

indicates that thick, healthy turf reduces runoff "to next to nothing."

An average golf course of 150 acres effortlessly absorbs 12 million gallons of water during a three-inch rainfall. Dr. Watschke finds that thick, carefully managed turfgrass has 15 times less runoff than does a lower quality lawn. As a result, almost all of the pesticides applied to the grass remain in place after peak rainfall.

Dr. Richard J. Cooper of the University of Massachusetts argues that turfgrass cover "reduces soil erosion and prevents soil and chemical runoff into water sources."

By comparison, parking lots, streets and even residential areas load nearby waters with hazardous pollutants carried in runoff from road surfaces, gutters, and catch basins.

SURFACE WATER: Golf courses help decrease sedimentation pollution of rivers, streams and lakes by preventing topsoil erosion. The major polluter of U. S. surface water is sedimentation from soil erosion. However, turfgrass reduces erosion, as compared to alternative land uses.

For instance, studies show that grassland experiences 84 to 668 times less erosion than areas planted with wheat or corn. Construction has an even more devastating impact on topsoil, so golf courses can greatly reduce erosion effects as compared to other land users, like shopping malls or housing developments.

Sedimentation Pollution from Soil erosion costs society billions of dollars in increased transportation, shipping, and cleaning costs. Thus, by preventing soil erosion, golf courses serve a very beneficial societal purpose.

CONCLUSION: Golf courses do not threaten the nation's water supplies. Scientific studies show that pesticides used on golf courses do not seep into neighboring groundwater sources. Other studies demonstrate that stormwater runoff is greatly reduced by turfgrass. Finally, still more studies show that grassy areas reduce soil erosion, which is a major cause of sedimentation pollution in the nation's rivers, lakes and streams.

On the whole, a golf course makes an environmentally sound contribution to any community.



STRESS MANAGEMENT TOOLS



A truly stressful situation.

As a follow up to last month's stress article by Dr. John P. McNamara, we present this list of Stress Management Tools.

1. Examine yourself
2. Reduce Xanthine intake (coffee, tea, cola)
3. Avoid vitamin depletion
4. Monitor salt intake
5. Avoid hypoglycemia
6. Delegate work
7. Maximize information input
8. Release anger appropriately
9. Choose realistic options
10. Develop a plan with goals
11. Practice progressive muscle relaxation
12. Maintain a sense of humor
13. Be Polite
14. Know your standards and values
15. Employ biofeedback
16. Face reality
17. Normalize difficult situations
18. Meditate
19. Be assertive-not aggressive
20. Make decisions
21. Do it now, Don't procrastinate
22. Know your strengths and weaknesses
23. Organize
24. Seek opportunity from crisis
25. Create environments that reduce stress
26. Ventilate
27. Practice imaging
28. Join a support group
29. Exercise regularly
30. Improve interpersonal skills
31. Recognize early signs of stress illness - get treatment
32. Use psychoactive drugs appropriately
33. Practice self-hypnosis, yoga, zen
34. Take control of your life
35. Get adequate rest
36. Leave time for the unexpected
37. Get massaged
38. Create buffer zones around stress
39. Curry stress reducers
40. Treat people like human beings
41. Forget the past
42. Prepare
43. Seek spiritual nourishment
44. Dress up, not down
45. Build in relaxation time
46. Be flexible
47. Abdicate parts of your life
48. Learn to say NO - and when to say it
49. Don't gossip
50. Slow down - smell the roses
51. Reduce noise and people pollution
52. Establish routines
53. Communicate to those around you
54. Minimize surprise
55. Structure environment to work for you
56. Use modern technology
57. Choose friends carefully
58. Do your share to keep good friends

Taken from "Teaching Healthy Managers To Control Their Economy-prone [Type A] Behavior", SELF MODIFICATION OF EMOTIONAL BEHAVIOR, Edited by K. Blakenstine and J. Polivus. Plenum Press, New York City, New York. 1982