

The Teebox Times



Week 12, July 17-21, 2017

Beating the heat

Emily Kay

www.gottagogolf.com



You don't have to live in the sweat-soaked states of Texas, Arizona and Florida to know that playing golf in the summer heat can be hazardous to your health. Even Northeast golfers are known to complain about the relatively high humidity they experience sometime around July 14 and 15.

Instead of whining about the weather, though, why not learn to stop worrying and love hot weather golf? Just follow these few simple "Summer Golf for Dummies" tips for a safe and happy hot weather golf season.

1. Avoid mad dogs and Englishwomen ... After all, only they would venture onto the fairways and greens at high noon, when the heat and humidity are at their fiercest. Early tee times make the most sense for so many reasons, but if golf you must — no matter the time of day — keep reading for ways to combat the sizzling temperatures.

2. Put down the Heineken ... "Water, water, gimme more water" should be every golfer's mantra, no matter the time of year. It may seem obvious that you have to hydrate yourself to battle summer scorchers, but many golfers seem unaware of the dehydrating effects of soda, beer and other alcohol, and even coffee.

3. Let the grass grow ... Health experts suggest that you cut down on nonessential outdoor undertakings like mowing the lawn. Since golf obviously does not fit into the "nonessential" category, save your energy for the truly indispens-

able chores, such as smacking a little white ball with an oversized club head. (Editor's note: And consider getting rid of that lawn, unless you're treating it to recycled water.)

4. Step away from the table ... You may want to carbo-load for the Boston Marathon, but scarfing down a spaghetti dinner before taking to the links is a hot weather golf no-no that will weigh you down and may cause more than your golf cart to boil over. Instead, maintain your energy throughout your round by nibbling on lighter fare like fruits, veggies, and nuts.

5. Cover up those six-packs (and we don't mean hide the beer) ... We know you worked hard all winter to get in shape but you'll want to swap that close-fitting spandex designed to showcase your washboard abs for more breathable attire made of cotton or moisture-wicking fabrics.

6. Light-colored clothing reflects heat and light better than dark colors do ... And, really, who hasn't dreamed of teeing it up in the altogether when it's so hot? OK, that may be more like everyone's nightmare, but when you're ready to thumb your nose at the dress code, lighter-than-light Better Than Naked shorts from North Face promise to fling off sweat, chafing, and overheating.

7. Lather up ... Don't skimp on the sunscreen and lip balm. Experts suggest you apply water-resistant 30 SPF sunscreen at least an hour before exposing your skin to the sun and

reapply every hour or so thereafter. Golf experts mandate that you at least "don't burn, reapply at the turn."

8. Accessorize ... Hats and sunglasses are must-wears in the summer sun. Wide-brimmed hats provide the most protection, a baseball cap with a visor will offer some shade, or you could go all in with a Sunday Afternoons Sundancer hat that has a big bill to block your face and a pleated drape for your neck, all in moisture-wicking SPF-50-plus fabric. The chapeau will also keep some of the sweat (or glistening, if you're a fair maiden) from dripping into your eyes. Glare-reducing polarized eyewear is probably the most effective at shielding your baby blues from damaging rays.

9. 3-wood, 5-iron, or tall cold one? ... What do you do when you're out on the eighth fairway, facing that long approach shot over water, no beverage cart in sight, and your brain's on fire? Reach into your golf bag's cooler for an icy cold blast of soul-quenching liquid refreshment, of course. Many bags come with built-in cooler liners, or you may go all undercover with one that will fit into your sack's standard zippered pocket. A note of caution, however: You might want to rent a cart or hire a caddy because you'll be lugging a little extra weight, what with the ice pack and water bottles nestled inside.

10. Refreshing fashion statement ... Nothing makes a summer golfer sigh, "Ah!" more than a cold, wet towel to the back of the neck. Re-soak the schmata at each watering hole or tuck it into your golf bag's ice chest for renewal. Better yet, make a refreshing fashion statement by using an Icy-Cools neoprene and terry cloth neck bandana. Bonus: Your collar stays dry and you can easily swing your club with the trendy neck accessory firmly affixed.

11. Turn up the A/C! You finally wilted and strapped your bag to a buggy. Don't stop there; trick out your ride with an S&S Manufacturing (swampy.net) air-conditioning unit. The Swampy 12-volt cooling system pumps water (or ice for a real cool-down) through an evaporator at more than 300 gallons per hour. It's \$897 and you provide the ice chest and installation.

OK, so maybe that last one is a little bit over the top, but for those to whom golf is definitely not nonessential, it might have a place on the wish list. Have any better ideas to share?



Juniper Hill Ladies Golf Club

www.jhlgc.org

The Juniper Hill Wednesday Ladies Golf League was established in the late 50s. Our goal is to promote competitive 18-hole play for ladies with an established USGA Handicap and to promote friendship and camaraderie. We have various formats of play each week and Match Play in the month of July. We participate in various tournaments sponsored by the Juniper Hill Ladies Golf Club. We also sponsor an invitational tournament, "The Juniper" which draws the best women golfers in Kentucky, Indiana and Southern Ohio.

The Late Swingers Ladies League was established in 1980 to promote and support women's golf in and around Frankfort. The league's goal was, and is, to have fun while playing golf.

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Wednesday League

CHAIR: Ruth Hinkle 502.321.8998
VICE CHAIR: Michele Brown 502.219.0562
SECRETARY: Carol Payton
TREASURER: PJ Johnson 502.875.9578

Late Swingers League

CHAIR: LeeAnn May 502.545.6938
LEAGUE NIGHT CHAIR: Jenny Bannister 502.545.1599
SPECIAL EVENTS CHAIR: Donna McNeil 502.330.0015
GOLF 101 CHAIR: Aggie Hampton & Connie Wiard
TREASURER: Jill Lancaster 502.229.4391

Happy July Birthday

Lori Scottow (2), Sarah Wilding (9),
Judy Halasek (10), Marcie Mathews
(13), Tonya Courtney (17), Becky Bibro
(18), Audie Rodgers (30),



Community Events

JC 4 Color Game

Sunday August 6, make your own foursome and tee time. All players will play their own ball out. When the flag is pulled, a colored ring around the bottom will identify which score is used for the team.

Mixed Member/Member

The Mixed Member/Member is scheduled for July 29-30. The sign up sheet is posted in the Juniper Hill Pro Shop. Tee times are expected to be assigned. Teams consist of one male and one female golfer. Women's handicaps will be limited to 40. Women that have a handicap higher than 40, are allowed to participate, however, will be assigned a 40 handicap. The fee is \$15 per player. Men play from the blue tees women play from the red tees. Please contact me if you want to play but do not have a partner at 502-330-0015 or by email at dmcneil0324@gmail.com

Weekly Scorecards

Wednesday League

Out of 43 ladies in play on July 12:

1F: Low Gross 1- Connie Goins; 2LG- Aggie Hampton; Low Net 1- Pam Rhodes; 2LN- Barbara Reynolds

2F: 1LG- Joanna Strange; 2LG- Shirley Rodgers; 1LN- Audie Rodgers; 2LN- Barbara Booze

3F: 1LG- Barbara Terrell; 2LG- Trina Rhoads (SCP); 1LN- Dawn Redmon; 2LN- Sherry White

4F: 1LG- Dusty Nelson; 2LG- Lisa Goins; 1LN- Jennifer Opsata; 2LN- Becky Myers

Low Putts: Shirley Rodgers (28)

Chip Ins: Aggie Hampton (#2); Karen Liebman (#8); Donna Greer (#11); PJ Johnson (#17)

Thursday League

Out of 60 ladies in play on July 13:

D1-1F: Low Gross 1- Aggie Hampton; 2LG- Tara Purvis; Low Net 1- Connie Wiard; 2LN- Emilie Hill

2F: 1LG- Barbara Reynolds; 2LG- Teresa Coleman; 1LN- Natalie Britton; 2LN- Debbie Wash

3F: 1LG- Lisa Brewer; 2LG- Julie Dawson; 1LN- Jane Breidert; 2LN- Glenda Abrams

D2- 1F: 1LG- Tammy McMichael; 2LG- Dusty Nelson; 1LN- Shelby Smith; 2LN- Sharon Edwards

2F: 1LG- Jennifer Opsata (SCP); 2LG- Jill LeMaster (SCP); 1LN- Jill Lancaster; 2LN- Savannah Salchli

101: 1- Kaitlyn Slone; 2- Alicia Boyd

Chip Ins: Kim Wooldridge (#4); Tara Purvis (#5); Tara Clark (#14)

LEADERS

HOLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total
PAR	4	5	4	3	4	3	4	5	4	4	4	3	5	4	5	3	4	4	44
5																			
7																			
3																			
5																			
1																			
7																			
2																			
4																			

Race for the Cup

YELLOW (Bunker Babes): 2490 points

GREEN (Gang Green): 2472.50 points

ORANGE (Orange Crush): 2402.50 points

BLUE (Blue Birdie Bombers): 2175 points

I made it to the green - or almost Now What?

Lisa Goins
PGA Rules Queen

There seems to be much confusion and many misconceptions about what is and isn't allowed around the putting green. Let's start with the flagstick. If your ball lies off the putting green, there is no penalty if your ball strikes the flagstick in the hole, but if you are putting from the putting surface there is a two-stroke penalty if your ball strikes the flagstick. It can be attended or held up at any time, whether your ball lies on or off the putting green. If the flagstick is attended, it is a two-

stroke penalty for your ball striking it (or the person holding it) no matter where you are playing from. A removed flagstick can be placed anywhere on or off the putting green, but if placed on the putting green, it should be placed in a position where no ball is likely to strike it. If the flagstick has been removed and a ball is rolling toward it, the rules allow anyone to move it to prevent a ball from striking it.

It is a two-stroke penalty on the player putting if her ball played from the putting green strikes another ball at rest on the putting green. If your ball-marker interferes with another player's line of putt, the marker may be moved one or more putter-head lengths to the side. It is a good practice to visually get a reference point (a tree, cart, etc.) when moving your ball marker so you can be sure you return it to its original location before you putt. It is also good sportsmanship to remind a player to replace a moved ball marker, although this is not required under the rules.

The order of play around the putting green is the same as the order of play everywhere else—the ball furthest from the hole should be played first. It makes no difference whether the balls are on or off the putting green.

Good etiquette on the putting green is to be aware of the other players' lines of putt and to avoid standing or walking on another player's line of putt or, when they are putting, cast a shadow on their line of putt. Getting your read and looking at your line of putt should be done before it is your turn to putt (if possible) to improve pace of play. Although it is not illegal to do so, it is considered a breach of etiquette to stand directly

behind a player when they are putting. Players should also show consideration to other players on the putting green (and elsewhere, for that matter) and not disturb their play by moving, talking or making unnecessary noise.



MINNIE PAUZ...



HOT FLASH TREATMENT #4:
GOLF COURSE WATER HAZARD

Classifieds

Do you have some gently used golf equipment, clothing or decor that you'd like to sell? If so, this is the place for you. E-mail ginavn@gmail.com to put in your FREE classified ad.



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Bushnell Neo Ghost
comes with cable
and manual. Works
perfectly but the belt
clip is broken. Contact
Michele Brown at 502-
219-0562