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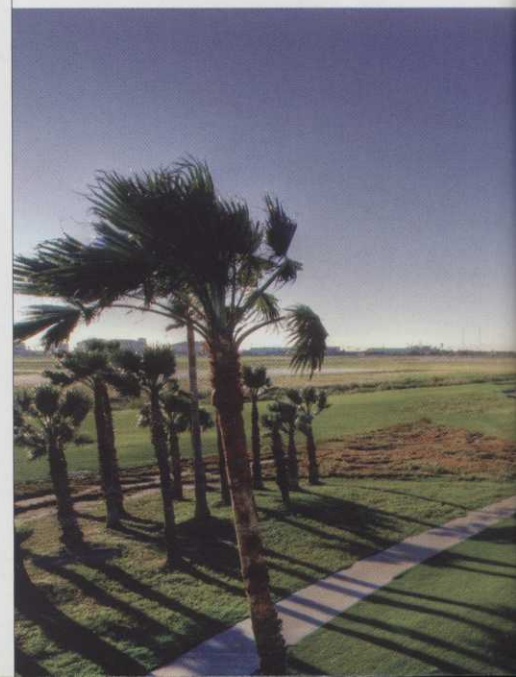
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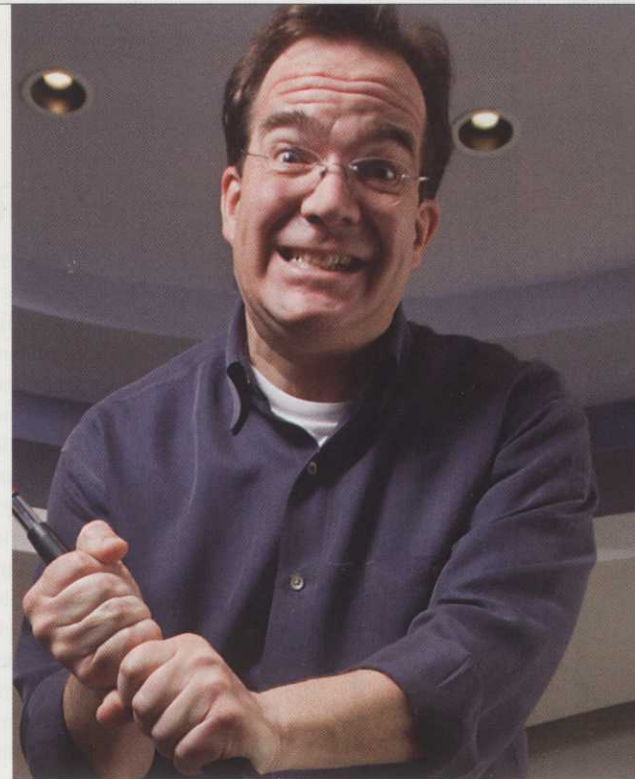


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TOTAL PACKAGE

Lawren Just, owner and operator of Persimmon Ridge Golf Club in Louisville, Ky., keeps the standards high on the course and surrounding residential development.

ONLINE POLL

During the past few years, have you reduced the number of acres of highly maintained turf on your golf course? Visit the GCI home page to cast your vote.

AIR IT OUT

Voice your opinion about a topic or bring attention to something you believe deserves it. Visit our message board at www.golfcourseindustry.com/messageboard and speak your piece.

DIGITAL LIBRARY

You can view last year's digital issues of *Golf Course Industry* any time you want on DVD. The digital library contains all the 2007 issues on one disc. The DVD is available at the online bookstore – www.golfcourseindustry.com/store.

EDITORIAL MISSION STATEMENT:

Golf Course Industry reports on and analyzes the business of maintaining golf courses, as well as the broader business of golf course management. This includes three main areas: agronomy, business management and career development as it relates to golf course superintendents and those managers responsible for maintaining a golf course as an important asset. *Golf Course Industry* shows superintendents what's possible, helps them understand why it's important and tells them how to take the next step.





John Walsh
Editor

A HEALTHIER YOU

You can't turn on the tube, surf the Web or open a newspaper without reading or watching news about Americans trying to improve their health. Whether it's eating right or exercising more, fitness gurus and journalists are talking constantly about people's health – both mental and physical. Much like being “green,” a healthy lifestyle is trendy. Fattening foods are out, and organics are in. Also, many people talk a lot about wanting a better life/work balance. Golf course superintendents are no exception.

Reportedly, there are 13.4 million lost work days annually caused from stress, anxiety and depression in the United States. Common causes of stress include: employees, worry/anxiety, customer complaints, guilt, overwork, sleep deprivation, trauma/injury, physical and mental strain, bad diet, toxic exposure and overstimulation. Related to all of those, but more specific to the golf course management industry, are increased golfer/owner expectations, the economy, achieving more with fewer resources and growing shorter grass. Mix these factors with working long hours, spending a less-than-desired amount of time with family and dealing with irksome club members, and you have one strong concoction that pushes some superintendents to the brink of losing it.

Physiologically, in stressful situations, nonessential bodily functions shut down. Reactions can include: adrenaline increases, weight loss or gain, hunger, gastrointestinal issues, blood pressure increases, headaches, immune system deficiencies, decreased energy and libido levels, and diarrhea or constipation. Emotionally, stressed-out people can experience apathy, depression, irritability, anger, forgetfulness and detachment. Not pleasant.

So, how do you prevent from feeling that way? For some, it's the old standbys – booze, tobacco and pills – which can calm nerves and help suppress the stresses of the day. However, even though these methods work in the short term, they're not so good for the body long term, aren't healthy and are becoming more taboo in society.

But there are better ways – although not as “fun” at times – to address stress and its symptoms. One way is to replenish nutrient deficiencies in the body by ingesting B-complex with vitamin C, antioxidants, zinc, magnesium, enzymes and electrolytes. Also, you can manage stress healthily by exercising, executing and organizing your priorities, napping, spending time with family, venting, getting a massage, and through hobbies such as reading, listening to music, etc.

One area of improving your health and dealing with stress that might be easiest for you is changing your eating habits. Healthy nutritional techniques include: decreasing the amount of caffeine and alcohol you ingest, controlling your blood sugar level, eating regularly, limiting fried foods, drinking more water, eating more fruits and vegetables, and taking magnesium, B-complex and a multivitamin.

Aside from nutritional health, try to reduce the number of hours you work per week – and I know you think it's impossible. Delegate jobs to different members of your staff. One veteran superintendent once told me members don't know if you work 70 hours a week or 60 hours. So it makes sense to focus on the aspects of the operation members notice most. The fewer hours you work on the course, the more you can spend with your family and improve that life/work balance we hear so much about.

Finally, for a good laugh, watch the movie “Office Space” and learn from character Peter Gibbons about how to relax and live a more carefree lifestyle. While the work environment in the movie is different than yours, it still correlates.

Now that I've suggested ways to improve your well-being, step outside, crack a beer, light a smoke and talk to the dog about how you're going to start living a more healthy, stress-free life – without sending in your resignation. **GCI**

We would like to hear from you. Please post any comments you have about this column on our message board, which is at www.golfcourseindustry.com/messageboard.



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CALENDAR OF EVENTS

May 12 - 14

GOLF BUSINESS FORUM

Ritz-Carlton Powerscourt
County Wicklow, Ireland
Call + 36 (1) 887 73 71, or visit
www.golfbusinessforum.com.

May 23 - 30

OHIO TURFGRASS WEEK

Call 888-683-3445, or visit
www.ohioturfgrass.org.

June 18

UMASS TURF RESEARCH FIELD DAY

UMass Joseph Troll Turf Research Center
South Deerfield, Mass.
Call 508-892-0382, or visit
www.umassturf.org.

July 10

UNIVERSITY OF KENTUCKY TURF RESEARCH FIELD DAY

UK's Spindletop Research Farm
Lexington, Ky.
Visit www.uky.edu/Ag/uk turf.

July 15

THE MIDWEST REGIONAL TURF FOUNDATION'S TURF FIELD DAY

Purdue University
West Lafayette, Ind.
Call 765-494-8039, or visit www.mrtf.org.

July 17

IOWA TURFGRASS FIELD DAY

ISU Turfgrass Research Station
Ames, Iowa
Call 800-605-0420, or visit
www.iowaturfgrass.org.

July 28 - 31

TURFGRASS PRODUCERS INTERNATIONAL 2008 SUMMER CONVENTION AND FIELD DAYS

Fairmont Palliser and Eagle Lake Turf Farms
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Call 800-405-8873, or visit
www.turfgrassod.org.

Aug. 5

CLEMSON FIELD DAY - SOUTH CAROLINA TURFGRASS FOUNDATION

Clemson, S.C.
Visit www.scstma.org.

Aug. 6 - 9

GOLF COURSE BUILDERS ASSOCIATION OF AMERICA'S SUMMER MEETING

Ritz-Carlton
Deerborn, Mich.
Call 402-476-4444, or visit www.gcbaa.org.

Aug. 13

OHIO STATE UNIVERSITY TURFGRASS & LANDSCAPE RESEARCH FIELD DAY

OTF Research & Education Center
Columbus, Ohio
Call 888-683-3445, or visit
www.ohioturfgrass.org.

August 20

UNIVERSITY OF GEORGIA TURFGRASS RESEARCH FIELD DAY

Griffin, Ga.
Visit www.georgiaturf.com

Sept. 12

UNIVERSITY OF ILLINOIS TURFGRASS FIELD DAY

Urbana, Ill.
Call 630-243-9483, or visit
www.illinoisturfgrassfoundation.org.

Sept. 16 - 19

FLORIDA TURFGRASS ASSOCIATION ANNUAL CONFERENCE

PGA National Resort
Palm Beach Gardens, Fla.
Call 800-882-6721, or visit www.ftga.org.

Oct. 20 - 22

KENTUCKY TURFGRASS CONFERENCE

Sloan Convention Center
Bowling Green, Ky.
Visit www.uky.edu/Ag/uk turf.

Oct. 27 - 29

WEST TEXAS GCSA'S 22ND ANNUAL CONFERENCE AND TRADE SHOW

Convention Center
Lubbock, Texas
Call 800-687-8447, or visit www.wtgcса.org.

Contact **Heather Wood**, Web editor,
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LEND A HELPING HAND

As professionals in the golf course industry, it's our duty to help educate others about environmental management and the preservation of the environment. As a proud member of the class C assistant superintendents committee of the Midwest Association of Golf Course Superintendents, our chapter has supported us to become involved in our industry and community. With most of us having a turf/horticulture background, providing support for a landscape project was the best choice. We chose to work with Habitat for Humanity. HFH is an international organization that helps communities everywhere and has built more than 225,000 homes worldwide. Let me tell you a bit about our project that started in 2007 in Aurora, Ill.

Last year, the Fox Valley Illinois chapter of HFH set a goal to provide four homes to needy families, who have an opportunity to put sweat equity into their future. Each family helps build its future residence and establishes equity in its home once completed. The home isn't free, but it's a way to improve people's lives and provide a stable platform to continue building a better life.

Knowing a need existed in our community, the assistants committee of the MAGCS, volunteered to provide the labor and landscaping for a house that was to be built by the HFH chapter. I was privileged to serve as the project coordinator in charge of organizing the donation and installation of the plant material.

First on the to-do list was find a landscape architect to prepare the site's landscape design. It needed to be someone who was familiar with local growing conditions and plants hardy to the area. We engaged the entire Midwest chapter and solicited members' help and exper-

tise. Greg Martin of Martin Designs, Ltd., provided the landscape and planting plan for the project. Once Martin completed the design, it was time to locate the plant material. We spoke with the president of the MAGCS and our board of directors to come up with a solution that allowed multiple companies to donate sod and materials. We composed a letter that was sent to all the vendors in our local association. The letter also was posted on the association's Web site. Any member could sign up to donate plant material, time or money.



MAGCS members volunteered their time to help turn a house into a home.

The home building ran a few weeks later than expected, and by then, it was late November. We spoke with the building coordinator and discussed our options. We decided to sod the lot before winter settled in for good. The lot needed to be grassed before it would pass for an occupancy permit. We installed the rest of the plant material in the spring of 2008.

Duntemann Sod Farms, a local sod farm and member of the MAGCS, donated the sod. The lot required about 9,000 square feet of sod. Luckily, the snow held off long enough for the sod to be cut and delivered to the home. In typical Mid-

western fashion, the weather changed quickly. The temperature dropped 15 degrees, from 45 to 30, and snow began to fall at a rate of one-half inch per hour within two hours of our arrival. Ten association members spent six hours finishing grading the lot and installing the sod. Shortly after we began working, we were joined by the family that would soon live in the house. Throughout the home building, they had helped, and this day was no different. Together, we laid the sod before the ground froze.

The winter of 2007/2008 in the Chicagoland area was cold and long. When the weather broke this spring, we called the volunteers and companies to help out once more. The landscape plan called for various shrubs, groundcover, trees and flowers. We worked with the family to complete the landscape. The final step included smoothing the sod, adding mulch to the landscape beds and applying fertilizer.

As a volunteer, the joy I received from helping others was immeasurable. Working with soil, growing grass and maintaining turf are my passions. To be able to use this knowledge and the resources available to me is a small way to help others in my community. A little time and a lot of generosity from a bunch of dedicated people made it possible to turn dirt into a yard and a house into a home. I thank the volunteers who offered their help with this project. This philanthropic effort couldn't have been completed without the support of the MAGCS. Last, but certainly not least, I thank the vendors who provided the plant materials. Because of these fine folks and all of the volunteers, the project was a success.

The golf course maintenance profession has a great story to tell the public. HFH is one of many fine organizations to get involved with to help make our profession and our society a better place. **GCI**