

## TEST FOR STRESS

Are you feeling "burned out" because of job-related stress? A simple way to tell if you have a stress-prone personality is to rate yourself on how you typically react to the situations listed below. Give yourself the following points: 4-always; 3-frequently; 2-sometimes; 1-never.

1. Do you try to do as much as possible in the least amount of time?
2. Do you become impatient with delays or interruptions?
3. Do you always have to win at games in order to enjoy yourself?
4. Do you tend to speed up your car to beat the red light?
5. Are you unlikely to ask for help with a problem?
6. Do you constantly seek the respect and admiration of others?
7. Are you overly critical of the way others do their work?
8. Do you look at your clock or watch often?
9. Do you spread yourself "too thin" in terms of your time?
10. Do you constantly strive to better your position?
11. Do you habitually do more than one thing at a time?
12. Do you get angry or irritable often?
13. Do you have little time for hobbies - or for yourself?
14. Do you talk quickly and hasten conversations?
15. Do you consider yourself hard-driving?
16. Do your friends or relatives consider you to be hard-driving?
17. Do you constantly get involved in multiple projects?
18. Do you have a lot of deadlines in your work?
19. Do you feel guilty if you relax and do nothing?
20. Do you take on too many responsibilities?

### TEST FOR STRESS SCORING

20-30: Nonproductive or understimulated  
 30-50: Good balance  
 50-60: Stressed  
 60 - Candidate for heart disease.

If you scored 50 points or more, ask yourself a question before you take on one more project: Is it worth dying for?

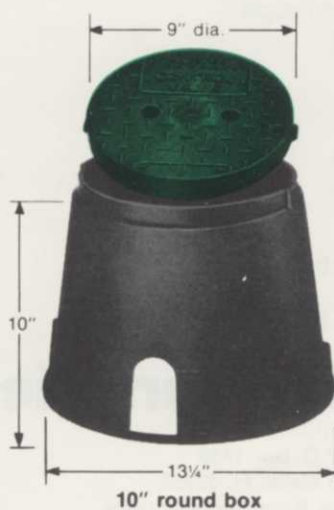
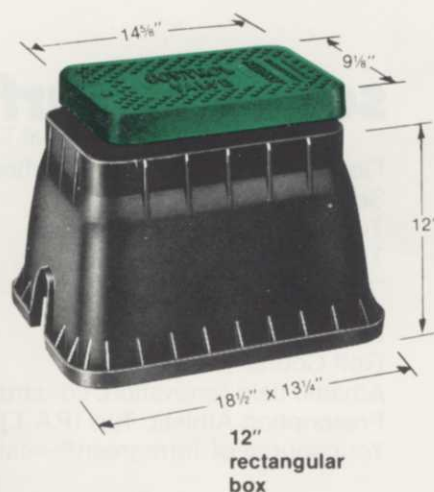
# Control boxes for turf irrigation systems

Plymouth irrigation boxes are made of a strong, tough thermoplastic material especially suitable for underground use. They're lighter in weight, easier to handle and less brittle than cast iron or concrete boxes. And, the covers feature molded-in green color to blend-in-with rather than stick-out-of your turf. Rectangular boxes have snap locking covers; 10" round boxes have twist lock covers; and 6" round boxes have snap fitting covers. All boxes nest for simplified storage. AMETEK, Plymouth Products Division, 502 Indiana Avenue, Sheboygan, WI 53081, Phone: 414-457-9435, FAX: 414-457-6652.

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