

explode.

Another mental adjustment involves your to-do list. Don't expect to finish every item every day. Remember, the world keeps turning even when you don't place that order or make that phone call. One of my favorite mental adjustments involves our internal tape recorder. Every day we repeat to ourselves certain messages. We've done it for so long we no longer consciously hear it. Usually these messages are negative: "I have too much work and not enough time;" "the golf course looks terrible," "I'll probably hit this ball into the water."

We need to replace the negative with positive and do it regularly and consciously: "One person can do only so much, "I know that if I relax and swing easy I can reach the green." In other words, pat yourself on the back, you are a valuable and worthwhile human being.

My final suggestion for

mental adjustment is laughter. Research has determined that laughter can reduce blood pressure, heart rate and stress levels. I listen to my staff at break times...their conversations never fail to crack me up. Laugh at the

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funny stories about your own mistakes—the crew appreciates hearing about your errors and you will learn to forgive yourself for not being perfect. Don't take yourself or your job too seriously and you'll find plenty of opportunities to laugh.

My final stress reduction suggestion is to do more of what you like. Frustrated with the paperwork that university employment requires, I'll grab a shovel and dig trenches or spread

sand with my staff. I enjoy physical labor and sometimes wish I was still on the crew. (Wouldn't that be great? No responsibilities, just do what you are told.)

Schedule time off for yourself during the summer. I've found it useless to try to leave early unless I've put it on my calendar. Take a long lunch and visit another course. Golf or just ride around with the superintendent. Of course you must make some time for non-work-related activities. Schedule more time for family and friends. Play your favorite sports. go boating or fishing. The list is as diverse as we are. What you do doesn't matter; what's important is that you enjoy it.

Our lives are filled with stressful situations. Reduce the problems that reach you. Change your reactions and attitudes and make time for enjoyable activities. These things worked for me. I feel more enthusiastic and have more

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Our Watered-Down Game

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Reprinted from the September 2, 1994 issue of Golf World

Golf in America is too green.

I'm serious. What America needs is a good old-fashioned water shortage. Green is pretty. It's beautiful. It's pleasing to look at. I like green. But it doesn't make golf courses play the way they should, the way they were meant to play.

Green means lush. Green equals soft. And soft isn't good. Over-watered golf courses have become the standard in America. The word "roll" isn't even in an American player's vocabulary anymore. I think that's unfortunate. The scope of the problem,

however, goes way beyond the setup of the PGA Tour courses.

America's obsession with green has changed golf. The way American courses are maintained has changed the way equipment is made, the way courses are designed and the way people swing.

Look at the courses. All of a sudden, we're playing courses where you've got to hit the ball up in the air and stop it. Architecture went from Tillinghast, Mackenzie and Ross to Nicklaus and Dye. The game went from horizontal to vertical.

Look in your bag. Perimeter

weighted clubs make the ball to higher. (The better to play those new courses.) Square grooves make the ball spin and stop quicker out of the rough. And then there's the lob wedge. (The better to escape Pete Dye death bunkers.) The old Brits never had an L-wedge. They never needed one off those tight lies.

Look at the swings. We went from swings like Ben Hogan and Byron Nelson to more upright swings like Tom Watson and Jack Nicklaus, guys who hit the ball real high. The current popular swing has become more upright.