



of diet has been lost in today's society. We are all too busy to eat like we did 75 years ago. By staying away from certain foods we can help keep our stress minimized. High intake of alcohol, caffeine, processed foods and sugars cause fatigue, irritability, headaches and can add stress to our already overloaded days. Properly eating proteins, fibers and foods containing Vitamin B help steady our emotional thought processes and can alleviate some stress.

**Recreational activities.** Most of us like to play golf for recreation, but it is best to get away. Even at a different golf course your mind reverts to problems at your job. Early morning or early evening fishing is a good choice. A game of basketball or any kind of activity with your kids will help take your mind off what is happening at work.

**Movies.** There is nothing like a good movie to really take your mind somewhere else. Even though only for a couple of hours, you get caught up in the plot

and forget about everything else.

**Massage.** I have never had one, but the people who have say it is their best source of stress relief. A good work over can relax your tense muscles and also improve your circulation. This will help clear your head and help in making good decisions.

**Sleep.** That is a no brainer. We all know what lack of sleep can do to your day!

Everyone has their own methods of dealing with stress. Using the power of your imagination, meditation and prayer can clear your mind and help you put things in perspective. It is important that all of us find our own method in dealing with stress to keep our lives under control, and keep us all successful.

GENE DAHLEN,  
Assistant Superintendent  
Bent Tree C.C.

## Wetlands Seminar Draws Full House

Forty-one golf course superintendents

from Jacksonville to Tampa to Palm Beach attended a day-long GCSAA Regional Seminar on wetlands and golf courses in Orlando Oct. 8.

The wetlands regulations have had a profound effect on how property owners and developers can use their land. These superintendents came to learn the regulatory restrictions and how they can maintain their golf courses without affecting the wetlands on their properties.

Barbara Beall, an environmental consultant from New York was the instructor. Beall has worked for state environmental agencies and the U.S. Army Corps of Engineers. She is married to a golf course superintendent, so she has a unique perspective and expertise on the subject.

In addition to learning about the regulations, ecology, functions and value of wetlands, the attending superintendents earned CEUs for certification.



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