the neophyte, the investment world often seems ominous and threatening, full of pitfalls for the uninitiated. This need not be the case. The basics can be deciphered by even the beginning investor.

Investment means managing your resources so that you can preserve your money's buying power, generate more money and obtain income. Once you decide to put your money to work by investing it, you will need a procedure for making sense of the multitude of financial options available to you.

You can begin by clarifying what your investment goals are. Ask yourself the following: Where am I now financially? Where do I want to be in 5, 10, 20 years? You will have to take a financial inventory to assess where you are now. Ideally, this should be done when you are not under pressure.

Once you have carefully made this inventory, taking into account, for example, your liquid assets, fixed assets and obligations, you should be ready to identify where you want to be at the end of a specific period of time. Keep in mind that your goals will differ at different times in your life. For example, if you were to marry or receive an inheritance, your financial planning would change.

It would be helpful to have a guide or mentor on this journey you are undertaking. His or her selection should be done with a great deal of care. If you select an investment broker as your guide, choose someone from a reputable brokerage house, where the research available to you is the highest quality.

A good way to begin your search for a broker might be to introduce yourself to the manager of a local brokerage firm. Let the manager recommend one or two brokers for you to interview.

Look for a personal rapport with your potential broker. Beware of a high pressure salesman, someone who is not willing to spend time with you, nor willing to admit a mistake. Ask your

prospective broker what you can expect of him, how much time he can give you. He should feel free to call you with recommendations, and you should feel free to come to him with your questions.

Once you have selected this individual, with whom you feel comfortable, he should help you in evaluating your financial situation and identifying your investment goals. You will also want to explore such issues as: Am I a speculator? Do I feel more comfortable with stock, or would I prefer a highly rated municipal bond? Should I look at tax-sheltered investments? Which investments provide income exempt from Federal and State taxes?

Together, you and your broker should review the many financial options available to you, such as corporate and municipal bonds, common and preferred stocks, listed options, tax shelters, fixed income trusts, to name a few. Your broker will help you to understand the different types of investments and can point out to you which of the diverse financial instruments available would best fulfill your objectives.

If, for instance, current income from investments is of paramount importance to you, you'd be interested in regular dividends, an attractive rate of return, safety of principal and good liquidity, should you need funds on short notice.

As you work with your investment broker, you should make every effort to become as knowledgeable as possible about financial markets. Become acquainted with The Wall Street Journal and the financial section of your local newspaper. You may even want to scan periodicals, such as Barrons, Forbes, and Business Week.

In short, you as an investor should learn all you can, so that you can be full partner with your carefully chosen investment broker in planning and executing a flexible, responsive investment portfolio that conforms with your investment goals. The more time and attention you are willing to devote to this undertaking, the more you will accomplish. Study and experience, along with timely information and transactions, are the keys. The rewards of successful investment can be great enough to be worth the effort.

For more information contact: Raymond Kaufenberg, Account Vice President, PaineWebber Incorporated, 2400 World Trade Center, St. Paul - (800) 344-0020 Page 6

Home Sweet Home

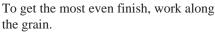
Varnishing and Staining

APPLYING VARNISH

- 1. Thin the first coat with 10% paint thinner and apply to surface. Let dry for between 6 and 12 hours.
- 2. Apply three more coats with a clean, good-quality paintbrush, using an even, flowing motion. Be sure to let each coat dry for 6 to 12 hours before applying the next one.
- 3. After the last coat is completely dry, using a sandpaper that is fine-grade, sand the surface lightly. Then remove any dust with a clean rag moistened with paint thinner.

APPLYING STAINS, OILS, AND WAXES

1. Spread the first coat sparingly, using a soft, clean, and lint-free rag.



2. Add extra coats if a stain is too light, but only when the previous coats are dry. If the stain is too dark, sand it down lightly. With wax stains, make sure to apply two coats for a good finish. For application of teak oil, use a few drops of turpentine to make a thinner second coat and let dry for 24 hours. Rub it down with fine steel wool and then polish for a good finish.

Computer Graphics Specialists

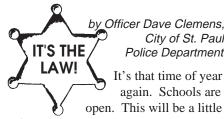
From Scanners to Film Recorders and everything in between.

| Remanufactured | |
|----------------------------------|--------|
| Agfa Q CR-Z (limited guan.) | \$5995 |
| Marron Carrel 300 bulkback | \$3500 |
| 8 x 10 camerabacks Tech, Inc. | \$2400 |
| Nikon LS3500 slide scanner | \$4900 |
| <u>New</u> | |
| AGFA, Nikon and Leaf Scanners | CALL |
| AGFA film recorders* | CALL |
| *Ask us about the new 16K ALTO | |
| Used Computer Graphics | |
| Hundreds of used products avail. | CALL |
| D: : T I | |

Digi-Tech, Inc.

We Design, Manufacture and Service Computer Graphics Products. Most Repairs Done Same Day.

PHONE (800) 886-3431 FAX (800) 886-1937 (612) 890-3131 (612) 890-1837



by Officer Dave Clemens, City of St. Paul Police Department

again. Schools are open. This will be a little refresher on some old laws, and some new, to make your driving a little safer and less expensive. Remember, safe driving keeps those costly insurance rates down. Let's all help!

- A fairly new law on the books requires you to turn on your headlights whenever your wipers are turned on for inclement weather (rain, snow, etc.).
- Please, please pull over to the right and stop for emergency vehicles (fire, police and ambulances) traveling with red lights and sirens.
- You must stop for school buses when the arm is extended and lights flashing. Always be cautious when school buses are present. If in doubt ... stop!
- · Here's another new law dealing with buses (transit buses). The driver of a vehicle traveling in the right-hand lane of traffic shall yield the right-of-way to any transit bus attempting to enter that lane from a bus stop or shoulder, as indicated by a flashing left-turn signal.

In future issues, I will continue to remind you of some old laws and tell you about new ones on the books. Any questions or comments please write to me care of "Minnesota Recreation".

Dates of Peaking Fall Colors

by the National Weather Service



Beautiful Annuals Until Frost

by Jennifer Nuttall Professional Gardener

Annual flowers are those that flower continuously all Summer, but do not return the next Spring as perennials do. At this time of year, many people have given up on their annuals because they have all allowed them to go-to-seed. Going-to-seed occurs when the flowers expire. If you look from where the flower originated, you will find a seed developing there. Since most annual flower seeds will not last through the winter, there is no sense in developing the seeding stage in the first place. By "deadheading", or removing the seed pod, your annual plants will flower more often and more profusely. Here's how:

Petunias: Deadheading is very important and is most often done incorrectly on Petunias. Be sure to remove the flower and the seed pod from which the flower originated from. Do not just pull off the dead flower or you will be accomplishing nothing.

Geraniums: Follow the flower stem down to the main plant and snap if off. Do not cut them.

Marigolds: Cut off the expired flowers with a scissors or shears following the flower to the stem or the first leaf set. Ageratum, Pansies, Moss Roses, Zinnias, Dahlias, Snapdragons, Nicotiana, Celosia, and Salvia all should be "deadheaded" like the Marigolds.

Allysum: This flower seeds often and needs what I call a "haircut". Take the remaining flowers and seed pods in hand and cut them all off with a scissors, leaving about 2" of stem and leaves. You will have masses of flowers in about one week given sunny weather. This can also be done to Petunias and Marigolds.

Some annuals such as Snapdragons, Violoas, and Allysum, will readily selfseed and return next Spring if you allow it. Simply let the last remaining flowers die on the plant at frost time.

Page 7

Sports



Vikings Football

Excerpts From An Interview with David Pelletier, Public Relations Director, Minnesota Vikings

MR: Who do you feel will be the toughest competition in the Central Division this year and why?

DP: Well, I think all of the teams in the Central Division have improved themselves. And we feel we've improved ourselves with the addition of Jim McMahon, and our rookie draft picks Qadry Ismail and Robert Smith. But, it's going to be a battle in the NFC Central this year, but we feel we can successfully defend our title from last year.

MR: Do you expect lower sack numbers from the defensive line due to the new rule changes involving the quarterback dumping the ball near a receiver and not being called for intentional grounding?

DP: I think the protection of the quarterback isn't just something that is the responsibility of the offensive line. There's many things you can do to protect the quarterback, and we've got a quarterback who is a veteran and knows how to get rid of the football. That's one thing that will help quite a bit. Also, you get your tight ends involved, your running backs involved, you do some things as far as throwing the ball a little quicker. All those things factor in. The receivers have to know when there's a blitz, to do what they call their "hot route". All those things come in a package, all those things help you cut down sacks, all those things help you produce more on offense and score some points. So you can't just look at it to the point of cutting down sacks, you need to look at it as an all-around offense.

MR: With Terry Allen out, is there a big concern now to fill the void at running back?

DP: We've got Roger Craig who's a veteran that's been in the league for over ten years. He'll start, but we also have two young running backs who'll carry the load in Robert Smith, our first round draft choice, and in Charles Evans, who's had an outstanding camp and was the most valuable player in the preseason game against Buffalo in Berlin. So right now we're very happy with what we have at running back.

MR: With Jim McMahon named as starter for the season opener, do you feel we now have a quarterback with the skills and leadership to drive the team to a Super Bowl championship?

DP: I think if you just look at Jim's past history - he's won over 70% of the games he's started. And the only active quarterback who's had a better percentage is Joe Montana, and everybody calls Joe one of the best quarterbacks to ever play the game. So we're very confident what Jim can do and what he brings as far as confidence, team leadership, and his knowledge of the offense. We know going out there what Jim's going to do for you, and chances are, it's going to be highly successful.

1993 SEASON SCHEDULE Sun., Sept. 5, 3pm Sun., Sept. 12, Noon at Los Angeles CHICAGO Sun., Sept. 1

Sun., Sept. 26, Noon Sun., Oct. 3, 3pm Sun., Oct. 10, Noon Sun., Oct. 17 Mon., Oct. 25, 8pm Sun., Oct. 31, 7pm Sun., Nov. 7, Noon Sun., Nov. 14, 3pm Sun., Nov. 21, 7pm Sun., Nov. 28, Noon Sun., Dec. 5, Noon Sun., Dec. 12, 3pm

at Chicago DETROIT SAN DIEGO at Denver at Tampa Bay **NEW ORLEANS** at Detroit DALLAS Green Bay (in Milwaukee) Sun., Dec. 19, Noon KANSAS CITY Sun., Dec. 26, 7pm Fri., Dec. 31, 2pm at Washington

GREEN BAY

TAMPA BAY

Bye

at San Francisco

Golfing In The Gales

by Frank Skaj Staff Writer

The arrival of the autumn golf season brings with it: cooler temperatures, colorful scenery, and increasing winds. It is this last aspect of the season that can make golfers shake their heads

in disgust. Do not let the wind intimidate you!

In the wind you will have to use your head more. If you try to get fancy, you may have to pay the price. The wind will exaggerate any mistake you make, it is

Low Takeaway therefore far more advantageous

to make sure you have control of your swing and to hit the ball solidly.

When playing in a head wind, move the ball back a couple inches in your stance to hit a lower ball. Stay down on the shot and stay in control. Overswinging puts more spin on the ball, resulting in a higher shot which will actually cause lost distance. Try to sweep the ball more as opposed to striking downward and imparting massive backspin. A slight draw will also keep the ball down and allow for more roll.

When playing downwind, move the ball up a bit in your stance and tee it up higher. Let the wind help you out.

Your strategy should be to take advantage of the wind when it lets you. It is difficult with all the additional factors involved to hit very many greens. Be prepared with your short game.

Hitting the ball square is the key to playing in the wind. If you can hit clean shots, you will be amazed how little the wind will actually affect your shot. Do not let the wind intimidate you.

Help support those who support us! Patronize our



Coming Attractions

Calendar of Events

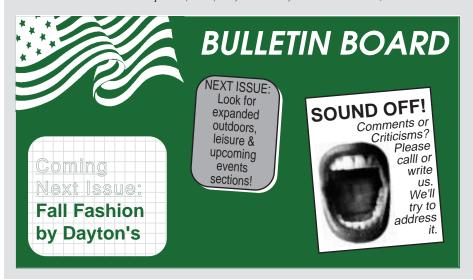
MINNESOTA RENAISSANCE FESTIVAL Aug. 14 - Sept. 26 (Weekends and Labor Day) Shakopee. Call (612) 445-7361. The largest festival of it's kind in the nation, celebrating the atmosphere and culture of 16th century Europe.

ANNE FRANK IN THE WORLD INTERNATIONAL EXHIBIT

Aug. 27 - Oct. 8 (Call (612) 962-4351)
First Trust Center, Downtown St. Paul
A free international exhibit of photographs,
documents, and manuscripts. Also includes a
model of the room where the Frank family hid
during the Nazi occupation of Holland.

Ad (Renaissance Festival Paste-up)

WAYLON JENNINGS Sept. 18 (Call (612) 478-6661) Medina Ballroom, Medina





J H Hublishing 3923 S. Valley View Dr., #303 Eagan, MN 55122

