

**Heart Healthy**, *continued from page 9*

ies in your neck. This is so simple, painless and it tells you if you are at risk for a stroke.

If you smoke cigarettes, cigars or chew, STOP! plain and simple. You are cutting off oxygen to your blood and slowly shortening your life. There are many ways and means out there to help you stop if you can't on your own. You know what they are and where to find them.

EXERCISE at least every other day for twenty to thirty minutes. Not walk spreading some fertilizer once every two weeks. Not playing an adult sport once a week. Run, fast walk, or aerobic exercise. Break a sweat and get your heart pumping for twenty to thirty minutes every other day. Look at what you are shoving into your mouth. CONCENTRATE ON LOW FAT PRODUCTS. There are so many wonderful foods out there to eat. Take the time to read the labels. You read them before spraying. Fruit, vegetables, fish, skinless chicken, rice and beans are all good for you. Frying anything is not! When you are full, stop shoveling it in your mouth. You don't need to go on some special diet plan unless you need ev-

erything written down.

STOP THE STRESS! Easily said, but not done in our jobs. There are many ways during the day to ward off the stress that produces cholesterol and high blood pressure. Walk the golf course. Chair exercises if you are in the office. Laugh it off and remember that it's only a job. When you are dead and gone, that place will still be there and only the faces will have changed.

You are walking the golf course on a cold, frosty morning in February. Suddenly you feel at ease. You smile knowing that you have control over your life and that you are doing everything that you possibly can to keep from falling on the ground and clutching your chest.

*Mark Merrick, CGCS is the Golf Course Superintendent at The Elkridge Club in Baltimore, MD.*



**Cascade<sup>Plus</sup>**  
 Longer Lasting  
 Water Infiltration

- Reduces LDS 4 to 6 months with one application
- Promotes even percolation of water throughout the rootzone
- Increases root depth and development
- Increases irrigation efficiency

**For information, contact:  
 Marc Petrus, District Manager  
 540-710-1148**

**Golf Notes**

MAAGCS 2000 Player of the Year, Rick Wakefield, CGCS, won 3rd Place in the Championship Flight during the GCSAA Golf Championship in San Antonio, Texas. Other MAAGCS winners were:

Ed Brown	3rd Gross - 1st Flight
Sean Remington	1st Gross - 3rd Flight
Dean Graves	1st Net - 6th Flight
Mike Evans	3rd Net - 6th Flight
Dan Pierson	2nd Gross - 7th Flight
Tom Tuttle	1st Gross - 8th Flight
Paul Masimore	2nd Gross - 9th Flight
Charles Hall	2nd Net- Super Senior

The MAAGCS Chapter Team of Dean Graves, Mike Evans, Paul Masimore, and Tim Sage placed 7th in the Net Division. One hundred and thirty three teams competed this year in San Antonio.

Two Ball Teams

Net I	Rick Wakefield, CGCS Terry Smith	7th
Net II	Matthew Masemore Matthew Fauerbach	10th
Net III	Sean Remington George Renault III, CGCS	2nd
Net IV	Mike Evans Paul Masimore, CGCS	8th

Four Ball Teams

These MAAGCS members participated on four ball teams.

Net I	John Kotoski, CGCS Richard Sweeney	2nd
Net II	Matthew Masemore Matthew Fauerbach	3rd
Net III	Sean Remington George Renault III, CGCS	6th
Net IV	Tim Sage	7th
	Mike Evans Paul Masimore, CGCS	8th

Congratulations to all the winners!!