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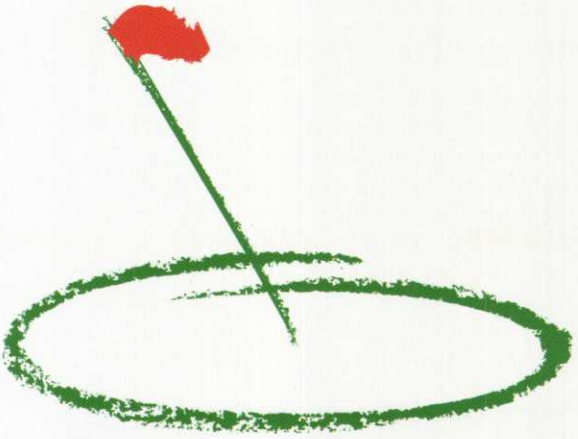

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It's All About Me

Your Podiatric Physician Talks About Warts

Information from the American Podiatric Medical Association

WHAT ARE PLANTAR WARTS?

Warts are one of several soft tissue conditions of the foot that can be quite painful. They are caused by a virus, which generally invades the skin through small or invisible cuts and abrasions. They can appear anywhere on the skin, but, technically, only those on the sole are properly called plantar warts.

Children, especially teenagers, tend to be more susceptible to warts than adults; some people seem to be immune.

IDENTIFICATION PROBLEMS

Most warts are harmless, even though they may be painful. They are often mistaken for corns or calluses—which are layers of dead skin that build up to protect an area which is being continuously irritated. The wart, however, is a viral infection.

It is also possible for a variety of more serious lesions to appear on the foot, including malignant lesions such as carcinomas and melanomas. Although rare, these conditions can sometimes be misidentified as a wart. It is wise to consult a podiatric physician when any suspicious growth or eruption is detected on the skin of the foot in order to ensure a correct diagnosis.

Plantar warts tend to be hard and flat, with a rough surface and well-defined boundaries; warts are generally raised and fleshier when they appear on the top of the foot or on the toes. Plantar warts are often gray or brown (but the color may vary), with a center that appears as one or more pinpoints of black. It is important to note that warts can be very resistant to treatment and have a tendency to reoccur.

SOURCE OF THE VIRUS

The plantar wart is often contracted by walking barefoot on dirty surfaces or littered ground where the virus is lurking. The causative virus thrives in warm, moist environments, making infection a common occurrence in communal bathing facilities.

If left untreated, warts can grow to an inch or more in circumference and can spread into clusters of several warts; these are often called mosaic warts. Like any other infectious lesion, plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart. The wart may also bleed, another route for spreading.

Occasionally, warts can spontaneously disappear after a short time, and, just as frequently, they can recur in the same location.

When plantar warts develop on the weight-bearing areas of the foot—the ball of the foot, or the heel, for example—they can be the source of sharp, burning pain. Pain occurs when weight is brought to bear directly on the wart, although pressure on the side of a wart can create equally intense pain.

TIPS FOR PREVENTION

Avoid walking barefoot, except on sandy beaches; change shoes and socks daily; Keep feet clean and dry; check children's feet periodically; avoid direct contact with warts—from other persons or from other parts of the body; do not ignore growths on, or changes in, your skin, and visit your podiatric physician as part of your annual health checkup.

SELF TREATMENT

Self treatment is generally not advisable. Over-the-counter preparations contain acids or chemicals that destroy skin cells, and it takes an expert to destroy abnormal skin cells (warts) without also destroying surrounding healthy tissue. Self treatment with such medications especially should be avoided by people with diabetes and those with cardiovascular or circulatory disorders. Never use them in the presence of an active infection.

PROFESSIONAL TREATMENT

It is possible that your podiatric physician will prescribe and supervise your use of a wart-removal preparation. More likely, however, removal of warts by a simple surgical procedure, performed under local anesthetic, may be indicated.

Lasers have become a common and effective treatment. A procedure known as CO2 laser cautery is performed under local anesthesia either in your podiatrist's office surgical setting or an outpatient surgery facility. The laser reduces post-treatment scarring and is a safe form for eliminating wart lesions.

From the Minnesota Department of Health

Guidelines for Safe Handling of Drinking Water at a Golf Course

The following are guidelines if you are providing drinking water dispensers at your golf course. If the following guidelines cannot be implemented, providing bottled water as an alternative to dispensers is strongly recommended.

If you are a licensed food and beverage establishment, you must use NSF approved or equivalent equipment. A trained food service staff member should do the handling of water and the filling and cleaning of dispensers.

Dispenser filling:

+ Wash hands with soap prior to handling water or ice.

+ Water and ice must come from an approved water supply system, either a municipal system or a well that is routinely tested and meets safe drinking water standards.

+ The dispenser should be stored away from chemical storage or contaminants.

+ The dispenser should not be placed on the floor while filling but rather on a clean and sanitary surface.

+ The hose used to fill the dispenser must be food grade (no garden hoses) and stored in a protected manner.

+ Hoses should be used exclusively for drinking water dispenser filling and not to fill other equipment or tanks, such as pesticides, herbicides or used to clean other things.

+ Plumbing used to draw water must meet the Minnesota plumbing code and have proper backflow devices.

+ Ice must be dispensed with an ice scoop to prevent direct hand contact with the ice.

+ Water in the container should be drained and refilled every four hours to prevent the growth of organisms.

+ Dispenser containers must not be stored outside overnight.

Water dispensers:

+ The water dispenser should be constructed of food grade material and be easily cleanable.

+ The spigot should be a gravity flow design to prevent contamination during use.

+ Dispensers should be designed and placed in a manner to decrease the risk of tampering.

+ The dispenser and nozzle should be washed, rinsed and sanitized every four hours. Wash with soapy water inside and out, followed by a thorough clean water rinse and sanitize using a bleach solution of one tablespoon per two gallons of water.

+ Provide an area for air-drying of the dispenser and nozzle.

+ Single use disposable cups should be provided.

For further information, contact:
Minnesota Department of Health
Environmental Health Services
121 East 7th Place, Suite 220
St. Paul, MN 55101
651-215-0870 or www.health.state.mn.us

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Field Days –

(Continued from Page 11)

Stop 4 featured work being done by Brian Horgan involving the use of fine fescues and colonial bentgrasses for golf course fairways. This project, funded by GCSAA, has as its "objectives to 1) determine the best cultivars and combination(s) of fine fescues and colonial bentgrass for use as a fairway turf, and 2) evaluate the effect of organic versus water-soluble fertilizer on turf quality and fine fescue/colonial bentgrass competition." A number of characteristics are being evaluated, including turf quality, percent living ground cover, disease occurrence, weed encroachment, spring greenup, divot recovery and golf ball lie. The varieties used in the study were selected based on top performance in NTEP trials and ancillary studies conducted by UW-Madison on golf courses and the O. J. Noer facility between 1992 and 2002.

Jon Sass, a University of Minnesota graduate student presented "Remote sensing of turfgrass for improved irrigation efficiency" at Stop 5. "Currently, most irrigation decisions are based upon prior experience with a site, weather conditions and visual observations. Although most turfgrass managers make some site specific changes to irrigation, large areas are generally treated similarly. If a manager had information about a plant's internal water status on smaller scale and/or the soil moisture status, he/she could make irrigation decisions based on the plants' needs, thereby saving both natural and financial resources."

"Two separate projects have been initiated to evaluate various technologies to conserve irrigation water; 1) use of a spectrometer and 2) the use of soil moisture sensors. These two technologies, used independently or together, represent the probable future of irrigation management and can lead to huge savings in water usage in irrigating turfgrasses while maintaining high turf quality."

Dr. Eric Watkins, the newest faculty addition in the University's turf program discussed his work with turfgrass germplasm evaluation via the NTEP trials at Stop 6. "The National Turfgrass Evaluation Program (NTEP) coordinates a nation-wide variety testing program. The goal of NTEP is to evaluate turfgrass germplasm in a wide range of environments. Currently, the University of Minnesota is conducting three NTEP trials: Kentucky bluegrass, bentgrass for use on fairways and bentgrass for use on greens. This fall, we will also be planting a low-input perennial ryegrass NTEP trial." In addition, a 2003 planting of fine fescues will provide data that will be available in the winter of 2005. An additional Kentucky bluegrass trial was seeded on the St. Paul campus in June of this year and more variety trials are planned for the future.

"The 2000 planting of Kentucky bluegrass has been maintained at a two inch height of cut with three pounds of nitrogen per thousand square feet per year. The bentgrass trials were seeded in September 2003 at the TROE center. Data is currently being collected on both the greens and fairway studies and the first year of data will be available this winter."

"The University of Minnesota will continue to be one of the leaders in creeping bluegrass (Poa annua reptans) development. The germplasm collection that has been assembled at Minnesota is extensive and should contain the traits necessary for the development of improved creeping bluegrass varieties." Eric presented tables indicating the varieties currently in test in the fine fescue and both bentgrass studies.

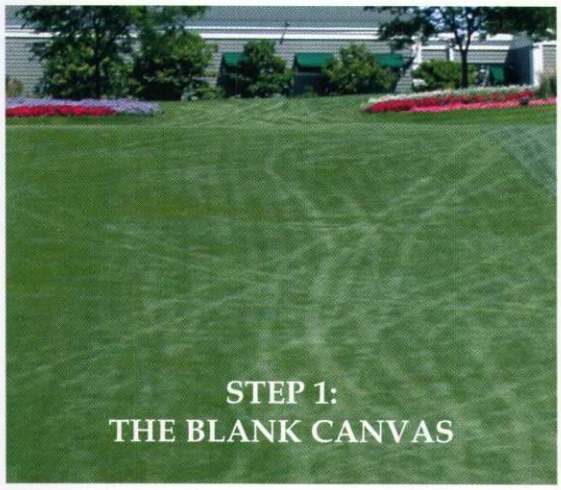
Stop 7 featured Rod Venterea discussing work underway assessing

(Continued on Page 29)

Six Easy Steps to a Logo

The Process of Painting a Logo in a Fairway

By Jack MacKenzie, CGCS
North Oaks Golf Club

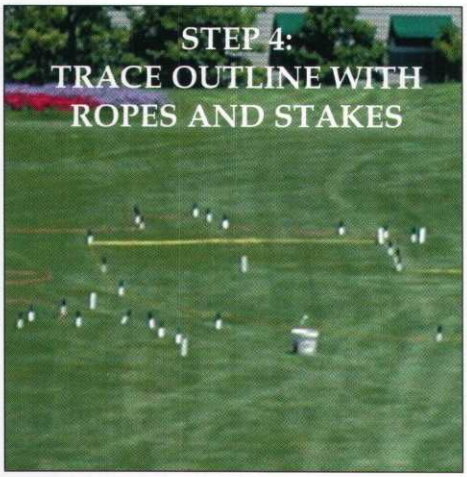


STEP 1:
THE BLANK CANVAS

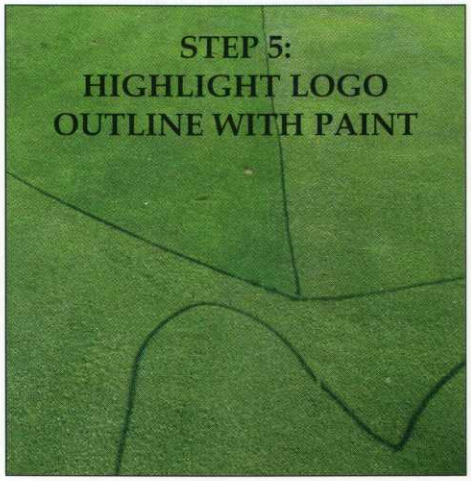
STEP 2:
THE CLUB
LOGO

STEP 3: THE TOOLS

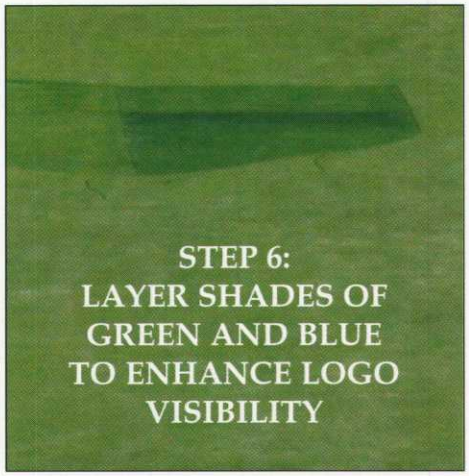
THE
FINAL
RESULT
LASTS
UP TO
ONE
WEEK



STEP 4:
TRACE OUTLINE WITH
ROPES AND STAKES



STEP 5:
HIGHLIGHT LOGO
OUTLINE WITH PAINT



STEP 6:
LAYER SHADES OF
GREEN AND BLUE
TO ENHANCE LOGO
VISIBILITY

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Field Days–

(Continued from Page 25)

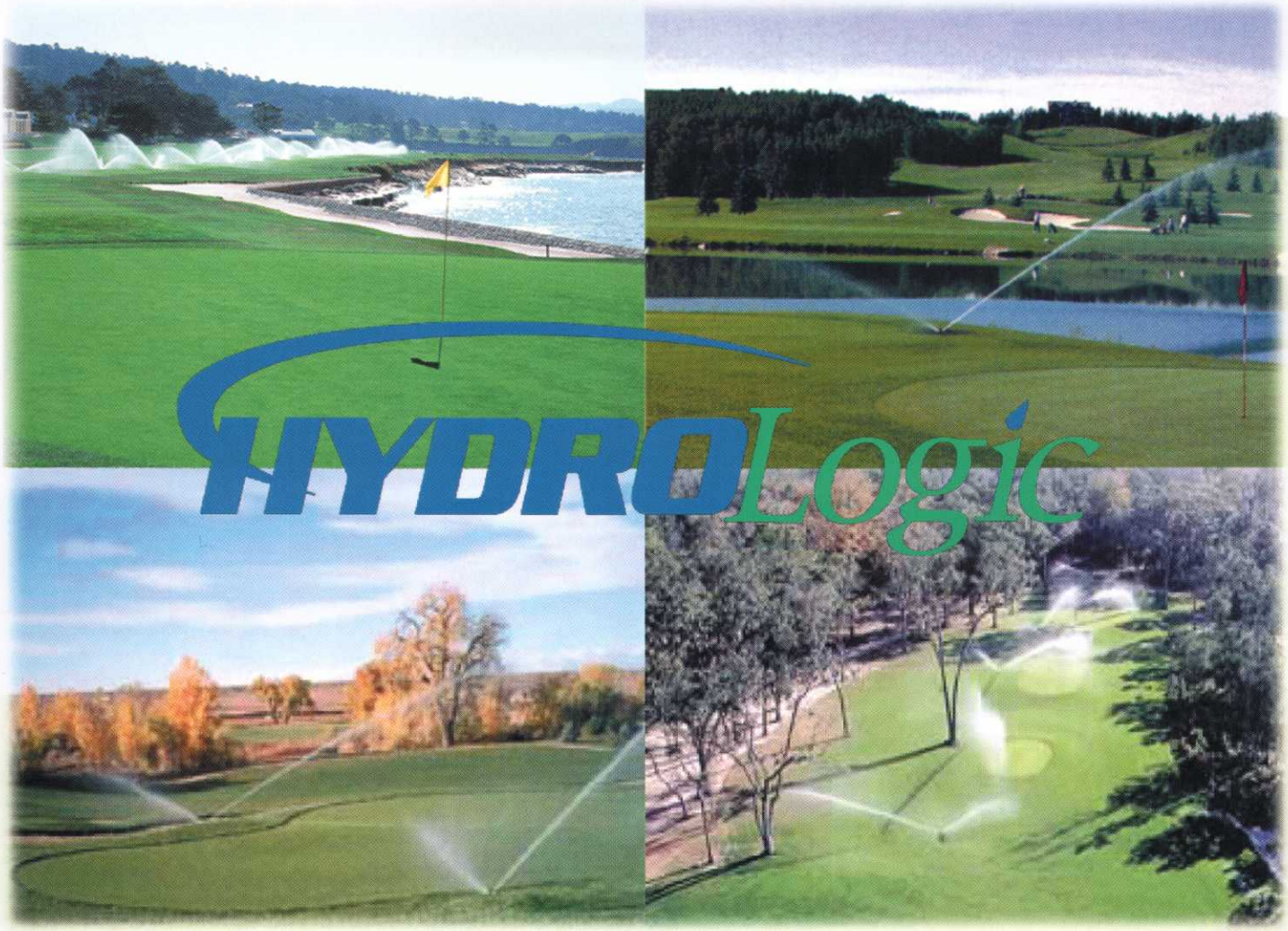
nitrogen losses during grow-in of a golf putting green under two irrigation treatments. "The effects of irrigation intensity on nitrate and phosphate leaching and on the emission of environmentally harmful nitrogen trace gases are important considerations when evaluating irrigation practices. We measured nitrate and phosphate leaching during the grow-in of a USGA putting green with the use of lysimeters installed underneath the sand/peat layer."

"One of the two irrigation treatments followed general local irrigation practices for grow-ins, i.e. irrigation at a fixed daily rate of about three eighths of an inch applied in seven increments per day. In the other treatment, we irrigated to replace only as much moisture as was lost via evapotranspiration (ET) on the previous day. We hypothesized that this amount of water would be sufficient even for the turf establishment period. After two months of grow-in, from the end of August until the end of October, there were no differences in appearance of the newly established turf between the irrigation treatments."

Vera Krischik hosted Stop 8 addressing timing insecticides for tree and turf insects. While there was no specific project to point toward, Vera moderated a question and answer session with each group. She also went through a list of the most common insect problems being encountered and outlined various identification and control methods and concerns. Included in the Field Day booklet were a number of excellent photographs of various insects as well as monitoring methods, suggest spray schedules, insecticides and useful websites for further information.

Stop 9 featured Mary Meyer discussing little bluestem research. After presenting the range of adaptation of little bluestem, she listed several varieties that have been released since the 1960's. Included in the presentation were topics addressing seeding date and establishment data, field identification and a planting of thirty five populations established in 1996 and 1997 of collections made from parks, nature preserves, railroad right of ways and other natural areas throughout Minnesota. Plants continue to be evaluated for a number of characteristics and work will continue to identify other new ornamental forms of little bluestem. A list of references were provided for additional information.

At the conclusion of the formal presentations lunch was served at the TROE Center site. As with any large event, there is a huge amount of work involved in order to present this annual Field Day. Brian Horgan and the rest of the Turf Working Group at the University, along with students, staff and other faculty all make a contribution so that professionals in the Green Industry have this learning and networking opportunity. Those who attended this year were amazed at the amount of progress that has been made over the last twelve months at the TROE Center. By this time next year, there will be even more to see and evaluate. It would be great if the attendance increases significantly for next year's event. Thanks again for the continued support of MGCSA and MGCSA members. Through your generous support great progress is being made toward developing a world-class turf program at the University of Minnesota.



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