

COHOON'S CORNER

○ October is a big month for golf tournaments in the Mid-Atlantic. In addition to the annual tournament to be held at Queenstown Harbor, there will be two additional tournaments geared to the turf industry:

On Tuesday October 19, at the University of Maryland GC, the sixth annual **Turfgrass Research Golf Tournament** will be held. This tournament benefits the University of Maryland Turfgrass Research Center. This tournament is vital in assuring that the tremendous research done at this center can continue. As government funding is being reduced, it is up to us to insure that this important research can continue. For more information call Bernie Beavan at 301-475-8070.

On Monday October 10 at Green Spring Valley Hunt Club, the eighth annual John Deere Team Championship will be held. For each team that participates \$20 will be donated to the GCSAA Scholarship and Research Fund. The winner of the tournament qualifies for the national tournament held November 10-13 in Palm Springs, Ca. Contact Ray Finch at 410-876-2211 for additional information.

Both of these tournaments benefit the turf industry and your support is greatly needed and appreciated. Without events like these the important research and development needed to improve the quality of our golf courses could not be done. Please try and attend one or both of these tournaments and help those who are helping you.



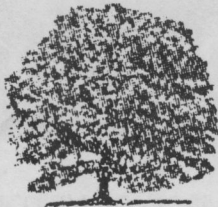
Take a load off your back

Most are aware there is a right way and wrong way to lift something. However, back injuries and hernias continue to be a major problem—possibly because these injuries often occur over long periods of improper lifting. For example, workers might not feel immediate pain over one box lifted incorrectly, but after lifting many boxes incorrectly for days, months and even years, the chance of injury multiplies.

Here are 10 steps for minimizing your risk while lifting and carrying heavy or awkward items. *If you are experiencing back pain or hernia, refrain from lifting heavy objects.*

See Back Safety, page 7

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