



# THE NEWSLETTER

January - February 2025

of the **Golf Course Superintendents Association of New England, Inc.**

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## *A Message from the Executive Director*

January 31, 2025

Dear GCSANE Membership,

I am honored and humbled to be selected as the next Executive Director of the Golf Course Superintendents Association of New England. My journey toward this role began even before the official job posting. When I learned that Don Hearn planned to step away to focus on his health and family, I knew this was an opportunity I wanted to pursue. Over the past few months, this aspiration has consumed much of my free time, and I cannot express how grateful I was to receive the news that I had been selected for this role.

I have spent many years in the golf industry, wearing various hats. My career started at a young age as a caddie at Woodland Golf Club, leading me to become a Francis Ouimet Scholar, a college golf team member, and later a PGA Professional. After 18 years in club operations, I transitioned into sales, working closely with golf course professionals across New England. In 2017, I joined Five Star Golf Cars & Utility Vehicles as a Territory Sales Manager for over seven years. Most recently, I began working for C2 Vehicles, the local distributor of Club Car.

Throughout my time in the golf industry, it has been clear that GCSANE is an association full of great people, led by dedicated professionals, with Don Hearn serving as the organization's heart. Since 2017, the relationships I have built within this community have grown into friendships, reinforcing my deep appreciation for this association and its members.

As I officially step into my role on March 1, 2025, I plan to hit the ground running, building upon the foundation that Don and past leaders have established over the years. My vision for the future includes:

Enhanced Member Engagement – I will be active, whether on the road or just a phone call away, ensuring members feel connected and heard.

Innovative Programming – We will introduce fresh event formats, including winter networking and team-building activities, to foster stronger professional connections.

Stronger Industry Partnerships – I look forward to collaborating with our PPP partners to explore new ways for them to gain even more value from their generous support.

I look forward to meeting many of you at the New England Regional Turf Show in March and working alongside the Board of Directors and various committees. This opportunity is truly a dream come true, and I am eager to lead our association forward. Together, we will continue to grow and strengthen GCSANE for years to come.

Respectfully,  
**Andrew P. Ingham**  
Executive Director, GCSANE

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*The Newsletter*

# Annual Meeting Recap

By Colin Smethurst

The Annual Meeting held at the Renaissance Hotel at Patriot Place in Foxborough, Mass. was a great day. Attendance exceeded expectations as more than 120 people registered and enjoyed a day of camaraderie, association business, and information provided by experts in their fields.

The Don Hearn Distinguished Service Award recipient was recognized at the Annual Meeting and this year's honoree is Steve Murphy, retired former superintendent of Gannon Golf Club and now owner of Golf Facilities Management Inc. Please read more about his contributions later in this issue.

After the Association business was finished and board members were re-elected

for another year, a panel was conducted focusing on golf course renovation and construction. The panelists were Justin Gagne from Hopkinton Country Club, Matt Staffieri from MAS Golf Construction and Renovation, Darryl Bartlett from NMP Golf Construction, Sean Hanley from On-Course Golf, and Mark Mungeam from Mungeam Golf Design. Eric Richardson moderated the panel discussing many important strategies including the timing and execution of large and small renovations. Also how to collaborate effectively among all levels of the project from architect to superintendent to construction supervisor. With so many courses in our region undergoing renovations, all in attendance seemed to take a few important tidbits back to their own project.



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# 2025 Donald E Hearn Distinguished Service Award

## Stephen Murphy

By Mike Murphey



This year's recipient of the 2024 Donald E Hearn Distinguished Service Award is Stephen Murphy from Gannon Municipal Golf Course and Golf Facilities Management Incorporated.

Steve grew up in Ashland, Massachusetts the oldest of 7 children. As he explained to me, it was similar to the house scene in Caddyshack where, he was looking to find a place to get away from the chaos. He

began caddying at Framingham Country Club at the age of 10 and shortly there after started playing the game as well. Steve realized that he liked being at the course and as he grew he would get regular loops with members with one such member being the greens chairman of the club who he asked at the age of 16 if he could work on the grounds crew. He started working for Bernie Keohane the Superintendent of the club pushing rotary mowers and one day while mowing blew an engine and had to go to his boss's office to tell him. As he approached he saw Bernie relaxing with his feet up at his desk and thought how do I get a job like that? The conversation continued and Bernie mentioned that he should attend the UMass Stockbridge School of Agriculture if this was a career he was interested in. Steve took his advice and started on his career path.

His first internship was at The Country Club in Brookline where he worked for then Superintendent Tom Curran preparing a golf course that saw a handful of rounds a day. They would sit on a hill on occasion and look at their neighbor's course which was and still is public and watch the large number of people playing the game in amazement and wondering how do they still have grass over there?

Steve's first job out of college was Pinecrest Golf Course in Holliston, MA. He realized while in college that he had a passion for golf course architecture and while there improved on the existing 13 holes and built 5 new ones. He really enjoyed the work which set him up well for his next position.

In 1976 Gannon Municipal was looking for a new superintendent and they hired Steve. Being short staffed, my how things haven't changed, he recruited his wife Carolyn when he started rebuilding all 18 tees there. She was in charge of the surveying stick and worked with him throughout the project. While working for the municipality he was told that he could only work the 40 hours per week with little to no overtime allowed and he complied.

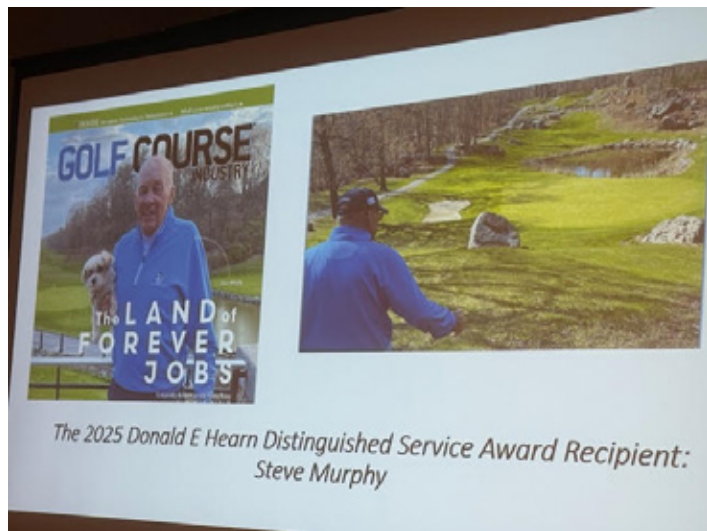
Not one to sit still after he left work for the day, he started install-

ing home irrigation projects and created a business called Greenway Irrigation with his brother Jack. In the beginning they did residential irrigation work and after installing systems for Bill Flynn at Lakeview, Far Corners and Franklin Park, he started Golf Facilities Management with his head Pro at Gannon Mike Foster in 1987. Their first course they managed was Hillview in North Reading. As they grew they began to manage properties such as Mount Hood Golf Course, Kelley Greens Golf Course and Pine Meadows Golf Course. He managed Kelley Greens in 1991 when the Perfect Storm hit the region and it flooded the causeway and covered the entire course in seawater and at the end of that season he swore to never return. In 1992 Gannon Municipal went out to bid and GFMI was awarded it and still operates it today.

Steve credits the success of GFMI with the people who have and are still working for him. He was active in the association and was the Golf Chairman where he would set the golf schedule for the year. It's not an easy position locking down the golf events and he enjoyed the challenge while always trying to get a couple of the top 100's involved for the members to play. He encourages his people to get involved with the Association and to help out. On top of that if, he finds a person who is really interested in the industry he not only encourages them to go to the UMass Winter School but, also pays their way for them to go and covers their salary. It's an investment in retaining great employees he said.

Steve and Chris Carter who, took over for Mike Foster are partners in running Golf Facilities Management INC. and currently operate Gannon Municipal, Hillview Golf Course and Beverly Golf and Tennis. Their staff oversees the operations and Steve helps' out wherever he is needed. Steve lives in Naples, Florida during the winter and he plans to officially retire at the end of 2025.

Steve will receive his award at the meeting in August 2025.



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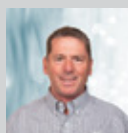
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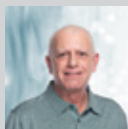
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## GCSAA Conference and Trade Show: Northeast Region Recognitions

In addition to T.A. Barker, CGCS being elected GCSAA's 88<sup>th</sup> President, chapter delegates elected Paul L. Carter, CGCS, superintendent at The Bear Trace at Harrison Bay in Harrison, Tenn., as vice president,

and Marc E. Weston, CGCS, superintendent at Indian Hill Country Club in Newington, Conn., as secretary/treasurer.



Marc E. Weston, CGCS, was secretary treasurer at the 2025 Annual Meeting in San Diego. He was first elected to the GCSAA Board of Directors at the association's annual meeting in 2021.

Weston is the certified golf course superintendent at Indian Hill Country Club in Newington, Conn., where he started in 2001 as assistant superintendent and became superintendent in October 2003. He previously held the assistant superintendent position at TPC River Highlands in Cromwell, Conn.

He has an associate's degree in horticulture from the University of Connecticut and Turfgrass Certificate from the University of Massachusetts.

Four golf course superintendents have been selected as recipients of the **2024 Environmental Leaders in Golf Awards (ELGA)** by the Golf Course Superintendents Association of America (GCSAA). The annual awards are presented by GCSAA and *Golf Digest* in partnership with Syngenta. Eight runners-up also received recognition for their environmental efforts.

The Natural Resource Conservation Award recognizes effective strategies for water conservation, energy conservation and sound wildlife management.

### Natural Resource Conservation Award Jim Pavonetti, CGCS

Fairview Country Club  
Greenwich, Conn.

Jim Pavonetti, CGCS, is a 29-year member of GCSAA and has been the superintendent at Fairview Country Club for 16 years. Pavonetti was the 2023 ELGA Innovative Conservation Award recipient and was the first runner-up for the 2018 and 2019 Natural Resource Awards and

the 2021 and 2022 Innovative Conservation Awards



The **Melrose Leadership Academy** supports the professional development of GCSAA superintendent members, while the **Melrose Equipment Management Experience** provides professional development for GCSAA equipment manager members.

Both programs provide valuable learning experiences, professional development, networking and educational opportunities for superintendents and equipment managers and, in turn, improve the future of the golf course management industry.

Participants in both Melrose programs are chosen through an application process based on financial need, involvement in communities through volunteer efforts and a drive to progress in their careers. Twelve superintendents were chosen for the 2025 Melrose Leadership Academy, and five equipment managers were chosen for the Melrose Equipment Management Experience. Three selected from the Northeast region:

- **Mark Finch**, Country Club of Vermont, Waterbury Center, Vt.
- **Timothy Johnston**, The Haven, Boylston, Mass.
- **Gregory Pinto**, Rockland Golf Course, Rockland, Mass



The purpose of the **Envu Superintendent Grant Program** is to assist golf course superintendents with their professional development through participation in the GCSAA Conference and Trade Show, which features the most comprehensive education program available in the industry.

As part of the selection process, all applications were judged anonymously by a panel of golf industry professionals, who evaluated applicants on their professional career development experiences, ability to motivate and mentor, innovation, self-expression, unique capabilities, talent and drive to excel as a superintendent. Two were chosen from the Northeast region:

- Richard Kremer of Pequabuck Golf Club in Glastonbury, Conn.
- Jill Seymour, CGCS, of Charleston Springs Golf in Millstone Township, N.J.

Molly Biggs, Maureen Kahiu and William Errickson are the **2024 Dr. James Watson Fellows** from the Golf Course Superintendents Association of America (GCSAA), and each will receive a \$5,000 scholarship. The Watson Fellowship is supported by The Toro Company and is administered by the GCSAA Foundation, the philanthropic organization of GCSAA.



Errickson is obtaining a Ph.D. in plant biology from Rutgers University; he earned his master's degree in soil science from the University of New Hampshire and received his bachelor's degree in biology from Stockton University. The objectives of his current research are to evaluate physiological and growth traits that are affected by plant growth promoting rhizobacteria (PGPR) in cool-season turfgrass during abiotic stress, to understand which mechanisms are responsible for improving bacteria-mediated stress tolerance and to develop effective methods for field inoculation of turfgrass with PGPR.



• **Penn State University's Team 1** claimed the top spot as students from 29 universities from across the U.S. and Canada gathered in San Diego at the 2025 GCSAA Conference and Trade Show for the 31st annual Turf Bowl. Winners were announced at the Send-Off Celebration. A total of 76 teams competed with 276 participants — the highest numbers of teams and competitors since 2012.

Team 15 from the University of Massachusetts – Amherst placed third with members Jett Giza, David Newsome, Jacob Zeligler and Colby Soltysik. Adviser is Michelle DaCosta, Ph.D.

Eighth: University of Guelph Team 43, Hayden Gouin, Benjamin Horsburgh, Gavin Harkness, Aaron Brock. Adviser Cameron Shaw.

## Upcoming GCSAA Deadlines:

### [Par Aide Garske Grant](#)

Apply now

Applications are open through March 15.

### [Application form](#)

The goal of this program is to assist GCSAA members' children in funding their education at either an accredited college or trade school. It is available to the children of GCSAA members who have been an active member for five or more consecutive years. Applicant must be a graduating high school senior and be accepted at an institution of higher learning for the upcoming year.



### [GCSAA Legacy Awards](#)

Apply Now

Applications are open through April 15.

### [Application form](#)

*Funded by Grass Clippings*



Applicants must be enrolled full time at an accredited institution of higher learning, or for high school seniors, they must have been accepted at such an institution for the next academic year.

In addition, award winners are ineligible to apply the year following their award, but can reapply after a one-year hiatus.

[Again, if I can be of any assistance, please feel free to contact me.](#)

**Kevin Doyle**

GCSAA Field Staff

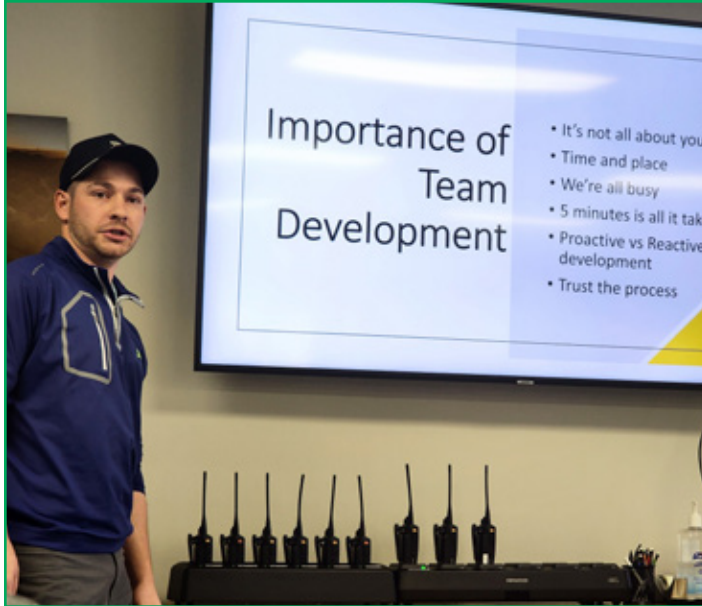
[kdoyle@gcsaa.org](mailto:kdoyle@gcsaa.org)



# Assistant Spotlight: Shaughn Mitchell, The Country Club

Interviewed by Ryan Boudreau

**Q: Shaughn, thanks for taking part in the Assistant Spotlight Series. We are excited to feature you in this edition. Tell us a little about how you got started in the business and what was it that made you decide to make a career out of it.**



*Shaughn presenting during last year's winter meeting*

Thanks for having me, Ryan, I got my start in the industry very early on by working summers at Cyprian Keyes Golf Club with my older brother, Patrick out of high school. I felt at home right away and would brag to family and friends that I was living in a "Caddy Shack"-type movie. The culture and working environment that was created by Assistant Superintendents Jason Paradise and Dan Brandt persuaded me to rethink the conventional career path provided by a liberal arts degree. Dan gave way to my initial spark to pursue a career in turfgrass when he took the time to show myself and my brother how to identify different grass species. While my brother was rolling his eyes at him, I was looking up information for enrollment into UMass's Turfgrass Certification Program. It's truly a testament to taking the two minutes to explain the how and why to your seasonal staff – you never know just what seeds you may be planting for the upcoming generation. This remains a core value of mine in my current role and shows just how important each interaction could be for the future.

**Q: You've recently started taking courses online at Penn State to earn your associate's degree, how has this impacted your understanding of maintaining golf courses, and what value are you hoping to acquire from furthering your education?**

Having the opportunity to attend Penn State's online program has been a very humbling experience that is fully supported both financially and morally by my club. The program is very much catered towards turfgrass maintenance and doesn't bog you down

with gen-ed or electives. It is easy to get lost in the day-to-day task lists that come with managing a large staff and why we all became impassioned in this industry to begin with. The program has been a terrific refresher for the "back to basics" that come with managing turfgrass and has created a true appreciation for just how much science and chemistry are involved in our everyday lives on the golf course. There is an obvious advantage to the resume that comes with a degree, but a value that our club cultivates for each of our staff is challenging ourselves personally and professionally to the utmost degree in all areas of our lives. Continuing my education has certainly provided that challenge and continues to make an impact on my personal and professional life in so many more ways than learning definitions and equations.

**Q: You were a part of the leadership team during the 2022 U.S. Open, what were some of the highlights from that experience and in what ways did it help you in your professional development?**



*Shaughn on the sprayer during the U.S. Open*

is possible without an emphasis on leadership and development, which remains the cornerstone of our daily operation and what I, professionally, strive for each and every day.

**Q: We are also happy to announce that you will be joining our Assistant committee this year, what made you want to become involved and what are some things that you would like our committee to continue to work towards or things you think would bring value to Assistant Superintendents?**

I have a soft spot in my heart for this organization and all that it does for our industry. I think back to my first year as an Assistant



## Shaughn Mitchell (continued)

Superintendent and how beneficial the winter meetings were for my professional development and rejuvenating my excitement for all the work we had ahead in the spring. I also think back to my time with Tim Johnston at Wedgewood Pines and his advocacy and ceaseless involvement with the Association. Giving back to this organization and having a hand in its growth is the least I can do when looking back at how the GCSANE and its members provided me with the tools needed to earn my dream job at The Country Club. As someone with a grassroots start in the industry, I hope to advocate the countless ways a young assistant can get a leg up in this industry, creative ways an assistant can boost their resume / improve the organization of their club, and explore how we can attract even more assistant superintendents into this crazy world of ours.



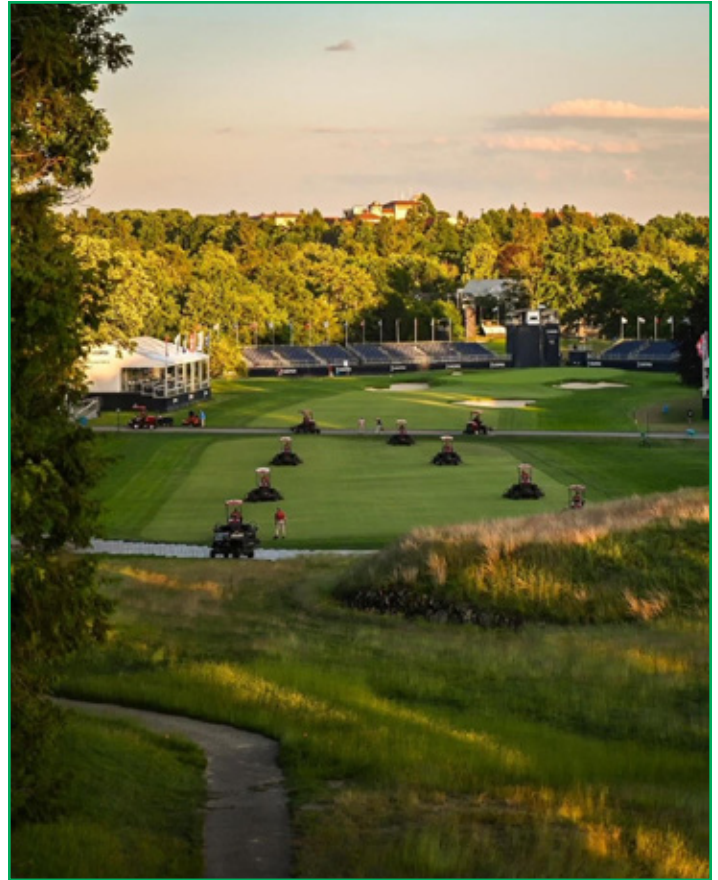
Hole #4 Top Left\_ Original design, Top Right\_ Modern design, Bottom Left\_ During restoration Bottom Right\_ Post restoration



New tee complex on #5

**Q: There has been a lot of construction done to the golf course in recent years, what are some of your favorite improvements to the golf course and what work, if any, is being done now?**

Post-U.S. Open, I almost feel as though we could write a novel on all of the projects we've had the Club's support to undertake. To me, the most exciting of these projects was our restoration work to the fourth, ninth, and tenth greens complexes. With the Club's founding in 1882, and our archives dating back almost as far, we were able to take those complexes and bring them back to their design and playability based on photographs from the 1930s. We are very fortunate to have Gil Hanse and MAS work alongside us



Fairway crew in motion during the U.S. Open

for these restorations and it now truly feels as though the golfer is stepping back in time when playing these greens. This past fall, we just wrapped up work on our fifth tee complex where we lowered and shifted two of the tee boxes for playability purposes and reshaped the surrounding native hills to create a more natural look that blends seamlessly into the rest of the terrain.

**Q: What is your favorite task to perform on the golf course?**

I am a sucker for the application of pesticides onto our playing surfaces as it showcases our understanding of the turfgrass plant. The discernment of what the plant is doing and how it is reacting to its environment results in minimal and responsible chemical applications, a very important skill set to have today in an ecologically friendly world. There is also no better feeling than coming in the morning after a spray and seeing your greens singing a different tune than the day before.

**Q: What are some of your hobbies outside of work?**

I love trying new things whether it is with friends or a personal hobby. Just recently, I discovered my inner Picasso at a wine and paint bar and took a shine to improv in the city. For the most part, I love spending time with friends, riding my motorcycle, working out, and playing guitar.

**Q: How do you think we can attract more people to consider making a career in golf course maintenance?**

One thing I've noticed in the past couple of years is social media influencers using our industry for views and engagement. Jobs such as setting pins, rolling greens, verticutting, and topdressing are engaging to their audiences. Most of us got our start in this industry as college hires who fell in love with these same jobs and with more visibility to the general public, there is no easier way to advocate a career in golf. Encouraging our younger assistants to create a larger social media following as well as getting creative and reaching out to already established content creators stand out to me as the most formidable ways to attract the next generation of turfgrass professionals who were born in the world of smartphones and social media.

**Q: What are some of your favorite courses you have played and what is on the bucket list?**

Perhaps it's the nostalgia, but I'll always have a special place in my heart for my first course as an assistant at Sterling National Country Club. It was the first time I had decided to invest in clubs and was able to bring my lifelong friends out to play. If there's any course that's on the bucket list, it would have to be the Castle Course at St. Andrews. Even though I've played it more times than I can count on simulators, there's nothing like the real feel and seeing where it all began for our industry.



*Hole #10 at Sterling National Country Club*

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# TENNIS PLAYERS LOVE, LOVED THE TURFGRASS SCIENCE AND MANAGEMENT PROGRAM'S FREE GRASS COURTS

November 21, 2024 Daegan Miller

UMassAmherst

## Stockbridge School of Agriculture Turfgrass Programs

Think of an iconic moment in tennis – Rafael Nadal’s win over Roger Federer, John McEnroe throwing a fit, Venus and Serena Williams facing off across the net, Martina Navratilova and Billie Jean King winning the doubles title, Pete Sampras’s career – and even those who don’t follow the sport will likely imagine a game played on the iconic grass courts of Wimbledon. Grass courts have a long and storied history in the sport and are often considered the ultimate surface that brings out the best in an elite player. What most don’t know is that the Turfgrass Science Program, run by UMass Amherst’s Stockbridge School of Agriculture, is revered not only for its research into sports turfs, but for its grass tennis courts – free for all – that have drawn tennis players from all across the U.S. for more than a decade.



*The grass courts at the Troll Turf Research Center*

“I started this program 12 years ago,” says Scott Ebdon, emeritus professor of turfgrass science at UMass Amherst, “because one of our alums, who was then the director of the Longwood Cricket Club, one of the world’s oldest tennis clubs and a magnet for grass players, reached out to me and asked for tennis-related research.”

UMass Amherst has long been one of the nation’s top spots for turfgrass research: graduates of the Associate of Science and Bachelor of Science turf degree programs are professional managers at premier facilities across the country, many of which include top 100 golf courses, professional sports facilities, public parks, and school and college grounds.

“Five of the 10 top-ranked golf courses in the U.S. are managed by golf course superintendents that graduated from the Stockbridge School of Agriculture and UMass Amherst,” says Michelle DaCosta, professor of turfgrass physiology at UMass Amherst. “The head grounds manager at Gillette Stadium, home to the Patriots, the New England Revolution, and future site of the 2026 World Cup is a graduate, as is the current field director of the National Football League.”

UMass Amherst’s is the sole academic tennis-turf-research program in the U.S., in part because, while most town parks have asphalt courts, there are only a few hundred grass courts in the country. Not only are they expensive to maintain, with daily mowing and rolling, but they are far more challenging to play on.

“Grass is definitely not for amateurs,” says Ebdon, who points to three distinctions that give a grass court its special character. The first is that no matter how well a maintenance team rolls the surface of the court to compact, harden and flatten it, micro-imperfections will inevitably emerge as players lunge, sprint, dive, jump and backpedal their way to a volley, wearing away the grass cover and marring the smooth surface.

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*The 2024 Atlantic 10 champion UMass tennis team on the grass court at the Troll Turf Research Center.*

“Grass is less predictable,” says Ebdon, “and you’ll often see the pros at Wimbledon pointing to a specific place on the court after losing a point to indicate that the ball took a weird bounce.”

Not only can the bounces be unpredictable, but the ball has less of a vertical bounce on grass than asphalt – which means that it has more energy, or ball speed, to travel horizontally, coming at a player faster. And whereas the rough texture of a hard asphalt court slows a ball down, on grass the ball slides, maintaining most of its horizontal velocity.

“Playing on grass is playing in the fast lane,” says Ebdon, “and the players have markedly less time to get where they need to be to return a serve or volley.”

The goal of tennis turf research is both to slow the ball down just a bit and develop turf that can withstand the wear and tear of constant play, which, Ebdon notes, can’t adequately be simulated with machines.



*The Longwood Cricket tennis club on the grass court at the Troll Turf Research Center.*

“The best way to understand how different tennis turfs wear is to have players play on them,” he says.

And so Ebdon laid out three singles courts at the UMass Amherst’s Joseph Troll Turf Research Center, filling each court with eight

different kinds of grasses. Funding for the research was kindly provided by the New England Regional Turf Foundation. Anchor posts, tennis nets and court line painters were donated to the Troll Turf Center by Longwood Cricket Club.

To attract players, Ebdon began circulating word through the tightly knit grass-court communities that they could come and play – and that UMass Amherst wouldn’t charge them a dime, an almost unheard of offer, since grass is so expensive to maintain. “We even printed up and gave away shirts,” says Ebdon, “I Played on Grass at UMass,” they said.”

Ebdon built it, and they came in droves: serious amateurs, retired aficionados, even semi-pros. “Once the word got out, we had folks coming from all over the U.S.,” says Ebdon, “and that was the most fun part of the 12-year research project: I met so many great people, and I can’t think of a better way to end my career.”



*Two tennis players on the grass courts wearing shirts reading “I played on grass at UMass”*

The shirts given to those who experienced playing on the grass courts.

After more than 5,000 ball drops to test the bounce of different turfs, inquiries into fertilization, pest resistance and durability, and countless matches played by thrilled enthusiasts, the grass courts, having served their research purpose, closed this past September. But not before the UMass Women’s Tennis Team, 2024 A10 Champions, played one final round on their beloved courts.

Over the previous six-year period, more than 150 players averaged 125 hours of play per year per grass court – which included numerous tournaments.

“The research we conducted was priceless and I was sad when it all came to an end,” says Ebdon, “but the best part was bringing scientists and players into conversation with each other.”

Come join us at Topgolf Canton for our Assistant Winter Meeting. We are excited to have Bill Bartels, President of Tanto Irrigation, speak about self evaluation and irrigation system installation. Afterwards we will enjoy some food, drinks, and gameplay. Looking forward to seeing you there.



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# 7 Foods that Cause Inflammation to Avoid (Plus Healthy Swaps)

By Rachael Link, MS, RD

Foods that cause inflammation - Dr. Axe There's no doubt that diet plays a central role in regulating inflammation. In fact, a 2017 survey found that nearly one-quarter of those with rheumatoid arthritis reported that their diets impacted symptom severity. Even for those without an autoimmune disorder, limiting a few of the top foods that cause inflammation can be incredibly beneficial to overall health.

What is inflammation exactly? Inflammation is considered a defense mechanism used by the body to protect against illness and infection.

Although inflammation is a normal part of the immune process, more and more research shows that chronic inflammation can contribute to disease, trigger pain and increase the risk of serious issues, like heart disease, cancer and diabetes.

What foods cause inflammation? In this article, we'll take a look at a few of the foods that cause inflammation to avoid, plus some healthy swaps that you can make in your diet.

## Top 7 Foods that Cause Inflammation

Several ingredients have been shown to trigger inflammation and negatively impact overall health. Here are a few of the top foods that cause inflammation.

### 1. Fried foods

Fried foods like doughnuts, mozzarella sticks and potato chips are high in trans fats, a type of unhealthy fatty acid that has been linked to a long list of side effects. In addition to cranking up cholesterol levels and increasing the risk of heart disease, cancer and diabetes, trans fats may also trigger inflammation. According to one study in the Journal of Nutrition, increased consumption of trans fatty acids was associated with higher levels of markers of inflammation, including C-reactive protein (CRP) and interleukin-6 (IL-6).

### 2. Processed meat

Processed meat is any type of meat that has been smoked, cured, salted, dried or canned in order to enhance its flavor or extend its shelf life. Some of the most common examples include cold cuts, bacon, salami, sausage and beef jerky. Not only was processed



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meat recently classified as carcinogenic by the World Health Organization, but it can contribute to inflammation as well. Studies show that eating more processed meat may be tied to higher levels of CRP, a marker that is used to measure inflammation in the body.

### 3. Alcohol

Although certain types of alcohol (like red wine) can actually be beneficial in moderation, excessive alcohol consumption is a major risk factor for inflammation. Studies show that drinking high amounts of alcohol can increase certain inflammatory markers, including CRP.

What's more, alcohol intake can also ramp up the risk of leaky gut syndrome, a condition in which toxins and food particles leak from the digestive tract into the blood, causing widespread inflammation.

### 4. Refined carbohydrates

Refined carbs like pasta, white bread, cookies and crackers are notorious as some of the top foods that cause inflammation of the joints. These foods undergo extensive processing, stripping them of beneficial nutrients, such as fiber.

Refined carbs also tend to have a higher glycemic index, which is used to measure how quickly foods increase blood sugar levels. Research shows that consuming foods with a high glycemic index may drive up inflammation, even in healthy adults.

On the other hand, studies show that swapping out refined grains for whole grains instead can decrease inflammation and protect against chronic disease.

### 5. Artificial sweeteners

Often lurking in low-calorie foods and diet products, some research suggests that artificial sweeteners could cause inflammation. Although more research in humans is needed, studies indicate that artificial sweeteners may disrupt the health of the gut microbiome, which plays a key role in regulating inflammation.

One animal model also found that regular consumption of sucralose, also known as Splenda, could cause liver inflammation in mice.

### 6. Vegetable oil

Heavily processed or refined vegetable oils are very high in omega-6 fatty acids. Although omega-6 fatty acids are an important component of a healthy diet, consuming a high ratio of omega-6 to omega-3 fatty acids can trigger inflammation. While experts generally recommend aiming for a ratio of omega-6 to omega-3 fatty acids of around 4:1, most people consume a ratio closer to 15:1 instead. Therefore, limiting your consumption of refined vegetable oils while also adding more omega-3 fatty acids to your diet may help alleviate inflammation.

### 7. High-fructose corn syrup

High-fructose corn syrup is a type of sweetener that is often found in processed foods, including soda, juice, candy and ice cream. Just

like regular sugar, high-fructose corn syrup is at the top of the inflammatory foods chart and can have detrimental effects on nearly every aspect of health.

One study out of Boston found that women who consumed more sugar-sweetened beverages had a higher risk of developing rheumatoid arthritis, a chronic inflammatory disorder that affects the joints.

Another study published in *Nutrition & Diabetes* also reported that increased consumption of drinks containing high-fructose corn syrup was associated with a higher risk of arthritis in adults ages 20–30 as well.

### Anti-Inflammatory Food Swaps

In addition to limiting your intake of foods that cause inflammation from the list above, incorporating a variety of foods that reduce inflammation into your diet can also be beneficial.

A healthy, well-rounded anti-inflammatory diet should comprise mostly nutrient-dense, whole foods, including fruits, veggies, nuts, seeds and legumes.

Herbs, spices, healthy fats and protein foods are also included on the anti-inflammatory foods list as well.

Making a few simple swaps in your diet is an easy way to get started. Try trading processed meats, for example, with healthier protein sources, like fish, poultry, eggs or legumes.



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You can also ditch the deep fat fryer and try baking your own vegetable chips or French fries instead.

Try swapping refined carbs like white rice, pasta or bread for whole grain varieties to give your diet an easy upgrade.

Here are a few of the best anti-inflammatory foods to include in your meal plan:

- **Fruits:** peaches, pineapple, mangoes, apples, berries, pears, oranges  
**Vegetables:** broccoli, kale, spinach, zucchini, squash, sweet potatoes, spinach, watercress, tomatoes, garlic
- **Nuts and Seeds:** pistachios, macadamia nuts, almonds, chia seeds, flaxseeds, pumpkin seeds
- **Legumes:** black beans, kidney beans, chickpeas, lentils, navy beans, peas
- **Whole Grains:** quinoa, couscous, farro, millet, buckwheat, barley
- **Proteins:** salmon, chicken, turkey, eggs, tempeh
- **Healthy Fats:** coconut oil, olive oil, ghee, grassfed butter, avocados
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## *“Super Scenic Shot”*

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[www.windingbrookturf.com](http://www.windingbrookturf.com)



# *Golf Course Superintendents Association of New England*

## *The Newsletter—Rate Schedule*

### THE NEWSLETTER DISPLAY ADVERTISING ORDER FORM

Company Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Email: \_\_\_\_\_

Issues (List month or months of publications where we will publish your ad): \_\_\_\_\_

Amount of payment: \_\_\_\_\_

Payment can be made by check payable to GCSANE or by credit card using the Pay Pal link on the home page of the Association's website at gcsane.org. You do not need a Pay Pal account to use your credit card.

<b>Member Rates:</b>	<b>Monthly Rate</b>	<b>3 Times Per Yr. (Save 5%)</b>	<b>6 Times Per Yr. (Save 10%)</b>
<input type="checkbox"/> 1/4 page (vertical; 3.75" wide x 5" deep)	<input type="checkbox"/> \$ 100.00	<input type="checkbox"/> \$ 285.00	<input type="checkbox"/> \$ 540.00
<input type="checkbox"/> 1/2 page (horizontal; 7.5" wide x 5" deep)	<input type="checkbox"/> \$ 165.00	<input type="checkbox"/> \$ 470.00	<input type="checkbox"/> \$ 890.00
<input type="checkbox"/> Full Page (vertical; 7.5" wide x 10" deep)	<input type="checkbox"/> \$ 220.00	<input type="checkbox"/> \$ 630.00	<input type="checkbox"/> \$ 1190.00
<b>Non-Member Rates:</b> *All payments must be received in full before the ad appears in The Newsletter.			
<input type="checkbox"/> 1/4 page (vertical; 3.75" wide x 5" deep)	<input type="checkbox"/> \$ 130.00	<input type="checkbox"/> \$ 370.00	<input type="checkbox"/> \$ 700.00
<input type="checkbox"/> 1/2 page (horizontal; 7.5" wide x 5" deep)	<input type="checkbox"/> \$ 200.00	<input type="checkbox"/> \$ 570.00	<input type="checkbox"/> \$ 1080.00
<input type="checkbox"/> Full Page (vertical; 7.5" wide x 10" deep)	<input type="checkbox"/> \$ 265.00	<input type="checkbox"/> \$ 755.00	<input type="checkbox"/> \$ 1430.00

\* **Deadline for ads:** *The first of the month for that month's issue.*

#### **Ad Preparation Specifications:**

**File Specifications for Ads Supplied in Digital Format:** Files should be created at 300dpi at the correct size for that ad. Formats preferred are JPG and PDF. Full color is available with all ads. Please send ads to the email address below. The newsletter is published in February, April, June, August, October, and December.

**Send all Newsletter ads to:**  
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