

How To Deal With Summer Allergies

Hay fever is one of those odd names: It's not caused by hay and it doesn't cause a fever. But to the estimated 30-40 million Americans who sneeze through the summer, allergic rhinitis (to give it its proper name) is a real illness.

Most people who suffer from allergies are allergic to things that come from the outdoors. About 10 percent of allergy sufferers can blame the ragweed and ryegrass that pollinate in the late summer. July and August mark the peak of the allergy season. But there are several things you can do to reduce your suffering. Here are some tips from Research Products Corporation, maker of Space-Gard high efficiency air cleaners.

- Avoid outdoor activities first thing in the morning. Many plants release their pollen between 5 a.m. and 10 a.m., so pollen levels may be highest then. (Not very practical on golf courses).
- Do not hang sheets and bedding outdoors to dry. Even though sundried sheets smell and feel great they may also collect a load of pollen and other allergen when hung outdoors.
- Keep your house closed up, especially during the morning hours when pollen may be more prevalent.
- Consider central air conditioning for your home. Air conditioners alone with conventional filters aren't very efficient at filtering air, but they do allow you to close up your

house and still stay comfortable. If your air conditioner allows you to recirculate indoor air instead of bringing in pollen-laden outdoor air, use the recirculating feature.

- Add a high efficiency, nonelectronic air cleaner to your heating and cooling system. A high efficiency air cleaner removes up to 99 percent of dust and pollen and doesn't produce ozone, which can aggravate breathing problems.

- Run your air conditioner and/or high efficiency air cleaner when you are home and moving about. Pollen is relatively heavy and settles out of still air in about 20 minutes. However, activity stirs up the pollen and gets it airborne again where it can be captured by your nose, or your high efficiency air cleaner, whichever comes first.

Be aware that pollen is just one of many irritants that may cause allergies and asthma. Spores, dust and the feces of the common house dust mite also cause problems. It is virtually impossible to avoid all allergy causes, but following these suggestions can reduce your exposure to many of them.

For more information about how a high efficiency air cleaner can help you maintain your indoor air quality, call the Consumer Information Department of Research Products Corporation at 1-800-545-2219. Ask for the free air cleaning facts booklet.

—*Farm and Dairy News*

1993 MGCSA Schedule

Fox Hollow Golf Club	May 10
Lafayette Club	June 14
Research Turf Tourney	June 18
White Bear Yacht Club	July 19
The Links at Northfork	August 9
Stodola Tourney @ Hillcrest Country Club & (TBA)	Sept. 13
Eau Claire Country Club	Oct. 11
Annual Conference @ Northland Inn	Nov. 17, 18 & 19

Alternatives to Winter Patch Disease Control

On July 1, 1994, mercuric compounds are no longer available to Turfgrass Managers as a control for winter patch diseases. Did anyone use anything different? If so, what did you use? What were the rates of application? Did you use an Anti-Descicant? With the winter of 1993-94 approaching, are you going to try some alternatives to mercury, or are you just going to make up your mind later? If you are interested in helping out everyone within the MGCSA, please send what you did to protect your turf to: Dale Wysocki, Faribault Golf & C.C., P.O. Box 833, Faribault, MN 55021. The results will be published in the September issue of *HOLE NOTES*. Please include all data pertaining to application. Thank You.