



Dollar spot (top view)

humid conditions caused an upswing in pythium blight. "You couldn't have created better conditions for pythium than those we experienced this summer," he said.

Southeast Region – Pat O'Brien, director of the USGA's Southeast Division, said the most common disease seen on bentgrass greens in his region was fairy ring. He says superintendents in his area used Heritage and ProStar, along with wetting agents, to combat the problem.

He added that anthracnose was present in his area, but it's more a leaf disease in his region. Superintendents used Heritage, Cleary's 3336 and Daconil to treat it. O'Brien also suggested



Summer patch

raising the mowing heights and venting the turf. He also saw a resurgence in dollar spot.

"This was a real nuisance [this summer]," O'Brien said. "Contact fungicides helped superintendents keep the problem under control."

As for bermudagrass greens, O'Brien said he saw bermudagrass decline and spring dead spot in addition to fairy ring and dollar spot.

Southwest Region – Patrick Gross, USGA director, says record high temperatures, combined with effective early spring applications of fungicides, limited the amount of disease he saw in his region.

"We saw a few minor infestations

of fairy ring and yellow patch, but we avoided anthracnose and summer patch for the most part," Gross says. "Many superintendents implemented good programs earlier this year for leaching greens and preventative disease control that helped keep these diseases at bay. I have to credit our superintendents with excellent planning. Now they need to manage their water carefully so they don't run into problems later."

Northwest Region —USGA agronomist Matt Nelson said summer patch was diagnosed at some locations in the Rockies where previously it was thought the disease did not exist. He said some golf courses in his area saw some cool-season brown patch, but that it was mostly a curiosity. "We're more likely to see snow molds, fairy ring and anthracnose in this area," Nelson says. ■

PAY LESS. CLIMB MORE.



Get the most out of your budget while out-mowing all competitors on steep hills and banks. Try the new 8400—the next generation of National.

- A lower center of gravity and hydrostatic drive make the 8400 the King of the Hill
- The 8400's 15" overhang is the best in the industry—dramatically reducing hand-mowing time
- All-new electric clutch gives you perfect reel and ground speed, allowing you to slow down to cut the tough spots while maintaining a high quality cut

It's time to demo the next generation of National. Call 888-907-3463 today.



SINCE 1919

www.nationalmower.com

Hole of the

■ **No. 10**

**The Brabazon Course, The Belfry,
Birmingham, England**

Month

Back to The Belfry

The Ryder Cup arrives at The Belfry a year later than expected. We all know why. One of golf's most anticipated and popular events was canceled last September in the wake of the terrorist attacks. Of course, everyone associated with the U.S. team – from U.S. Ryder Cup Captain Curtis Strange to top player Tiger Woods – supported the cancellation wholeheartedly. It was a wise and appropriate decision, Strange said.

But the year has passed quickly and the Ryder Cup is upon us. For the fourth time in its history, the event will be played later this month on The Brabazon course at The Belfry in Sutton Coldfield, near Birmingham, England. The Brabazon course's No. 10 hole (pictured here) will undoubtedly garner a lot of attention during the Ryder Cup. The 284-yard par 4's tee shot is described as being about "stretching nerves and confidence to the limit" to carry a lake. The hole also features a small, well-guarded green.

Bevan Tattersall is superintendent of the course, regarded as one of the top tracks in Europe.

Golfdom's Hole of the Month is presented in partnership with:

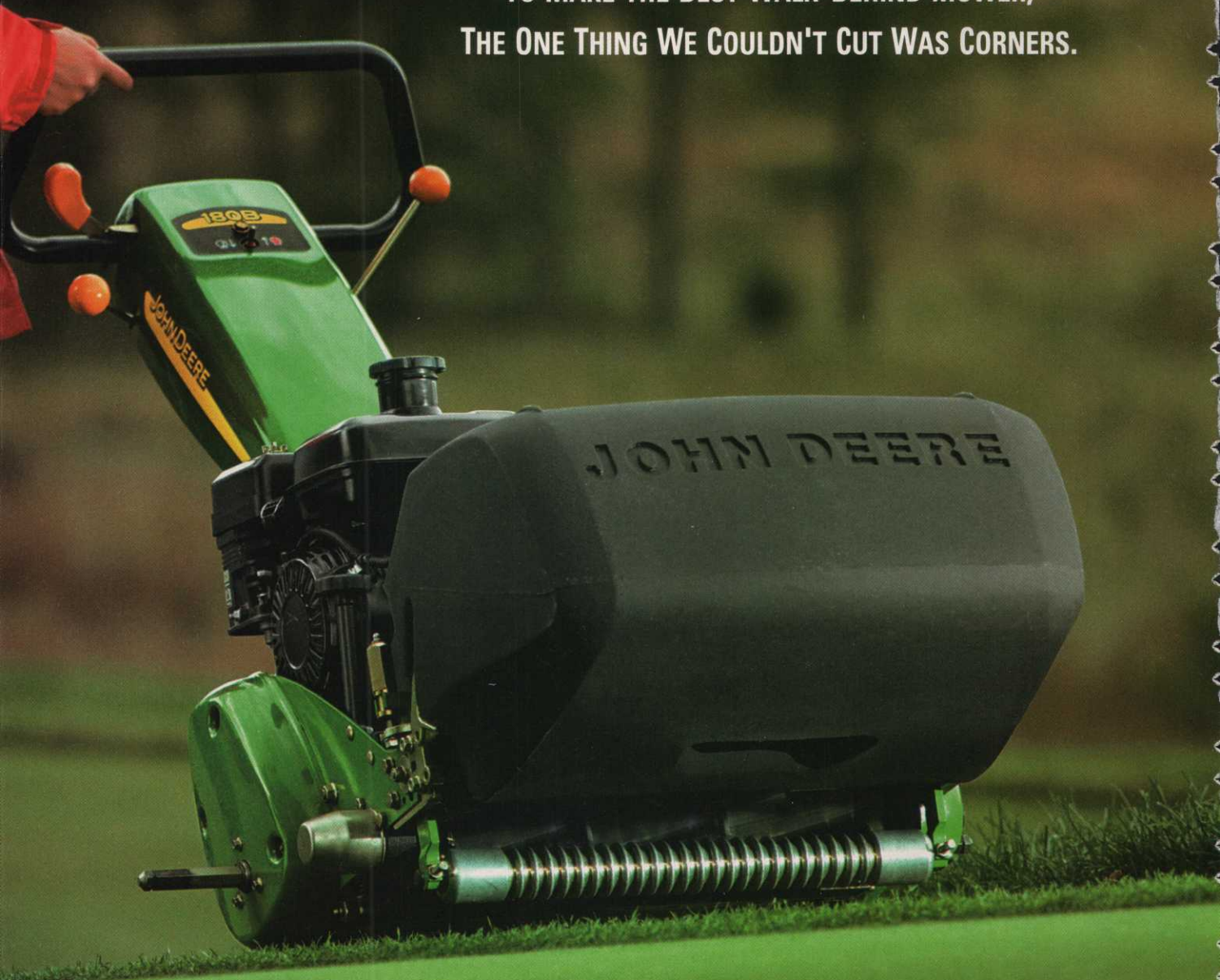
www.johndeere.com



JOHN DEERE

MIKE KLINE

TO MAKE THE BEST WALK-BEHIND MOWER,
THE ONE THING WE COULDN'T CUT WAS CORNERS.



Official
Golf Course
Equipment
Supplier

Photo taken at Tobacco Road G.C., Sanford, NC



Introducing the new John Deere B Series Walk-Behind Mowers. There are no shortcuts to being the best. That's why we spared no small detail with our new 18-, 22-, and 26-inch walk-behind greensmowers. From our new adjustable handlebar height adjustment down to our terribly efficient grass catcher, our new B Series walks are without peers in their category. A larger muffler, along with a smaller pitched chain and new chain adjusters, puts a damper on sound levels. New bedknife-to-reel knobs allow for easy adjusting. And a new oil drain funnel makes changing oil quick and neat. We did all of this and more to ensure one thing: to give you and your operators a cut pattern that is straight and superior. For a demo, please call your local John Deere Golf & Turf Distributor. Or dial toll-free 1-800-537-8233.



www.JohnDeere.com



JOHN DEERE

NOTHING RUNS LIKE A DEERE™

Shades Of Green

OPINION

I was listening to Don Henley's greatest hits CD and in the song, "The Garden of Allah," these lyrics jumped out at me:

... I am an expert witness because I say I am ... I will testify for you ...

I am a gun for hire. I'm a saint. I'm a liar. Because there are no facts, there is no truth — Just data to be manipulated.

I can get you any result you like.

What's it worth to ya? ..."

The more I thought about it, the more I realized these words perfectly describe the overwrought arguments of environmentalists about the overall effect of pesticides.

Ever since Rachel Carson distorted Dr. James DeWitt's data on DDT testing in 1956, environmental activists have been willing to falsify evidence to support their cause. Nobody remembers that DDT was exonerated when the data was actually examined. Meanwhile, millions of people in Third World countries have died from mosquito-borne diseases that DDT prevented before Ms. Carson's wanton wailing.

What is the agenda of environmental activist organizations? If you look hard enough, you can find everything from world domination to plain old greed. After all, there's money to be made in selling fear and falling skies.

Drunk on their successful headline grabbing, activists may have been a little hungover during the Alar scare when, according to the June 9, 1997 *Wall Street Journal*, they neglected to mention that a person would have to drink 19,000 quarts of apple juice every day to equal the same exposure as lab rats that developed tumors. They also conveniently labeled Alar a pesticide, while in truth it was a growth regulator. By the time the dust cleared, apple growers had lost an estimated \$250 million and processors another \$125 million. In the end, the U.S. taxpayer was stuck with a bill of \$15 million to pay for the Department of Agriculture's emergency purchase of leftover apples.

In the May issue of *Water Life*, a boating magazine, I found the following additional accounts of biofraud in a column called "Standing Watch" by Jim Calvin:

"According to the *Washington Times*, faulty data on the now infamous spotted owl has cost the federal government over \$15 million in

Distortions Harm Movement's Cause

BY JOEL JACKSON



EVER SINCE RACHEL
CARSON DISTORTED
THE DDT DATA,
ENVIRONMENTAL
ACTIVISTS HAVE
BEEN WILLING
TO FALSIFY
EVIDENCE FOR
THEIR CAUSE

timber sales and another \$9.5 million in reparations to companies for canceling four timber contracts. These decisions were based on pressure from the activists as the faulty data moved through the system.

"Patrick Moore, co-founder of Greenpeace, was quoted in an after-the-fact guest commentary in *The Los Angeles Times* as stating the environmental movement may have gone too far in crucifying the timber industry," Calvin continued. "He states that wood is a renewable resource ... and that the only reason timber interests are attacked (as opposed to other industries like steel or concrete manufacturing) is that the emotive images of forests sells memberships."

From the Alar hoax perpetrated on the apple industry a few years ago to the global-warming hysteria rampant today, activists have willing accomplices in the mainstream media who have morphed into story tellers instead of fact finders. This shameful and willing complicity by the media to create controversy, grab headlines and improve ratings is not sitting well with some in their own ranks.

According to a *USA Today* story by Peter Johnson, John Stossel of ABC News recently devoted an hour on the show *20/20* to the subject of media manipulation, as in the media misleading or altering the truth in stories. "It goes on all the time," Stossel said in the story. "And I get angry and frustrated that the public gets misled."

You're not alone, John. Many of us take exception to the devious agendas of those who believe they are morally superior to you and me and have the right to distort the truth to control our lives. These people commit fraud as harmful as the recent Wall Street scandals, and they are never held accountable for their lies and the often ruinous consequences.

Joel Jackson is director of communications for the Florida GCSA.

Partner yourself

*with the environmentally friendly products
that always score a hole in one.*



Effective, Safe and Environmentally Sound

Turf professionals know that nitrogen is simultaneously the most crucial and the most difficult soil nutrient to manage effectively. The fine-tuned, controlled-release mechanisms in Nitroform®, Organiform® and Nutralene® give plants the nitrogen they need, when they need it, season-long.

Precise control of nitrogen promotes the balance necessary between roots and top growth

to help turfgrass withstand many types of stress.

In addition, turf applications can gently nourish all types of plants, even highly sensitive ornamentals, under all types of environmental conditions, even hot, dry weather.

Used in a well-planned fertility program, Nitroform, Organiform and Nutralene release characteristics allow minimal leaching of nitrogen into groundwater or surface water.



Nu-Gro Technologies, Inc.

2680 Horizon Drive SE, Suite F5, Grand Rapids, MI 49546 Telephone: 1-888-370-1874 www.nugrotech.com

Nitroform, Organiform and Nutralene are registered trademarks of Nu-Gro America Corporation

CIRCLE NO. 119



PART 1 **NUTRITION**

Shape

You'll look and feel a lot better if you eat right and exercise regularly. The proof of the (sugar-free) pudding is in the two superintendents who've lost 120 pounds between them **BY ROBIN SUTTELL**

With his marriage ending and friends poking good-natured fun at his short, portly stature, Joseph Boe knew something had to give — namely 50 extra pounds.

“My divorce in January was an eye-opener. I was a fat little porker. I'll admit I let myself go,” says Boe, superintendent of Coral Oaks GC, a municipal track in Cape Coral, Fla.

Boe, 34, stands 5 feet 6 inches. He admits he's always struggled with his weight. Over the past few years, he says his weight spun out of control. Last January, he tipped the scales at 210 pounds — a record high.

Boe blames his busy lifestyle, his haphazard eating habits and even laziness for his

weight gain. Like many superintendents, Boe spent his days either skipping meals and snacking later or grabbing a burger and fries on the fly in the clubhouse. He focused so intently on his work that he managed to pass each day without finding time for regular exercise. He also drank regular soda like it was water, downing at least five to six cans of the sugary, calorie-laden drink each day.

Eventually, the effects of this lifestyle caught up with him. Most likely, it's catching up with other time-pressed superintendents across the country. The grab-and-go, no-time-for-anything-but-work-lifestyle tends to be the norm in the industry, especially during the golf season.

American Dietetic Association spokeswoman Kathleen Zelman says she's not surprised that superintendents aren't taking better care of themselves. “Most overworked, stressed-out individuals don't practice proper nutrition or exercise,” she says.

Taking stock

There's little question that Americans are getting fatter. The problem is so severe that it's caught the attention of President George W.

Living Well Series

This story on nutrition marks Part 1 in *Golfdom's* Living Well series. Next month, *Golfdom* examines substance abuse in the industry.

Up



Bush, who announced a renewed push on the federal level to promote physical fitness. Bush himself reportedly exercises 90 minutes per day, often with a three-mile run. When an issue receives that much attention from the White House, you know it's serious.

According to a 1998 report from the National Heart, Lung and Blood Institute (NHLBI), 97.1 million Americans are considered overweight or obese, which constitutes 55 percent of the adult population. Between 1960 and 1994, the prevalence of obesity in adults increased from 13 percent to 22.5 percent, with most of the increases occurring in the 1990s. (Note: Overweight and obese are *not* the same. Overweight refers to an excess of body weight that may come from muscle, bone, fat and/or body water. Obesity refers specifically to having an abnormally high proportion of body fat. To determine if you fit into either category, see www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm.)

Overweight and obese Americans have a greater risk for diabetes, heart disease, stroke, hypertension, gallbladder disease, osteoarthritis, breathing problems and some forms of can-

cer, according to the report. It's clear that keeping weight down is a problem that won't go away unless people pay attention to it.

John McClaren, superintendent of The Madison (Pa.) Club, has been watching his weight since Jan. 1, 2001, when he vowed to lose 55 pounds. The 37 year old weighed 255 pounds at the time. Since adhering to a Weight Watchers program, McClaren has lost 70 pounds and is down to 185.

"I went from a size 40 waist to a size 34. That's what I wore in high school," a proud McClaren says.

McClaren decided to lose the weight because he wanted to have the stamina to keep up with his three children, ages 1 to 4. John Szklinski, superintendent of Southern Hills CC in Tulsa, Okla., site of the 2001 U.S. Open Golf Championship, says he also started paying attention to a healthier lifestyle when he realized he had two young children at home who need him to stay healthy.

"My career has been so fast-paced since I entered the business when I was 24 that nutrition and exercise weren't a high priority," the

Continued on page 30



PHOTO BY MARK HUME

Joe Boe, superintendent of Coral Oaks GC in Cape Coral, Fla., says he noticed he was a "fat little porker" (bottom). But his commitment to get in shape led him to lose 50 pounds, and he says he can now fit into the same size pants he wore in seventh grade (above).

Continued from page 29

37-year-old Szklinski says. "As a young, aggressive up-and-comer in the business, I would skip lunch and breakfast and maybe eat dinner."

Then Szklinski realized he's not just responsible to himself and the club he works for, but also to his family. "I need to ensure I'll be around to take care of them," he says.

As a result, he's tried to work in a regular, moderate exercise routine using a treadmill a few times a week in the winter, combined with yard work at home in the summer. An avid bird hunter, he spends every available weekend trekking around the woods with his bird dogs and walks great distances during these outings.

He now eats lunch every day and tries to fit in breakfast, although he's the first to admit he's not always successful.

At work, Szklinski also tries to break away from desk work whenever he can. He uses Mondays, the day the country club is closed, to go out on the greens and do some work with the crews.

"I can grab a push fertilizer spreader and help the guys," he says. "With my nature and level of hands-on agronomy, I can be pretty active on the golf course."

McClaren also realized he could burn calories on the golf course. He began hand-mow-

Continued on page 32

Little Steps, Big Results

You don't have to make major lifestyle changes to enjoy a healthier life. "It takes 21 days to make a new routine, and once that becomes your routine, it becomes part of your life," says Steve Mona, CEO of the GCSAA.

Mona is a strong proponent for good diet and has regularly exercised most of his life. He is vigilant about his diet, runs daily and starts each morning with a short routine of sit-ups and pushups before stepping in the shower. He says he realizes superintendents are "never done with their jobs," but wellness needs to become an important part of any superintendent's busy day. "Even if you're grabbing things on the go, you still can do it," he says.

Even small changes introduced over time can add up. They make you feel better, increase your energy levels and help you maintain better overall health, says registered dietitian and American Dietetic Association spokesperson Kathleen Zelman. "Health benefits are accrued by small weight losses that are as little as 5 to 10 percent," she says.

Small changes can yield big results, but you have to be consistent. Here are some little things that will help take you a long way toward meeting your wellness goals:

Eat breakfast.

According to Zelman, the National Weight Loss Registry shows that 80 percent of folks who successfully lost weight and kept it off eat breakfast every day.

"Your body needs fuel," she says. "Get up 10 minutes earlier. Have a bowl of cereal or a bagel. It's important to maintain your blood sugar. I understand the time demands, but there really is no excuse."

Give up a 12-ounce can of regular soda every day and drink water instead.

Better yet, drink only water. It's fat-free, calorie-free, all-natural, and your body needs it to survive. Zelman recommends six to eight glasses a day.

"Stick a fresh lemon, lime or orange slice in it," she says. "It adds flavor and is good for you."

Don't grab a hot dog at the snack stand or clubhouse. Try a more healthful sandwich or a salad.

"Read the nutritional labeling on a hot dog sometime," Mona says. "It's loaded with bad stuff. Go for a turkey sandwich instead."

Consider eating a piece of fruit or an energy bar instead of cookies or cake.

"You can peel a banana and eat it as quickly as you can open a candy bar or ice cream bar," Mona says.

Get away from your desk, and walk the golf course.

If you're up to it, do some of the hands-on work yourself.

Consider eating five or six smaller meals a day.

"You don't have to have a three-course meal," Zelman says. "Have small healthy

snacks rather than skipping meals or pigging out because you've starved yourself all day. You can grab an apple or a container of dehydrated soups. These are things you can eat quickly between busy meetings."

If you're a coffee drinker who uses cream and sugar, try using low-fat milk or try your coffee black. Also, reduce the number of cups you drink.

Find some kind of exercise you like to do on a regular basis. Once a week might be a good start. Work up to three times a week, and then maybe five.

Joseph Boe, superintendent of Coral Oaks GC in Cape Coral, Fla., has lost nearly 50 pounds over the past six months. He attributes much of his weight loss to an exercise regimen he enjoys — weight training.

"I can't stand aerobics," he says. "I had the Tae-Bo tapes, but I really hated them. I thought back to the exercises I really like best, like weightlifting. Now I when I get off work, all I can think about is going home and starting my workout"



Give up something that's not loaded with nutritional value.

"Think about where the empty calories are in your diet," Zelman says. "Are you eating the doughnuts in the break room? Are French fries your push button? Give them up. These small changes add up. You need to take care of yourself, and take care of your body. Don't wait until it's too late."