

Putting practice should pay off

By Cory Gentes
Special to The IFP

Congratulations to Troy Merritt, who finished with a fourth round 67 to lead the field by three and take the Quicken Loans National.

The winners of the last couple tournaments have done so with the flat stick. Although professionals spend time working on all parts of their games, they dedicate more time to putting because they know that is what makes the difference in winning, losing or making a cheque.

Although you might not be playing for big pay days, you probably have that goal in mind and being good on the greens will help you get

to the next level.

Professionals typically spend more time on putts between 8-15 feet because they are hitting approach shots in that range and they are looking to convert more birdies.



From the
Ground
Up



Mid to high handicappers need to spend some extra time on 4-8 footers as they tend to hit first putts or chips into this range. If you convert 2-3 more of those 4-8 footers, you might break that goal.

Swartz an All-American Scholar

The Women's Golf Coaches Association named Candice Swartz of Georgetown to its list of 2014-15 All-American Scholars.

Swartz, a graduate of Georgetown's Christ the King Secondary School, was among 758 women's collegiate golfers named with this prestigious honour. The fifth-year senior competed in 33 events between 2010 and 2015 for the Aggies, holding an 84.77 career stroke average.



CANDICE
SWARTZ

Swartz, a member at The Club at North Halton, graduated with a degree in sports fitness management.

In 10 years of women's golf at Cameron, which is located in Lawton, Oklahoma, eight others have been named All-American Scholar, with a total of 17 awards honored. To be eligible for WGCA All-American Scholar a student-athlete needs to maintain a minimum cumulative GPA of 3.50.

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Q: Is the health of my gums important to the rest of my body?

A: In an earlier column, I spoke about how plaque and tartar on teeth causes inflammation in gums. What does inflammation look like? Red, swollen, and prone to bleeding, like something out of a Cronenberg movie. Terrible right? But it might be even worse than that. Scientists who look into this sort of thing have found a correlation between gum disease (aka chronic destructive inflammation in gums) and several other diseases. Bad things like heart disease, stroke, diabetes, adverse pregnancy outcomes, respiratory diseases and even cancer have been found to occur more frequently in individuals with gum disease. It is important to understand 'correlation' does not mean 'cause'. We cannot say that gum disease will cause a stroke or a low-birth weight baby, all we really know is that these things occur together enough to be noteworthy. Me? Cause or not, I say stay on the safe side and keep your gums healthy with home care and regular dental cleanings. And rent 'The Fly' because it is still awesome.

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Losing Strategies in Relationships

In his book, "The New Rules of Marriage" author Terrance Real points out that people often use "losing strategies" to get their needs met without realizing it has the opposite effect. Not only will these strategies fail to get you what you want, they will cause damage by attacking the important pillars of a relationship: respect, dignity and compassion.

Here are some of those losing strategies:

- 1) **needing to be right** – the idea that one person in the relationship needs to be right over the other,
- 2) **controlling your partner** – if you are in control or think you are, be prepared for payback,
- 3) **unbridled self expression** – exploding in anger or saying mean things that you can't take back,
- 4) **retaliation** – you hurt me so I get to hurt you back,
- 5) **withdrawal** – pulling back, shutting yourself down, shutting the other out and/or not confronting the issue,
- 6) **being contemptuous and self-righteous** – this puts down the other person while trying to prove you're 'right',
- 7) **punishing** – in a number of ways such as angry outbursts or withdrawing from conversations,
- 8) **complaining** – while it looks like the complainer is a victim, complaining is an indirect attack to show how the other is failing us. Complaining never contributes to the creation of a solution.

To make a difference in any relationship, adopt a strategy of respect. Decide that no matter what, you will not drop below the line of respectful behaviour toward another human being. By shifting your mindset from protecting yourself to protecting the relationship, you will start shifting your responses and reactions.