

**THE BULL SHEET, official publication of the  
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**President's Message**

It's one hundred degrees in the shade (again!), the humidity is 65%, it hasn't rained in six weeks and your green chairman wants the greens to roll ten feet but still hold a three iron shot coming in at about four feet high. What does this add up to? Stress!

Unrelieved stress can in turn lead to a number of physical ailments such as ulcers, headaches, sleeplessness, heart attacks, strokes and nervous breakdowns. As you can see the afflictions can range from the mild to the very severe.

Stress is not a new phenomenon to mankind. I'm sure our caveman ancestors had to cope with a lot of stress when they came face to face with a hungry Teranasaurus Rex. We can take comfort in the fact that man is still around long after Mr. Rex has left the face of the earth. Experts fell that stress did not get the best of prehistoric man because of his basic lifestyle. Java man's tensions were relieved through the daily physical exertion of hunting for his food and occasionally running from potential predators.

Modern man's goal oriented, high-tech lifestyle breeds tension and anxiety. Since there are no dinosaurs to run after or run from, man needs to find other ways to "chill out". Sleeping, although relaxing, does not fit the criteria. Riding in a cushman or playing eighteen holes in a cart won't cut it either. Try walking eighteen or even nine or six.

Better yet **make** time to get away from the golf course to jog or ride a bike or swim, anything that is physically exerting will reduce the tensions of the day. It only takes an hour, three or four times a week to make a significant difference.

In addition try to find an activity to totally escape the daily grind, maybe reading or fishing. The few hours it takes every week to accomplish these exercises may add years to your life and reduce your antacid bills drastically.

Always remember that a few square feet of dead grass is really not very significant in the overall scheme of things.

**Mike Nass, CGCS**