

GREEN GOVERNOR

I feel obligated to answer the question asked in your March 2008 Arnold Hotline, "How green has Arnold gone?" I think Arnold has made a good governor for the people of California. He continues to handle every big and small issue with integrity and honesty to the very best of his political and physical ability. He's gone green far enough to enrich the fire-ravaged part of the state back to recovery, growth and prosperity in the most difficult times ahead for his administrative term of office.

James "Traps" Ayers
Attalla, Alabama

NEW LOOK SPIKES NEW INTEREST

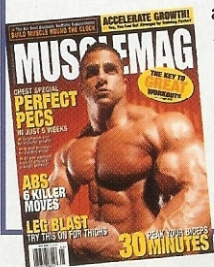
I read with interest your proposals to alter your magazine. I am all for advancements to make bodybuilding more acceptable to the general public.

I would like to make some comments, but first I should tell you about myself. I bought my first barbell set 58 years ago (now aged 73). I am training at a gym with many members my age. As an ectomorph and because of my age I do not expect to make any gains, just want to keep what I have. I still enjoy my training and still believe in the Latin quotation *Mens sana in corpore sano* [A sound mind in a sound body].

The main differences in my training are reduced poundages (expected) and longer recuperation time. Most personal trainers have little knowledge relating to older trainees, so I am asking for articles on training, diet, supplementation etc, for people like me. Another suggestion: Why not run some competitions such as for best letter or best tip? The prizes would not have to be huge. *MuscleMag* T-shirts, vests or supplements would encourage

reader participation and interest.

B. Brady
Morpeth,
Northumberland,
U.K.



FEELING HONORED IN TEXAS

Thanks for the bio/training article "Tackling Abs" in the July issue as well as for including me in "Winners' Dinners" in the June issue. I feel honored to be featured in *MuscleMag* and hope to have the opportunity again.

Stephen Frazier
via e-mail



Editor: Wow! You've got quite an arm there, Stephen.

WANNA WIN A FREE TRIP TO THE ARNOLD?
SEE PAGE 258.