

Director's Column

A Burger a Day Keeps Cancer Away

by Mike Nass

I found it comforting to read the other day that eating a hamburger every day might keep cancer away. Amidst stories about Chilean grapes laced with arsenic and Alar-coated apples, it was particularly pleasing to think that there still might be something to eat that was beneficial.

The apple scare is especially distressing since my parents had always stressed the fact that eating an apple a day would keep the doctor away.

Now I find (much to my relief) that a new magic elixir has been discovered and what could be better than the All-American hamburger. If this is true than I am destined to live forever.

Unfortunately as I read on I found there were a number of qualifications. First the burger must be grilled. Well, so much for MacDonalds, we all know that they're fried. I can live with that, so what's next? The burgers can't be cooked well done. So far I'm batting 1000. I prefer my burgers pink and juicy as opposed to resembling hockey pucks.

At this point I started wondering where steak tartar might fit in. It's not grilled but it's certainly not overcooked either. Further research told me that uncooked meat could contain harmful bacteria and amoebas. Bacteria I could handle, but amoebas! Maybe I'll just throw my tartar on the grill next time.

At least I still have the good, old, grilled, medium-rare hamburger to fall back on, or have I? Towards the end of the article all my illusions were shattered. The source quoted, confirmed that grilled hamburgers did indeed produce a potent anticarcinogen. The kicker was that the doses fed experimental animals were so high that it would be impractical for humans to consume enough meat to realize any benefit. In fact before I ate enough to fight cancer all my arteries would be clogged and I'd die of heart failure.

As the late Gilda Radner said, "It's always something."

Can any of this be applied to the management of turf? I think some parallels can be drawn. First always read the entire label on pesticides before applying. A Product that controls *Ataenius* might be harmful to *Penneagle*.

Second beware of gimmick remedies. What looks good on paper might come back to haunt you in the end.

Lastly, throw away your deep fryer and buy yourself a good grill.

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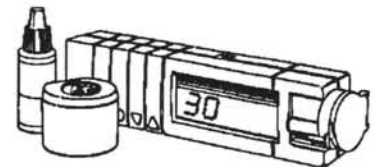
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