

(Audubon continued)

at St. Charles C.C. What he has done is a shining example of what golf courses have to add. But not everyone has to do this. The fact that we maintain hundreds of green acres, surrounded by concrete jungles, and supply a home for a variety of wildlife species is a benefit in itself. Whatever you can add beyond that is only a greater benefit to your members and community.

This leads into a positive stance and going with it. Right now, we are 69 strong and growing, but that leaves a lot of us not being members of this organization. I feel if everyone at a minimum was a member of the ACSP, we could strengthen our position and show a solid front to our adversaries. I am confident and proud of what we all have accomplished in our industry. I know we are responsible managers of our land and environmental stewards. Our problem is that we don't know how to pat ourselves on the back. With increased membership in the ASCP and organizing our efforts together, hopefully we can finally get the attention, we so richly deserve. In closing, I am offering my services to anyone who has questions about the ACSP and its involvement. If Evanston Golf Club can become certified, there is no reason anyone else can't either!



Sitting Can be Hazardous to Your Health

Do you know what happens to your body when it sits?

1. Your heart slows down. Your heart muscle becomes weaker. Blood circulates more slowly, enabling deposits to form in your arteries.
2. Your heart muscle relaxes and weakens. Your limbs swell with collected blood. Varicose veins may form from pools of blood.
3. Your supply of oxygen is curtailed. Your muscles stiffen and ache. Muscles atrophy.
4. Your body pressure is exerted incorrectly. Your back and stomach muscles sag, causing lower back pains and poor digestion. Spinal muscles tend to spasm.
5. Your shoulders and neck remain inactive. Your muscles tense, causing a stiff neck and headaches. The liquid that lubricates your body's joints is produced only through movement. Motionless sitting causes the vertebrae to dry and spinal problems to follow. Both the dryness and the tenseness may trigger arthritis.
6. Your emotional and physical vigor dissipate.

Taken from: *Stress and Wellness*
by: Jerry Robinson, Jr., Ph.D.

Specializing in Golf Course Renovations

- Tees • Greens • Traps • Fairways
- Hydroseeding • Plant Installation •

company, inc.
don fiore

landscape contractors & architects
golf course contractors

28846 Nagel Court
Lake Bluff, Illinois 60044
708-234-0020
Fax 708-234-0922

Certified Member: American Society of Landscape Architects
Midwest Association of Golf Course Superintendents

Those Cute Geese a Problem?

Scare them away with
BIRD DISPERSEMENT NOISEMAKERS
from JPF Distributors.

WIZZ-BANGS & WHISTLERS
are harmless, environmentally safe
devices proven to safely disrupt
eating, nesting & mating habits.

Use these specialized, discreet
products when neighbors are a
concern at golf courses or
wherever bird problems exist.

1-800-582-8843



JPF Distributors
9 Union Square
Suite 184B
Southbury, CT 06488

