

SPORTS

Hybrid theory has many benefits

By Cory Gentes
Special to The IFP

This week's tip is on equipment, more specifically hybrid clubs. If you haven't got at least one in your bag, you need to do yourself a favour and try one out.

A hybrid is basically a long iron or fairway wood replacement club. There are a couple of reasons why they work so well. First, the shaft is generally shorter than a fairway wood so the

golfer has better control over the club head.

Second, the design of the head places more weight away from the face versus a long iron, which translates into a higher launching club.

Both low and high handicap golfers are seeing the benefits of hybrid clubs. High handicappers are replacing their three and four irons with easier to hit and more forgiving hybrids. The low handicappers are using hybrids to



From the Ground Up



replace 5-woods, 2-irons and even 3-irons because they can fly the ball into greens on a higher trajectory than their old clubs.

Hybrid clubs are also very versatile. The smaller head of a hybrid allows the club to move through the rough,

easily allowing golfers to escape from bad lies. They are also great off the tee on those shorter par fours where accuracy is more important than distance.

Try putting with one when your ball is on the fringe or up against the collar, you will be surprised at how close you can get to the hole. You may even drain one!

Cory Gentes is a 14-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range.

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Walking is one of the most popular forms of exercise and it is also one of the best. It contributes to circulation and helps with both weight control and overall good health.

The following walking tips are relevant to people of all ages, but especially so for seniors:

- Warm up and cool down. Stretching alleviates muscle aches after any exercise.
- Choose proper footwear. Don't be shy to ask the sales person for advice on the best shoes and don't cut corners on cost.
- Pay attention to your feet. Be sure to take note of any changes and/or pain in the feet or ankles. This could indicate a foot ailment or circulatory problem so speak to your doctor about it.
- If you are diabetic, use extra care. Be sure to pay attention to any numbness, blisters, or inflamed areas of your feet.
- Try to walk on soft ground. A paved pathway in a local park is good option, as long as it is level and well used by others.
- Exercise with a friend if possible and be sure to keep talking. If you are too out of breath to talk then it's time to rest. Know your limits and exercise with caution.

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jp@howittlaw.com

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Q: I don't have a will but it seems like I should get one. Is there any particular reason why I should have a will? Does it matter?

A: Having a will is really about you having a say in how your property is distributed after you pass away and gives you control over that process. The most common use for a will is to give you the ability to choose who will get what from your estate, including personal items that may have sentimental value. Many times people want to make sure that when they pass away certain items or assets are given to their children, a friend, or even a special charity. This is only possible through a will. It also gives you the opportunity to choose who will administer (look after) your affairs once you pass away, such as funeral arrangements.

If you do not have a will and pass away you are considered to have died "intestate" and your property will be divided according to the "rules of intestacy". When this happens, all of your estate will be divided up according to the rules regardless of what your wishes might have been. Part or all of your estate could go to a distant relative, or if you have no living heirs, your assets could go to the province.

Instead, the simple and inexpensive process of creating a will lets you provide for your family as you see fit. It allows you to specify who you would like to act as a guardian for your children. It allows you to donate to a charity. It helps minimize taxes and ensures that your estate is divided up in the most efficient way. And perhaps most important it provides you with the peace of mind that your affairs are in order, with minimal cost and inconvenience.

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