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In the Crosshairs—

(Continued from Page 20)

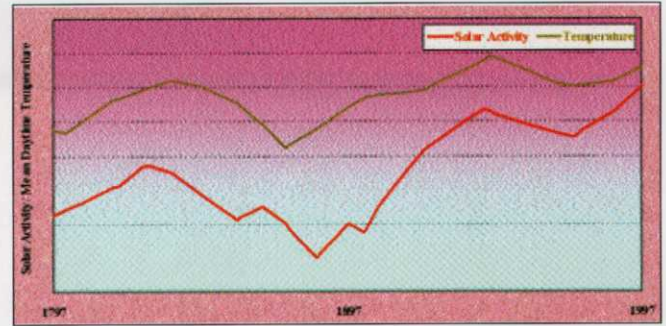
Vikings, the population of China doubled as the country prospered, and the snow line in the Rocky Mountains was 500 feet higher than today. In recent history, two periods in the 20th century exhibited significant temperature increases. The periods from 1910-1945 and 1975 to the present have shown significant temperature increases; the latter correlates with increased man-made greenhouse gas emissions but the earlier period does not as human emission of these gases at this time was slight. As indicated by ice core data, geologic records and tree ring data, global climate is anything but stable.

Another example of research generally not found in the mainstream media involves indirect sampling of CO2 levels in ice samples from 9,000 to 420,000 years ago. Multiple studies from 1999, 2000, 2001 and 2003 have shown that increases in past atmospheric CO2 levels did not precede temperature increases but they actually followed it. Such observations totally contradict the premise upon which today's global warming concerns are based.

What role does our sun play in cli-

mate change on planet earth? Some scientists believe the sun is the principle driver of climate change. The sun, through time, has been a variable source of energy. There does exist a direct correlation between solar activity and temperature. A 1997 study showed that the direct increase in solar irradiation over the past 30 years is responsible for 40% of the observed global warming. Once again, the mainstream media fails to explore these alternate explanations.

Why then has the topic of global warming turned into such a politically charged, divisive topic, consuming today's media and ultimately causing scientists with dissenting views to lose their jobs? Global warming has become big business. Current federal spending on global warming research is 1.7 billion dollars! Research grants continue to flow to those researchers producing results that agree with the popular greenhouse gas theory. Scientists that produce evidence to the contrary are finding their funding sources drying up. There is also increased spending on alternative energy sources such as



**Solar Activity vs. Mean Daytime Temperature
Armagh Observatory 1797 to 1997**

solar, wind, hydrogen, ethanol and clean coal technologies. Follow the money!

Here are a few more interesting points to ponder:

+ American weather satellites have confirmed that since 1999 average global air temperatures are flat or exhibit no overall change.

+ Last year's hurricane season was predicted to be the worst in recorded history by the American global warming science crowd. It, in fact, was one of the mildest.

+ 2% of the area of Antarctica has above normal temperatures and is losing ice. In the remaining 98% of Antarctica temperatures are falling and ice shelf mass is building up at the rate of 27 billion tons per year.

(Continued on Page 29)

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The MGCSA booth at the Green Expo this past winter was in good hands with past presidents Jim Nicol, CGCS, Hazeltine National Golf Club, left, and Keith Scott, CGCS, Oak Ridge Country Club.

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Membership Report

MARCH 2007 - NEW MEMBERS

Dan Hanson
Class A - GCSAA
Majestic Oaks Golf Club
Ham Lake, MN
763-755-6530

Bill Lewis
Class A - GCSAA
Black Bear Golf Course
Cloquet, MN
218-879-5626

Adam Meilike
Class A - GCSAA
Southern Hills GC
Farmington, MN
651-463-7256

John A. Monson
Class A - GCSAA
Retired
Long Prairie, MN
320-736-3696

Scott Schunter
Class A - GCSAA
Deacon's Lodge
Breezy Point, MN
218-562-4853

Delano E. Taft
Class A - GCSAA
Grand National
Hinckley, MN
320-629-4836

Rodrick A. Anderson
Class SM
River Falls Golf Club
River Falls, WI
715-425-7253

Curtiss Konkright
Class SM - GCSAA
Victory Links Golf Course
Blaine, MN
763-792-7352

Dave LaFave
Class C
Black Bear Golf Course
Cloquet, MN
218-879-5626

Edward Thomas
Class C - GCSAA (pending)
Deacon's Lodge
Breezy Point, MN
218-562-4853

Casey Andrus
Class D
Interlachen Country Club
Edina, MN
952-924-7420

Todd J. Kranz
Class D - GCSAA
Edina Country Club
Edina, MN
952-922-9012

David Sarp
Class D
Edina Country Club
Edina, MN
952-922-9012

Matthew L. Stephens
Class D
Deacon's Lodge
Breezy Point, MN
218-562-4853

Robert Tripp
Class D
Northland Country Club
Duluth, MN
218-525-1941

Dave VanValkenburg
Class D
Brookview Golf Course
Golden Valley, MN
763-512-2329

James Watten
Class D
Northland Country Club
Duluth, MN
218-525-1941

Jesse Murray
Student - GCSAA
Anoka Technical College
Minnesota Valley CC
952-884-1289

Robert Besse
Affiliate
Versatile Vehicles, Inc.
Savage, MN
952-894-1123

Will Dopp
Affiliate
Twin City Seed Co.
Edina, MN
952-944-7105

Ryan Popp
Affiliate
LESCO, Inc.
Richfield, MN
612-866-0419

Tom Swain
Affiliate
MTI Distributing Co.
Brooklyn Center, MN
651-271-0322

Reclassifications

Bradley Marty
Class C to SM
White Bear Yacht Club
White Bear Lake, MN
651-429-1892

John A. Monson
Class A to Class A-Retired
Long Prairie, MN
320-736-3696

- Respectfully submitted by
Mike Knodel,
Membership Chair

My First MGCSA Board Meeting

By **MIKE KNODEL**
Superintendent, Oakdale Golf Club

When ex-officio Rob Panuska asked if I would be interested in running for the MGCSA Board of Directors, I have to admit that I was hesitant at best. After all, who doesn't have too much on their plate already? After deciding

to give it some serious thought, I discovered that I really didn't know what went on behind the scenes of the MGCSA. My curiosity to learn more about our association and to become involved finally got the best of me and I was given the opportunity to serve on the Board at our Annual Meeting in January.

I attended my first MGCSA Board Meeting on January 16 at Somerset Country Club in Mendota Heights. Not

knowing what to expect, I took the low key approach, "LISTEN & LEARN." While being in the meeting for only a short time, it became quite evident that the MGCSA Board is a proactive group of very dedicated individuals. It was quite interesting to listen to each committee report and try to get a snapshot of the various issues that come before the Board. By the end of the meeting I knew my initial assessment was correct, I really didn't know what went on behind the scenes of the MGCSA, but I soon would.

I would definitely encourage those who have an interest in our association and the furthering of our profession to consider running for a Board of Directors position. Granted, I have only been part of the Board for a short while, but I believe the time and effort dedicated to our association will be a small price to pay for the rewards of becoming involved!



Mike Knodel, Superintendent at Oakdale Golf Club, was elected to the MGCSA Board at the Annual Meeting in January.

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Musing the Minutes

MGCSA Board of Directors Meeting
January 16, 2007, Somerset Country Club

By MATT McKINNON, MGC SA Secretary



President James Bade reported that he has written a letter to the new Dean of the College introducing the association. James expressed our association's support for Dr. Horgan and Dr. Watkins. Scottie Hines, CGCS and James attended the Minnesota Golf Council meeting. The point of the meeting was to try to grow the game. The MGA is going to do an Economic Impact Statement. Weather and forecasting were big issues.

Tom Proshek reported the annual Awards Banquet would be held at Prestwick Golf Club.

Scott Turtinen reported there were 59 people who participated in the 18-hole challenge. The Lanyards that were handed out at the MGCSA booth went over well.

Paul Diegnau, CGCS reported there were 8,000+ attendees at the Minnesota Green Expo. The MTGF will make over

\$100,000. Paul also reported there were a lot of positive comments about the show. The show in 2008 will be one week later.

Kevin Clunis, CGCS reported there are 254 registered voters and 39 independent voters in our association. The MGCSA has three sets of 254 votes but no more than 254 votes can be used per candidate. Kevin also reported that the GCSAA would not increase dues at this time.

Rob Panuska reported that Rick Traver, CGCS would be running for President. Vice President and Treasurer will also be open along with three Directors positions in 2008.

Jack MacKenzie, CGCS reported the MTGF would be meeting soon to discuss the requests for funding they have received. There is around \$180,000 in request and the MTGF will hand out about \$120,000 for those requests.

Have a great spring!

Peer-to-Peer-

(Continued from Page 11)

see the Bentgrass moving more laterally. We will be increasing our Cutless rate by 1oz/A on our applications to greens, tees and fairways to try and take out some of the weaker bio-types of Poa.

- Eric H. Peterson

Dellwood Hills Golf Club, Dellwood

Keller GC sprays all playing surfaces from May to October to reduce clippings and improve overall health of our Poa annua. Our greens receive .15 oz/M of Primo every 2.5 -3 weeks from early May through Sept. Fairways and tees receive .25 oz/M of Primo every 2.5 -3 weeks for the same time frame. Played around with Trimmit on two fairways this past summer to begin a fairway conversion to bentgrass. Seeded middle of June after Poa annua seeded out. Results were poor due to extreme heat in July and Trimmit application timing. Trimmit definitely suppresses Poa annua growth and can yellow turf. Yellowing is greatly enhanced by frost. Will continue trials in '07.

- Paul Diegnau, CGCS

Keller GC, St. Paul

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Barley Straw - environmentally safe algae control for ponds. Small squares, can deliver \$5.00/bale delivered \$4.00/bale pick up
Contact: Rick Stocker
952-492-2688

FOR SALE

2-1996 68" National Deluxe Mowers with Electric Start 7.5 hp Kawasaki Engines. Excellent condition and sharpened - \$750/ea. or both for \$1,300.
Contact: Jeff Backstrom
Cannon Golf Club
(507) 263-0831

FOR SALE

2000 Terratopper T-750 spinner top dresser -- \$3,500.00 or best offer. Must sell.
Contact: Bruce Leivermann
Montgomery Golf club
(507) 364-7206

FOR SALE

1996 216-D Toro 72" Reelmaster, 3-Wheel Drive, 2078 Hours, Very Good Condition
16.5 hp Perkins 3 cylinder liquid-cooled diesel.
Great for intermediate rough, fairway, or tee mowing. Sharp reels, new bearings, ready to mow! \$2,200
Contact: Tom Notch
Bent Creek Golf Club
612-419-4653

FOR SALE

1990 Cushman GA-60 486 hrs New

Jackshaft and Sprockets - \$6,000.00 obo
1988 Jac GK 4 9 Blade Reels Sharp and Ready to mow- \$500
1988 Tri-King 1471 3WD- \$500
1985 Turfcut 2 GW 224, 60" Hydro Deck- \$500
Complete Maintenance Records
Contact: Ryan Nelson
raider2764@yahoo.com
Interlaken Golf Club
(507)235-3178

FOR SALE

+ 1999 Toro Proline Hydro Walk Behind w/44' side discharge cutting unit. Only 67 hrs Like new - \$2,600
+ 1999 National 84" 680 hrs. Good condition - \$1,500
+ 2000 Progressive ProFlex 120. Updated pulley kit w/belts in 2006 - \$8,500
Contact: Tony Rahe
Dacotah Ridge Golf Course
507-644-7844

FOR SALE

1975 Ryan Sod Cutter - \$500
1991 Toro Hydroject 100 hrs - \$5,000
1988 Toro Greens Aerator - \$1,000
1981 Turfco Topdresser - \$500
Contact: Matt Rostal
Interlaken Country Club
952-924-7420

FOR SALE

Reels -- in excellent shape - \$75 each
9 each of 5 blade reels with 95% blade left (94-4337)
9 each of 11 blade reels with 80% blade left (94-4338)
Contact: Tom Furlong

Emerald Greens

(651) 437-2518 or (651) 755-3343

FOR SALE

+ 1989 Toro Reelmaster, 5100 hours, 3 wheel drive, good for short rough -- \$500
+ 1990 Groundsmaster 345; 4,000 hrs but in very nice shape. 72 inch deck with mulcher - \$1,500 + Olathe core buster that fits on the groundsmaster - \$600
+ 3 point hitch Olathe blower - \$500 + Walking 52-inch with new motor -- \$500
+ Toro Network Handheld radio's (3 of them) and Motorola Base station -- \$1,500
Contact: James Bade
Somerset C. C.
651-457-1161

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Sand daM Bunker Liner
12 rolls at 3/4" thickness, roll size 75" x 50' - \$180 / roll
2 rolls at 1/4" thickness, roll size 75" x 220' - \$480 / roll
Brand new rolls - still in the bags.
Contact: Jake Schmitz
Olympic Hills Golf Club
(952) 941-6139

FOR SALE

Loftness Snowblower- 72" Skidloader attachment, fits most standardized Skidloaders
2004 with low hours
Negotiable / best offer
Contact: Ben Just or Jim Pollock
Midland Hills Country Club
651-631-1545

FOR SALE

1987 Scots Ice Machine - \$500
10 Par Aide Portable Ballwasher - \$40/each Stands
6 Par Aide Mounting Pipes - \$15/each
6 Divotmate Containers - \$100
19 Tournament Flagsticks (8ft) - \$200 for set
Par Aide Protection Net (new) - \$75
1/4" and 3/4" tine holders for \$100 for everything
Toro aerators-tines also available
4-1999 Toro 1600 greensmowers - \$2,500 each w/ new reels and bedknives
Ready for season - \$10,000 for set
Contact: Jeff Johnson or Ken Diethert
The Minikahda Club
612-926-4167

FOR SALE

Well cared for 2001 Toro 5200-D Fairway mower.
4post ROPS with canopy, new speedometer, heavy-duty rear rollers one year old, all service completed, reels completely serviced and ground with new knives. Complete maintenance records.
Ready to mow!
2,260 hrs. -- \$12,000.00
Contact: Fred Taylor
Mankato Golf Club
(507) 388-2546

www.mgcsa.org

Symbol System Chemical Management

By Chris Hoff, Sales Consultant for Precision Turf & Chemical, Inc.
and Rick Fletcher, Technical/Regulatory Manager for Cleary Chemical

Understanding Resistance Management Symbols for Improved Management

Several years ago, a worldwide effort was started to educate user groups on resistance management by providing a simple number symbol system that classified each Fungicide, Insecticide, and Herbicide. This was achieved by grouping the pesticidal Modes of Action (MOA) and their Target Sites. The Mode of Action is the biochemical mechanism by which the product interferes with the pest to disrupt normal growth. These are often associated with the Target Site of Action or the physical location in the pest where the pesticide is active. The end product is a simple to use numeric classification chart for the current active ingredients sold today.

What to Look For

The US EPA has requested chemical manufacturers to voluntarily include a pesticides group number on its product labels. These group symbols are in an easy to read format and standardized across the US. The following is an example of what you will see on products in the future.



How to Use This information

The basic purpose of this grouping system is to reduce the development of pest resistance to the products being used to manage them. The following points are offered:

(Continued on Page 27)

Example of a product containing one active ingredient

Group 11 Fungicide

Example of a product containing two active ingredients

Group 1 M5 Fungicide

Product Reference Guide - Fungicides

Group #	Active Ingredient	Resistance Group	Trade Name
1	Thiophanate-Methyl	Methyl Benzimidazole	Cleary's 3336
2	Iprodione	Dicarboximides	Chipco 26GT
2	Vinclozolin	Dicarboximides	Curalan
3	Myclobutanil	DMI	Eagle
3	Propiconazole	DMI	Banner Maxx
3	Triadimefon	DMI	Bayleton
4	Mefenoxam	Phenylamides	Subdue Maxx
7	Boscalid	Carboxamides	Emerald
7	Flutolanil	Carboxamides	ProStar
11	Azoxystrobin	QoI: includes strobilurins	Heritage
11	Pyraclostrobin	QoI: includes strobilurins	Insignia
11	Trifloxystrobin	QoI: includes strobilurins	Compass
12	Fludioxonil	Phenylpyrrole	Medallion
14	PCNB	Aromatic Hydrocarbons	Turficide
14	Chloroneb	Aromatic Hydrocarbons	Teremec SP
19	Polyoxin D Zinc	Polyoxins	Endorse
28	Propamocarb	Carbamate Fungicides	Banol
33	Fosetyl-Al	Phosphonates	Signature
M3	Mancozeb	Multi-site Activity	Protect
M3	Thiram	Multi-site Activity	Spotrete
M5	Chlorothalonil	Multi-site Activity	Daconil
1 + M5	Thiophanate-Methyl + Chlorothalonil	Multi-site Activity + Methyl Benzimidazole	Spectro 90
1 + 2	Thiophanate-Methyl + Iprodione	Methyl Benzimidazole + Dicarboximides	26/36
3 + 11	Propiconazole + Azoxystrobin	DMI + QoI	Headway
3 + 11	Propiconazole + Trifloxystrobin	DMI + QoI	Tartan
3 + 12 + M5	Propiconazole + Fludioxonil + Chlorothalonil	DMI + Phenylpyrrole + Multi Site Activity	Instrata

Product Reference Guide - Insecticides

Group #	Active Ingredient	Resistance Group	Trade Name
1A	Carbaryl	Carbamates	Seven SL
1B	Trichlorfon	Organophosphates	Dylox
1B	Chlorpyrifos	Organophosphates	Dursban Pro
2B	Fipronil	Phenylpyrazoles	Ceasefire
3	Deltamethrin	Pyrethroids	DelaGard
3	Lambda-cyhalothrin	Pyrethroids	Scimitar GC
3	Bifenthrin	Pyrethroids	Talstar
3	Beta-Cyfluthrin	Pyrethroids	Tempo Ultra
4A	Clothianidin	Neonicotinoids	Arena
4A	Imidacloprid	Neonicotinoids	Merit
4A	Thiamethoxam	Neonicotinoids	Meridian
18	Halofenozide	Diacylhydrazines	Mach 2
3 + 4A	Bifenthrin + Imidacloprid	Pyrethroids + Neonicotinoids	Allectus GC

Symbol System—

(Continued from Page 26)

+ Review your current program, add the group codes after each product, and look for patterns in your product use.

+ Avoid using similar group numbers in a tank mix or in sequential applications.

+ Do not use group symbols alone to make resistance management decisions. Read the product label for specific resistance management strategies.

Regardless of your approach, it is the user's responsibility to understand the best management practices that maximize product performance and resistance management. Many manufacturers have long been leading advocates in this area and has often stressed the importance of using and changing multiple Modes of Action (MOA) for effective disease control and resistance management.

Additional information is also available to help at the following websites:

+ Fungicide - www.frac.info/publications.html + Insecticide - www.irac-online.org

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OTHER INGREDIENTS 50%
TOTAL 100%

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CAUTION

STATEMENT OF FIRST AID

- **IF INHALED:** Move person to fresh air. If person is not breathing, call 911 or an ambulance, then give artificial respiration, preferably by mouth-to-mouth, if possible. Call a poison control center or doctor for further treatment advice.
- **IF ON SKIN OR CLOTHING:** Take off contaminated clothing. Rinse skin immediately with plenty of water for 15-20 minutes. Call a poison control center or doctor for further treatment advice.
- **IF IN EYES:** Hold eye open and rinse slowly and gently with water for 15-20 minutes. Remove contact lenses, if present, after the first 5 minutes, then continue rinsing eye. Call a poison control center or doctor for treatment advice.
- **IF SWALLOWED:** Call poison control center or doctor immediately for treatment advice. Have person sip a glass of water if able to swallow. Do not induce vomiting unless told to do so by the poison control center or doctor. Do not give anything by mouth to an unconscious person.
- Have the product container or label with you when calling a poison control center or doctor, or when going for treatment.



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2006: A Season of Extremes

By Robert Vavrek, USGA Agronomist

It should come as no surprise that many superintendents across the Region found the 2006 season to be unusually challenging. Extended periods of hot weather and the ever-increasing expectations from golfers for ideal playing conditions will test the fortitude of even the most knowledgeable turf managers.

Last year could not have started any worse for courses located across the northernmost reaches of the Region. Heavy rainfall during late November of 2005 rapidly froze into a several inch thick layer of ice that smothered turf across low lying areas of golf courses. Several feet of snow covered the ice within a few days and snow provided enough insulation to maintain solid ice cover until mid-to-late March. Courses in localized areas of northern Minnesota and northern Wisconsin experienced as much as 140 days of continuous ice cover.

Needless to say, you can kiss *Poa annua* goodbye after four months of ice. Under these extreme conditions, even

bentgrass was injured or killed where ice cover persisted the longest. Many courses were faced with the unenviable prospect of initiating an extensive recovery program during initial months of a relatively short growing season.

Just when significant progress was made regarding recovery, a month-long stretch of heat and high humidity occurred from early July until early August. The combination of heavy play and temperatures well into the upper 90s caused a relapse of turf injury where seedling bentgrass and *Poa annua* had barely a month of growth and development under their belts. Drought stress, heat stress and high temperature diseases, such as brown patch and Pythium blight, dashed any hopes of golfers experiencing consistent playing conditions during August and September.

The rest of the Region was generally spared winter injury, but not the stress associated with extended periods of hot, humid weather. Root systems of playing

surfaces dominated by *Poa annua* die back in response to increasing soil temperatures. Nobody looks forward to the prospect of managing weak, shallow rooted turf for six to eight weeks of heavy play when hot weather arrives earlier than usual.

Early hot weather will jump start insect pest populations. As a result, pests such as sod webworms, cutworms and ants were particularly troublesome last season. On the other hand, earthworms tend to seek cooler temperatures and more consistent moisture deep in the soil during hot weather.

Many courses

exceeded their annual budget for fungicide treatments before September. Unanticipated treatments needed to be made to control hot weather diseases such as Pythium blight, brown patch and basal rot anthracnose. Dollar spot thinned out a great deal of turf across untreated green banks, tee banks and roughs during hot weather. In fact, the persistent dollar spot activity was a surprise to all of us who expect the disease to subside once temperatures reach the 90s. Perhaps the disease complexes are adapting to global warming faster than us.

Fairy ring activity was a concern all summer. In fact, many courses across the country found fairy rings to be the most prevalent disease problem this season affecting both cool and warm season turf. Treatments that suppressed the rings fairly well in the past did not provide an acceptable level of control last summer. Some classes of fungicides worked better than others. This comes as no surprise considering the variety of fungal species that cause fairy rings.

Warm fall weather extended the golfing season well into December for some areas of the Region. Winter play prompted concerns regarding whether to re-apply snow mold fungicides. A few rounds of play won't have much, if any, impact on the effectiveness of systemic snow mold fungicide treatments. However, if a particular course relies heavily on contact fungicides for snow mold protection, then moderate play accompanied by a mowing operation or two during exceptionally mild December weather can be a concern. This was the scenario for courses in Michigan during December and January where spring flowers broke dormancy adjacent to the sunny sides of buildings.

We can only speculate what the impact of warm December weather will have on the quality of turf come spring. Golf cart traffic across dormant turf will not be pretty. The area around heavily used hole locations will probably be thin and slow to green up. Whether or not the turf fully hardened off before the cold weather finally arrived will likely affect the potential for winter injury. Fortunately, most of the Region experienced significant snow cover just prior to the coldest weather. In fact, we can only be certain of one thing for the 2007 season...that it will bring new challenges.



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Grand Champion of Healthy Snacks Takes a Whipping

By PHIL CAMPBELL, M.S., M.A.

Almonds provide a rich source of dietary protein. But occasionally, they get bad press for high fat content.

Because nuts are high in fat, individuals with cholesterol problems are frequently told to avoid nuts. Since nuts are so high in fat, they're to be avoided, right? Wrong, say researchers in a recent study.

A team of nutrition researchers investigated the issue of whether or not nuts make good snacks because of their fat content. The results are surprising.

Rocky Balboa vs. Apollo Creed

Just like in the movie, where Rocky is the underdog and no one believes he has a prayer against Apollo Creed; researchers staged a competition with an underdog against the champion of healthy snacks, the bran muffin.

In one corner, you have the world champion of healthy snacks, and never defeated...WHOLE...wheat... bran muffins - in the other corner, with a record of high fat ... almonds.

Research Discovery

After a month long study, the almonds won. They beat the daylight out of bran muffins.

Researchers reported, "Almonds used as snacks in the diets of hyperlipidemic (high cholesterol) subjects significantly reduce coronary heart disease risk factors, probably in part because of the nonfat (protein and fiber) and monounsaturated fatty acid components of the nut."

Almonds actually outperformed bran muffins in the ability to reduce fat circulating in the blood.

The Take Home

Don't throw out the bran muffins, they're still great snacks. Consider trying almonds. They're rich in protein and helpful in lowering cholesterol.

In the Crosshairs—

(Continued from Page 22)

+ Does anyone remember the mid-1970's media proclamation that the earth was entering a global cool down? (See *Newsweek*, April 28, 1975)

I believe we all can agree that global climate change is a very complex subject and man's understanding of this subject is limited. It would also be safe to assume that all humans want what is best for the planet we inhabit. The problem as it exists today is that the media, politicians and policymakers have hijacked science in favor of sensationalism, alarmism, and the almighty dollar. I appeal to you, the reader, to don your thinking caps and educate yourselves on the facts as they pertain to global warming. Do not assume that the mainstream media's goal is to present a fair and balanced account on this topic. The truth is out there but you must find it!

(Editor's Note: For additional information check out the following sources: *The Skeptical Environmentalist - Measuring the Real State of the World*, by Bjorn Lomborg, 2001; "Gore Gored" - A science-based rebuttal to the movie "An Inconvenient Truth" (http://fff.org/centers/csspp/pdf/20061121_gore.pdf), and *Climate Change Truths* (http://www.abd.org.uk/climate_change_truths.htm)

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In Bounds: Growing Old: Reality or Perception

By JOHN "JACK" MACKENZIE, CGCS
North Oaks Golf Club

Growing up I used to think of age related ailments happening to those who were "old." Recently my body has made me more and more aware of my years here on earth. Dispersed in a shotgun pattern, my eyebrows have grown long, grey hairs so thick it takes a wire cutter to trim them. My ears are no longer finely tuned instruments adept at picking up the sound of grass growing. And my skeleton will sometimes make sounds, eeree, creaking noises, even in the stillness of a winter afternoon nap.

Other issues relevant to entering middle age include concerns of health care insurance, long term health care insurance and long long term health care insurance. In an effort to shape a new and reduced insurance plan, my club elected to go from a co-pay low deductible plan to a no-co-pay, high deductible plan with the option of a health savings account beginning January of 2007. Post 45 years of age placed me in a more expensive category than when I was a lad of 30.

Am I growing old? Perhaps. Shortly before Christmas during my annual physical, one I had put off for five years, a pain in my side generated good discussion with Dr. Sanders, a physician who now knows me rather intimately ("two fingers at a time I suggested, because I wanted a second opinion right away") and who advised me to lower my cholesterol. Off to the ultra sound lab I was sent with directions to have a stomach scan done. What the heck, my 25 dollar co-pay was paying the way!

"Looks like you've got sludge in your gall bladder" the thorough technician said. "No crystalline stones, but enough stuff in there to cause some minor distress. I'll pass the report onto your doctor for further review." With the news in hand I left for a better day at work, no mention of the "C" word, another ponderous thought when you get older.

Not one to hang out and wait for a prognosis I took the matter into my own hands and once home did research on gall bladders, gall stones, sludge, remedies, cures and prevention via the internet. In fact, my afternoon was consumed with web surfing, a very passive exercise hav-

ing nothing to do with a board or water, yet if practiced long enough will generate a stiff neck and sore shoulder muscles. The amount of information gleaned could have filled volumes, but fortunately the bullet points for good gall bladder health were short and sweet.

Increase exercise and physical fitness. Well, here is a coincidence related to old age. Not wanting my "muffin top" waistline to become a "popover", my wife and I had recently purchased a Vision fitness elliptical exercise machine. Besides helping to shed a bit of weight (12 pounds so far), toning a few muscle groups (can you say "speedo at the beach") and increasing my stamina, the daily Sprint 8 followed by ten minutes of cardio is surely lowering my 240 cholesterol count and helping with my sludge issue.

Decrease sugar intake. Who knew that my sweet tooth for chocolate treats, ice cream at night and the club's famous carrot cake impacted my gall bladder? I sure didn't, but now that I do, I am limiting my sugar consumption. This regimen, combined with my new found physical workout, just may facilitate my goal of three pack abs.

Increase fiber. Beyond improved internal cleansing and regularity, a diet high in fiber has made me acutely aware of the product "Beano."

Decrease fats. Doesn't everything taste better with butter? I, one of the original butter hog fan club members, have always thought so. Melted, clarified or soft spread, butter used to grace my vegetables, breads, seafood and even peanut butter sandwiches. Today my family goes without the smooth texture and slightly salty taste of sweet cream butter and instead we use Paul Harvey's substitute, Smart Spread. With the exception of not melting very well on cauliflower and broccoli, the artificial butter isn't all that bad.

Increase flax meal. Some studies have found a lower risk for gallstones in people who consumed foods containing monounsaturated fats (found in olive and canola oils) or omega-3 fatty acids (found in canola, flaxseed, and, particularly, fish oil). For breakfast I have a quick hot cereal comprised of two tablespoons of oatmeal

and two tablespoons of milled flax seed accompanied with a small handful of raisins. Fast, simple and it really gets me going if you know what I mean!

Increase in Vitamin C. Ascorbic acid (Vitamin C) appears to help break cholesterol down in bile. Vitamin C deficiencies have been associated with a higher risk for gallstones. Hmm, how long I wonder until I have one of those 16-inch plastic pill boxes to hold my vitamin C's, glucosamine and chondroitin tablets, multi tabs, allergy med, beano and antacid complete with alarm wristwatch and times to take the drugs?

Since hitting my new regimen hard I no longer feel the ache in my side. A natural cure or just psychosomatic? Does it really matter?

Yesterday the doctor's office called. An invitation to visit a specialist has been offered up to review my ultrasound report. Apparently I am a candidate for gall bladder removal due to the sludge build-up. But today I feel GREAT, and am not experiencing any issues. And the drawback of having my gall bladder removed, according to the RN, is a low tolerance to deep fried foods which could lead to bouts of diarrhea. Not a good thing in my book, especially if on occasion I may want to blow my "program" completely and pig put on a fried shrimp dipped in melted butter dinner including fresh popovers, baked potatoes and sour cream or an infrequent visit to KFC for their original recipe.

But here is the real kicker, besides feeling too good for surgery; I am a cheap son of a bitch. The frugal side of me doesn't want to cough up the dough for elective surgery much less pay for the consultation. Since the club's insurance plan has changed, I am on the hook for the first \$5,250 bucks of medical expenses. Sure contributions are being made to a health savings account, but there isn't more than a handful of dimes in there today.

What's an old guy like me to do? I think for now I will take a wait and see attitude. My body feels good. And I want to keep myself whole as long as possible. Am I at risk for a gall bladder attack? Maybe, but by then I will have some coin in my Health Savings Account and can afford a bit of surgery.

In fact, I think I will save up all sorts of elective surgeries besides gall bladder removal such as knee replacement, hip reconstruction, shoulder renovation and skin renewal and get them done all at one time. Discounting some expenses and rejuvenating my body all at the same time seems like the prudent thing to do. - JM