

Jack Westland

# OHIO \* RACE \* WALKER

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## RUDY RAMBLES

June was a good month for Ohio Track Club Walkers but an even better one for Air Force Captain Rudy Halusa. The OTC started by sweeping five of the first six places in the Ohio AAU One Mile and then took a strong second in the National 10 Mile and third in the National 20 Mile team championships. In both these races Halusa scored decisive wins to lead the SC Striders to team titles and clearly establish himself as the nation's current top race walker. Following are descriptions of these three races in order of importance, which happens to be reverse chronological order.

## SUNNY 20 Kilo

McKeesport, Pa., June 12--Rudy Halusa collected his second national walking title in less than a week as he stepped away from a strong field to win the Senior 20 mile today at Eastland Shopping Plaza. As in the 10 mile in Chicago last week Halusa was slowed considerably by the heat, but he still proved himself to be well ahead of other US walkers.

It was not a question of humidity today, as in Chicago, but a hot blazing sun reflecting off the asphalt surface and absolutely no shade on the course. Despite slowing considerably in the latter stages Rudy still turned in a fine 1:36:16 on the 13 lap course that included two reasonably tough hills.

In the team picture Halusa led his Southern California Striders teammates to victory, despite disqualification of their number two man Don DeNoon, who was walking second at the time. The Striders had 15, to 18 for the NEAC and 25 for the OTC.

Once again DeNoon bolted into the lead and at one point around two miles had better than 100 yards on Halusa. DeNoon was under seven for the first mile which proved to be much too fast on a day such as this one. Halusa meanwhile, walked a more steady, sensible pace and by the end of five laps overhauled the tiring DeNoon. Don had received a warning during his early spurt and was called out around eight miles, now over a minute behind Halusa.

From there Halusa was never challenged for the lead and wound up 1:32 ahead of second place Ron Laird, the defending champion. Laird was never in contention for the lead, but at the same time was never seriously challenged for second after DeNoon dropped out. He fully redeemed his rotten showing in Chicago and showed no effects of his groin injury during the race, but was hobbling somewhat afterward.



Nearly three minutes back of Laird, Jack Mortland just hung on for third on a closing rush by Ron Daniel fell a few strides short. The relaxed Mortland didn't know Daniel was close until he heard a big dry heave in his ear about two strides past the finish line and there was Daniel, supposedly a half minute behind. Mortland moved from tenth at the mile into a race with Daniel and Bob Kitchen at around three miles for fourth place. A spurt on the seventh mile broke Mortland free until Daniels strong finish.

Meanwhile, Kitchen, the young Cheapsake TC walker was the real surprise of the race. Last year, at 18, he promoted this same championship race in Baltimore, and did a swell job of it, but a lousy job of walking. This year he came to walk and did a swell job of that. He appeared to be fading when Mortland caught him at three miles but hung on doggedly as the two of them caught Daniel and for three laps after that. He never did fold and finished a very strong fifth in far and away his finest race to date. He is certainly one to be watched in the future.

In sixth was the Strider's Bob Bowman, who felt the pressure of the team battle after DeMoon's DQ and pulled away from Jack Blackburn on the final lap to a narrow nine second margin. Blackburn, who is trained for a good four mile and can hang on pretty well for six, hung on real well for the full distance and even escaped without injury. In eighth was the Strider's promising newcomer, Larry Young, who started with Halusa and Laird, faded very fast and then rallied to hang on well at the end. Paul Schell walked his usual steady race in ninth and Karl Johanson showed some of his promise in tenth. For the ORC Chuck Newell continued to improve with his best ever 20 mile in 19th place and Dale Arnold walked his best race of the year, breaking two hours in 24th. Doc Blackburn was too busy judging to walk.

Traffic on the course was extremely well handled. The race was held on a Saturday afternoon at a busy shopping center and this could have been a problem. The hills on the course made it interesting and challenging but the lack of shade was a drawback and I feel it was slightly long for which statement I have some backup. The lap was measured at exactly 5000 feet according to the entry book. Thus the 13 laps would equal 65000 feet, which is 616 feet short of 20 mile, or just over 200 yards. However the extra distance walked at the start took about two minutes which would be over a quarter mile at the initial pace. Also, my average lap time after the first lap and a fraction, which would have been faster, was 7:36.2. At 5000 foot laps this figures to 8:01.75 miles or 1:39:47.1 for 20 kilo. With the time I picked up on the first lap this would probably come down to about 1:39:40 or one minute faster than I walked which is about the same difference I have shown above for the fraction of a lap. Therefore I submit that either their lap actually measured something less than 5000 feet or we walked 200-300 yards over 20 kilo which is getting sort of pixayunish on my part.

Following are lap time for several of the walkers which serve to show the progress of the race and who folded when. The times start at the end of the second full lap. The fractional part of a lap had also been walked at this time.

Halusa-15:47,	22:52,	29:30,	36:57,	44:05,	51:18,	58:28,	65:51,	73:19,	80:47,	88:28
DeMoon-15:10,	22:15,	29:26,	36:57,	44:26,	51:58,	59:32,	out			
Laird- 15:50,	23:10,	30:7,	37:43,	45:00,	52:18,	59:32,	66:50,	74:19,	81:52,	89:38
Arnold-16:45,	24:20,	31:35,	39:05,	46:35,	53:50,	61:30,	69:10,	76:50,	84:32,	92:33
Young-16:50,	24:25,	32:05,	39:50,	47:36,	55:20,	63:06,	71:05,	79:15,	87:20,	96:11
Schell- ?	25:45,	34:00,	42:25,	50:48,	59:07,	67:23,	75:50	84:38,	94:00,	?
Blackburn- ?	28:53,	37:50,	46:45,	55:28,	64:22,	73:15,	82:21,	91:30,	?	?



Thanks to Marty Mortland for the lap times. How sweet she is. There was one other disqualification, that of Max Gould of the Gladstone AC who was caught off in the final stretch. Several warnings were given including one to Halusa in the later stages of the race when he was tiring. The complete results follow.

1. Halusa, Striders 1:36:16
  2. Laird, NYAC 1:37:42
  3. Mortland, OTC 1:40:40
  4. Daniel, NYAC 1:40:45
  5. Kitchen, Chesapeake TC 1:42:06
  6. Bowman, Striders, 1:44:06
  7. Blackburn, OTC 1:44:15
  8. Young, Striders 1:45:58
  9. Schell, North Bedford Club 1:46:50
  10. Johanson, Pitt. Walkers Assn 1:48:12
  11. Karl Morschens Gladstone AC 1:49:02
  12. John Kelly, Millrose AA 1:49:15
  13. Bill Cheltschenko, NY Pioneer Club 1:49:45
  14. Bruce MacDonald, NYAC 1:50:03
  15. Bill Hamney, Seneca State 1:50:05
  16. Shaul Ladary, NY Pioneer 1:50:11
  17. Jim Hanley, Striders 1:50:21
  18. Dr. John Shilling, NY Pioneer 1:51:16
  19. Chuck Newell, OTC 1:51:20
  20. Bill Kaiser, Chesapeake TC 1:53:01
  21. Rich Bowman, Um. 1:53:02
  22. Harold Jacobson, um. 1:53:28
  23. Joe Stefanowicz, Phil. AC 1:56:39
  24. Dale Arnold, OTC 1:59:53
  25. Harold Hoffman, Gladstone AC 2:00:38
  26. John McDonald, Phil. AC 2:00:52
  27. William Mackulich, Phil. AC 2:01:09
  28. Bert Life, Gladstone AC 2:02:01
  29. Roger Duran, SCVIV 2:03:04
  30. Ray Leach, Phil. AC 2:03:13
  31. Paul Walkovic, Phil. AC 2:05:05
  32. James Demi, Pitt. Walkers 2:05:32
  33. Joel Holman, Chesapeake TC 2:06:48
  34. Joe Castillo, Pitt. Walkers 2:10:14
  35. Frank Johnson, Gladstone AC 2:11:43
  36. Mike Moran, Pitt. Walkers 2:12:37
  37. Lou Neishloss, Phil. AC 2:12:43
  38. James Johnson, Pitt. Walkers 2:23:13
  39. Mike Dvorchak, Pitt. Walkers 2:28:39
  40. Anthony Kostich, um. 2:30:00
  41. Fran Walsh, Pitt. Walkers 2:31:02
  42. Steve Sendek, Pitt. Walkers 2:31:30
- Teams: Striders-15, NYAC-18, OTC-25, Pioneer Club-38, Chesapeake TC-44, Gladstone AC-49, Pittsburgh Walkers-53, Philadelphia AC-56.

Publisher's comments on the race: I think we should have a Mrs. RaceWalkers Contest among race walking wives. May Jo would quite naturally win byt the next few places are wide open. (Ed. Harumph!)

The field was a tough one with all contenders present at the starting line on this sunny day. I liked the asphalt course even with its gradual hills and no shade. Knowing both men it is hard to imagine a more unlikely twosome riding around judging a race together than Doc Blackburn and Charlie Silcock. Maybe because opposites attract? Or is it because they are both characters?

Early looked very strong even though he appeared to tire slightly on the last mile. The big surprise of the race was Bob Kitchen. He walked a very steady and gutsy race. Larry Young started out too fast but recovered sufficiently to turn in a very fine performance. 40 kilo champ Paul Schell walked very even pace to gain on the leaders in the last three miles.

# Steamy Staggo

Chicago, June 12--As usual the big winner in the National 10 kilo race walk was the misty, steamy weather we have come to expect in Staggo Field. Bob Bowman has had been wondering for years why the times were always so slow in this race. This year he journeyed east and now he knows first hand. Although the temperature was only 80 the humidity was extremely high as usual. As a result, everyone was a bit of a loser in with even winner Rudy Halusa, in the best 10 miles of his life, took 1:36:16 for the eight minute miles at the end.

Fastest man on the track at the finish was the fat man himself, Jack Blackburn, who should have been a puddle of lard. Blackburn "poured it on" the last three laps (5:55) to pull away from OTC teammate Jack Mortland for third place. This, together with Chuck Newell's 14th place, brought the OTC a much cherished victory over the NYAC, but only for second behind the SC Striders. With Halusa first and Don DeNoon second, the Striders were unbeatable.

As usual DeNoon shot into the lead and covered the first mile in 4:53. Halusa was not too far back in 7:03. Ron Laird was third and Larry Young and Ron Daniel in a tight dual for fourth. Halusa and DeNoon had both hoped to walk seven minute miles, but anyone who has walked in the Stagg Field even before could have told them they were out of their minds. DeNoon had slowed to 14:10 by two miles and Halusa was breathing on his neck. The next three places were unchanged.

Meanwhile, Mortland and Blackburn were moving up. Mortland had hoped to carry 7:30 miles and forget about the fast early pace, hoping the others would fold and come back. However he managed only a 7:33 first mile and soon folded along with everyone else. Blackburn's race plan was to hang onto Mortland for as long as possible, which he managed until those last three laps, after which he couldn't go that slow anymore.

By three miles Halusa was in front of a sagging DeNoon, Laird was still third and the Mortland-Blackburn tandem was passing Daniel and Young, who were still battling it out. By 4 1/2 miles they overhauled Laird, passed without challenge and from there things remained unchanged except for Blackburn's spurt as Daniel was slowly inching away from Young over the last two miles.

Halusa's 46:53.6 was better than two minutes off his time on the way to 10 miles ~~six months~~ three weeks ago but was still only 18.2 seconds off Ron Zinn's Stagg Field and championship set in 1963. Don DeNoon, despite losing a lot of ground to Halusa over the last three miles was much stronger than in the past and was never challenged for second. Ron Laird walked his usual rotten Chicago race, far below his capability, but did improve one place from last year. Larry Young showed his fine potential, but like all the West Coast walkers faded badly in the humidity. The conditions probably served as a leveling factor for Blackburn and Mortland as they are training in this type weather and are somewhat acclimated. Even when acclimated though it definitely slows one down as witness Mortland being one full minute slower than two weeks previously despite a better track and better competition today.

- Results: 1. Rudy Halusa, Striders 46:51.6 2. Don DeNoon, Striders, 47:42.3 3. Jack Blackburn, OTC 48:29 4. Jack Mortland, OTC 48:38 5. Ron Laird, NYAC 49:32 6. Ron Daniel, NYAC 50:05 7. Larry Young, Striders 50:15 8. Matt Rytyna, Green & Gold AC 51:35 9. Bob Bowman, Striders 52:08 10. Karl Johanson, un 52:45 11. Jim Clinton, UCTC 53:15 12. Bruce MacDonald, NYAC 53:55 13. Jim Hanley, Striders 54:30 14. Chuck Newell, OTC 54:30 15. Dan Calaf, UCTC 55:48 16. Bob Gray, UCTC 55:52 17. Rich Bowman, un 56:47 18. Willy Tillman, Palm Spring TC 56:57 19. Dale Arnold, OTC 57:40 20. Larry Larsen, Milwaukee TC 57:44 21. Harry Strydom, un. 57:45 22. Steve Sordak, un, out at time limit.
- Times: Striders-10, OTC -17, NYAC-20, UCTC-31

Editor Comments: I thought the race was a good one from a competitive standpoint even though the times were slower than I had expected. For a race of this distance I thought everyone's style was exceptionally clean. Newcomers Young and Johanson show promise.

A lively debate took place at the McCarthy pad after the race. Unfortunately the tape recorder in my hollow National Medal went on the blink and we can't prove a thing that was said. Everyone parted friends even though no one changed anyone's mind about anything. Betty McCarthy supplied 20 gallons or so of lemonade. (5)

## OHIO AAU MILE

Dayton, Ohio, June 4--Clair Duckham, Doc Blackburn, Wayne Yarcho, Jack Mortland, Jack Blackburn, Dale Arnold and Chuck Nowell toed the starting line in the annual Ohio AAU Track & Field Meet for the one mile walk. Before the start of the race the announcer introduced Doc Blackburn as son of Jack which drew a chuckle from the other starters. At the gun the walkers drew a chuckle from the stands, but only slight this year in comparison to the past.

Jack Blackburn took the lead at the first turn and was followed through a 1/4 quarter by Mortland and Nowell. The cinder track was in fair to good shape and the half mile was passed in 3:25 in the same order. The surprising Nowell hung onto Mortland for 2 1/2 laps before slacking off following a warning.

At the 3/4 mark Blackburn had eased to a 15 yard lead in 5:08. The last quarter saw the leader accelerate slightly while Mortland slowed a little. Yarcho walked an even pace by himself after the 660 mark, while Arnold started a little too fast and had to gut it out to fight off a fast closing Doc Blackburn for 5th place. Duckham, one of Ohio's top distance cyclists and a finisher in this year's BAA Marathon, rounded out the finishers in a very remarkable performance when you consider that just a few days before he was stopped dead from about 20 mph when he hit a cable on his bicycle. The average 60-year old grandfather wouldn't have lived through it, let alone race within a week.

Results: 1. Jack Blackburn, OTC 6:50.3 2. Jack Mortland, OTC 6:58.7 3. Chuck Nowell, OTC 7:23 4. Wayne Yarcho, Dayton AC 7:48 5. Dale Arnold, OTC 8:12 6. Doc Blackburn, OTC 8:15 7. Clair Duckham, Dayton AC 8:47

## MORT DISPROVES CROMWELL THEORY

Chicago, May 28--Jack Mortland of the Ohio Track Club easily won the first Ben Zinn Memorial 10 Kilo Walking Race at the Hansen Park track today. The race was held between games of a soccer doubleheader and was enthusiastically received by the soccer fans.

Polish Olympian Matt Rutyna, of the host Green & Gold AC, dogged Mortland's heels for the first two miles but then gradually dropped back to finish a half-lap behind. Mortland recorded his best ever track 10 kilo with 47:38.2. His pace varied only slightly from 7:40 miles throughout with his first mile in 7:36, his last in 7:36 and the slowest in 7:45 (the second mile).

Ben Zinn's mother was on hand for pre-race ceremonies honoring the memory of her son and remained to present the awards after the race. They were in the form of plaques with Zinn's picture on them.



The track was rather dusty and loose and a stiff breeze hampered the walkers on the backstretch but the temperature was near perfect in the low 60's. Rutyna is coming back after an operation last summer and walked a fine race off only a few weeks serious training. Jim Clinton walked a steady race in third and should be a definite contender in the longer distances. Chuck Newell had been sick all week and was even sicker after the race so his fourth place effort was good under the conditions.

Results: 1. Mortland, OTC 47:38.2 2. Rutyna, Green & Gold 48:39 3. Jim Clinton, UOTC 51:40 4. Chuck Newell, OTC 56:27.2 5. Harry Epstein, un. 57:42 6. Larry Larsen, Milwaukee TC 58:02 7. Dale Arnold, OTC 60:02 8. Sheldon Staubitz, Green & Gold 65:07 9. Larry Schwartz, un 65:47 10. Conrad Weis, G&G 68:42  
Team-OTC - 8, Green & Gold - 13

# HALUZAS FRUSTRATION

In perhaps the finest race walking performance ever by an American, Rudy Haluzas walked a 10 mile in 1:12:38.2 on the track in San Diego on May 22. We have no details on the race other than the mile splits and the fact that Ron Laird was second in 1:16:15.0. However, as seems to be the usual thing anymore in that area, there will be no records as there was no sanction. This is the third race I remember this year out there in which records have been broken but either there is no sanction or not enough judges, which seems a little ridiculous right under the eyes of the national chairman. Gee, at least we get sanctions even with our lousy attitude.

Anyway it's unfortunate for Rudy as he broke records from 4 miles on and deserves to have them. He averaged 7:10 over the first seven miles and then slowed to a 7:30 average for the last three. The night I called him about this, Blackburn was all elated over a 29:15 four mile that day until I reported Rudy's 28:25 on the way to 10. Mile splits were: 7:03, 14:06, 21:10, 28:25, 35:35, 42:48 (44:32 10K), 50:09, 57:35, 65:06, 72:38.2. No splits for Laird.

Got several letters this month. One very lengthy from C. McCarthy in reply to C. Silcock's letter of last month. Fortunately we don't have space for it this month. Chris certainly minces no words and we agree with most of what he says as it agrees with and expands upon much of what we said. But at the same time it gets a bit too personal at times which we tried to avoid and will continue to do so. However, as we get space in the future we may use excerpts from this fine piece of writing where they might reinforce our views.

Also heard from Bob Bowman and Karl Johanson but seem to have misplaced the letters, but probably wouldn't have room for them anyway. Both sort of agreed and disagreed with us. Bob feels Charlie was a little off base in his reply and had completely misinterpreted our intent, with which we agree. But Bob feels that race walking can rival baseball in the eyes of the American public if properly promoted. Bruce MacDonald also expressed this view in a conversation. They are of course entitled to their silly views. Not that we carry any banners for baseball, which is the silliest thing going, but we aren't the general stupid public. Also heard from Mark Achen, we still have the letter and if we have some room left may even give it an airing.

The Ohio Race Walker comes to you monthly from those two anti-walkers Jack Blackburn, publisher, and Jack Mortland, editor. Address correspondence to 3184 Summit St., Columbus, Ohio 43202, which happens to be Mortland's address. If you think you owe us a \$1.20 for another year send it along. We don't keep records. Part of our generally sloppy attitude.



RED BLOOD CELLS AND EXERCISE

by Dr. John Blackburn

(Another in a series of outstanding articles on the physiology of walking. Our noted expert is now a contributor to a forthcoming volume on Sports Medicine published by some big house like McGraw-Hill or someone.)

How about some basic facts on the red blood cells and their relation to exercise?

As you may know there are approximately five million red blood cells per cubic inch in men at rest. But after fairly mild exercise the numbers increase from five to eight percent. This is strictly a transient affair because within an hour or two after exercise the count will have returned to nearly normal.

This is an emergency mechanism to increase the oxygen carrying capacity of the blood at a time when the oxygen needs of the body are increased. Pretty great isn't it!

There is a reserve of blood stored in the spleen which can amount to as much as 6 to 8 ounces. On demand this is shunted into the main circulation or withdrawn according to need. There is also a fluid shift whereby water leaves the blood for the tissues indirectly increasing the numbers of circulating red blood cells.

In prolonged exercise such as a two hours plus race, the increase in red blood cells will gradually diminish due to their destruction. Breakdown products of hemoglobin being found in the blood plasma and urine. Normally inactive persons undertaking unaccustomed exercise can actually cause anemia which may last several weeks.

The physically trained individual will destroy an equal amount of red blood cells, but his bone marrow is so developed that within a day or so his blood cell count has returned to normal. This is why it is important to rest at least 48 hours before some of the longer races, especially when in the midst of a grueling training period.

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NAAU Two Mile, New York, June 26--1. Ron Laird, NYAC 13:52.6 2. Don DeMoan, Striders 14:07.8 3. Ron Daniel, NYAC 14:29.8 4. Larry Young, Striders 14:53.2 5. Dick Ordis, Striders 14:58.8 6. Bill Omelchenko, Pioneer Club 15:11.8 7. Bob Bowman, Striders 15:12.6 8. George Shilling, Pioneer Club 15:20.4  
No further details at this point. It was hot and humid though as it has been here in Ohio. Daily 90 to 95 degrees with humidity from 60 percent on up to infinity. Mostly the latter. Baby, Chicago was cool, man, cool.  
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NAAU Jr. 25 Mile, Portland, Oregon, May 29--1. Will Tillman, Palm Springs TC 1:25:01 2. Mark Achen, Seattle 1:25:02 (Would you believe close) 3. George Edwards, Seattle Olympic Club 1:29:05 4. Bob Long, Striders 1:30:36 5. Ken Fowler, Beaverton, Ore. 1:33:01 6. Larry O'Neill, Glacier Sports Club (Montana) 1:34:56 7. John Noville, Seattle OC 1:36:31 8. Howard Austin, Glacier Sports Club 1:37:26 9. Don Jacobs, Tigard, Ore. 1:38:33 10. James Oleson, Glacier Sports Club 1:49:44.  
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MAIL. AG 30 Kilo, May 22--1. Paul Schell, North Medford Club 2:42:26 2. John Kelly, Millrose AA 2:48:36 3. Bill Cheltschenko, Pioneer Club 2:52:20 4. Bruce MacDonald, HIAA 2:53:25 5. Shaul Ladany, Pioneer Club 2:55:19

10 Mile Nat Ock Memorial Handicap, New York, May 15--Won by Morris Fleischer of New York in 1:15:00 with a 23 minute handicap. Fast time Alax Oakley, Oshawa TC (Can) 1:23:15 in 11th place. George and John Shilling next with 1:25:37 and 1:25:29. Steve Reisman of North Medford 1:25:46. Ron Daniel DC'd.

Vardens New England races:

Short 2 mile on open field at Holyoke, Mass, May 30 --1. Paul Schell 14:06 2. Steve Reisman 14:17 3. Zafrullah Haneef 15:14

Two mile on cork track, Danvers, Mass. June 8--1. Raimo Ahti 15:10.5 2. Schell 15:12.6 3. Reisman 15:31 4. ~~Jim~~Dave Hasenfus 16:08

One Mile, HSAAU, Randolph, Mass, June 14--Schell 7:30.2 2. Reisman 7:31.4 3. Hasenfus 7:37.1 4. Haneef 7:39

10 Mile, Taunton, Mass. June 15--1. Schell 1:19:52 2. Reisman 1:21:10 3. Art hony Modeliros 1:26:10 4. Hasenfus 1:26:50

Northwest 50 Kilo, Oak Harbor, Wash, April 10--1. Martin Rudow 5:05:28 2. George Edwards 5:17:35 3. Rich Bowman 5:32:43 4. Don Jacobs 5:57:57 5. John Neville 6:09:30

Northwest 20 Kilo, Seattle, April 23 1. Martin Rudow 1:42:06 2. Rich Bowman 1:50:52 3. George Edwards 1:53:12 4. John Neville 2:01:59 Both races were held on the track. Karl Johanson, with knee trouble, failed to finish in both.

Blackburn's Feunism of the Month:

Never criticize a volunteer for not doing a good enough job. Anything he does at all, no matter how small, is on the plus side and should be recognized as such.

Publisher's Notes: I am giving a new 1956 Cadillac to any subscriber that brings in 500 new subscriptions.

I feel that I must remind our readers that this is the Ohio Race Walker, so we will blow our own horns louder than fair proportions dictate. In other words -- --we think we are great!

Printer's Note: (Printer happens to be, would you believe --Mary Jo Blackburn) She is giving away an old husband (1935 model) for 50 cancellations.

The Mark Achen Letter mentioned earlier:

Dear Sirs: Excuse my tardiness. This check was due last month. My mother was bit by a tortise when I was on the way.

Sorry to read the bitterness in Silcock's letter. He might have had something to say if he hadn't been so acrid. I agree that your editorial lacked a little tact, but his sounded crass. Whatever your "philosophy", or his, I think the dirty laundrywear should have been aired elsewhere. I doubt that the dispute would do any more good for race walking than the McCarthy-Fields outrage. Otherwise I've enjoyed having you come into my home once a month.

The main concern of this though is the cartoon in May's issue. As a consequence my wife started buggin' me about my three hour training sessions and wantin' to know just why I came home so exhausted. Well, now I've my own bed,ward and timer. It generated a little interest in her--she said something about self-protection.