

Study Finds Anger Linked to Mortality

People quick to anger may be quicker to die, says a Duke University scientist who believes hostility can harm the heart as much as smoking or high blood pressure.

Several studies now "suggest that an awful lot of premature mortality may be associated with hostility," Dr. Redford B. Williams Jr. said at a seminar for science writers sponsored by the American Heart Association.

Hostility and anger, he said, may be the dangerous key component of the heart attack-prone Type A personality — people who also are characterized as being highly ambitious and impatient.

Type A personalities are about twice as likely to die of heart disease as Type B people, who are more relaxed and willing to take life as it comes, he said.

In fact, Williams said, "Type A is now generally regarded as a (heart disease) risk factor of about the same magnitude as the traditional ones of cholesterol, hypertension (high blood pressure) and cigarette smoking."

Because half of the American population is considered Type A, Williams said, that's far too many people to subject to preventive medical or psychological care.

To narrow that group, he said, "we have to find out what it is in the Type A person that is really responsible for the increased risk. That's what we're trying to do."

He said more information is needed to explain how hostility affects heart disease and how that might be prevented.

The research involved a measure of hostility included in a widely used personality profile, the Minnesota Multiphasic Personality Inventory.

A Duke-University of North Carolina study of 255 physicians who took the test as medical student 25 years ago found a death rate of 3 percent among those with hostility scores in the lower 50 percent, Williams said.

"By contrast, those who scored higher had almost a 15 percent mortality rate over 25 years . . . from all causes," he said. The incidence of heart disease was five times higher among the hostile group.

A seven-year study of patients at Duke University Medical Center found those with high hostility scores had more severe coronary artery disease than low scorers, Williams said.

These relationships, he said, are independent of other risk factors.

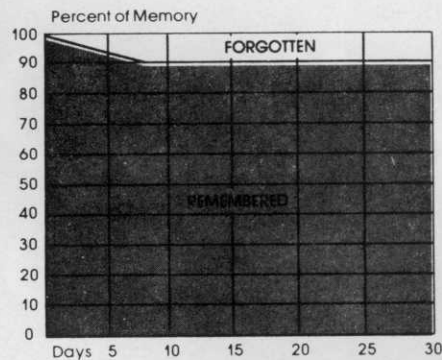
Williams said it's difficult to define just what the hostility scale is measuring. He said his own definition includes such things as a basic distrust of other people, angry reactions to minor irritants and a tendency to release anger in some display of emotion.

He said a variety of evidence shows "people with different psychological characteristics die at different rates. And (perhaps explaining why that happens), different people will show different physiological and hormonal responses to stress."

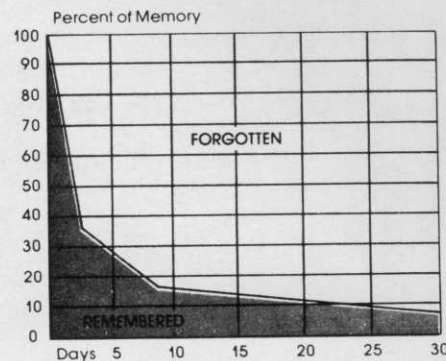
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Our thanks to
former Florida President Pat Lucas.**

Something to think about

The importance of repetition in the memory process



A message read or heard several times a day for eight days is virtually memorized; at the end of 30 days the memory retains 90% of the message.



A message read or heard only once is 66% forgotten within 24 hours and is practically out of mind in 30 days.

Notice

The following definition of an "employee" may be helpful when you are considering hiring your summer help.

Section 2. Subd. 4 of the Workers' Compensation Law defines the term "employee." The definition reads, in part, the term "employee should not include minors, fourteen years of age or over, engaged in casual employment consisting of yard work and household chores in and about one family owner-occupied residence or the premises of a non-profit, non-commercial organization, not involving the use of power-driven machinery."

Therefore, it is clear that a minor, fourteen years of age or older, who does work in or around a one family owner-occupied, residence which involves the use of power-driven machinery, such as lawn mowers, are to be considered to be employees under the definition of the Workers' Compensation law.

We now consider the next step. The employer of the minor who is operating a power-driven lawn mower must obtain workers' compensation coverage for him.

No minor, under the age of 18 years should be employed unless the minor obtains a certificate of employment which will spell out exactly what type of work the minor can do. If the minor does work which violates the Labor Law and/or the rules of the bureau of labor standards, and, if the minor is injured in a compensable accident, this would constitute illegal employment, subjecting the employer to "double indemnity" under the provisions of Section 14-a of the Workers' Compensation Law.

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Fred V. Grau

Guest Editorial

By FRED V. GRAU
President

Musser International Turfgrass Foundation

Golf course superintendents have the rare opportunity to be the No. 1 fund raisers in the nation for turf research. The plan is simple and uncomplicated. It conflicts with no other fund-raising plan.

Among the millions of golfers, there are those who rarely get the chance to play on a fine course. Many would be glad to pay a fee for the opportunity. Many private clubs are closed on Mondays.

A request from the superintendent, backed by the pro, made to the Board of Directors through channels, would result in many clubs opening the course for one afternoon (or a day) to non-member golfers for a fee. It would not be a tournament. There would be no frills, no food — just golf. Arrangements and publicity (invitations) would be wholly in the capable hands of the superintendent and the pro. They would set the fee and collect the money.

No cost to the club would be incurred. The superintendent and the pro would be doing their regular jobs. It could be an opportunity for concerned club members to play with paying guest. All should be informed that the urgent reason in back of fund raising is that research funds at experiment stations are drying up. Budgets have been slashed severely. Turf research is at the crossroads.

The benefits of the research projects funded by this plan are many. Here are a few:

- The club can expect Better Turf at a lower cost.
- Members can look for Better Lawns around their homes.
- Members' children can expect fewer sports-related injuries by virtue of Better Turf on the playing fields.
- Biological control of pests will be investigated.

The money would go at once to our treasurer to be invested in high-yield safe securities for maximum sustained income which will be used to encourage and support graduate students doing turf research under competent supervision. Graduate students are security for the future of turf. The Musser Foundation is dedicated to this concept.

Please present this plan to your group and ask for volunteers who would enjoy being foremost fund raisers for turf research. Call or write me for answers to questions which may arise. This plan has the backing of the Musser Foundation Boards of Directors and Advisors which met in Atlanta on February 24. The Research Committee is considering new projects which involve graduate students at universities.

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LESCO'S CBS Blend is backed by 29 years of seed knowledge and research of Bill Rose (left) and Dr. Bill Meyer (right) of Turf Seed.



Two Turf-Seed contract seed growers roguing a Citation perennial ryegrass field for undesirable plants by spot spraying with Roundup.



Seed analyst conducting seed tests by carefully inspecting each seed with the help of magnification. Meeting seed test standards is an important step in the certification process.



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"We used CBS on greens, tees and clubhouse lawns. We are impressed with the fine texture of grass blades which allows a true roll of the ball. CBS also maintained excellent color through the coldest winter in years.

*Cary Stoffel, Superintendent
Carolina Shores Country Club
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"Oregreen established quickly and densely on our fairways and gave deep green color. Our winter has averaged 12 to 14 degrees below normal. In spite of six inches of snow and an inch and a half of ice, Oregreen maintained good cover on our fairways. Our annual rye was weak, thin and off color."

*John Lapikas, Superintendent
Annandale Golf Club
Jackson, MS*

*(pictured, left, with LESCO
salesman Roy Tarwater)*



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"In a winter of extreme temperature contrasts from 90 degrees to the mid-twenties, LESCO CBS held up well for us."

*Dennis Weber,
Superintendent
Frenchman's Creek Golf Club,
Palm Beach Gardens, FL
(pictured, left, with Assistant
Superintendent, Dave Vaughn)*



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"CBS Blend had great recuperative features and came through a very difficult season with extreme temperatures. I feel CBS Blend maintained a standard high above other blends used. CBS Blend provided a quality putting surface and was cut at 15/64" here when temperature reached into the upper 80s for extended periods. CBS was maintained at 17/64" and provided us with a quality putting surface. The mowing quality of CBS was far superior to other blends we had used in the past."

*Neil Kalin, Superintendent
Pembroke Lakes Golf Club
Pembroke Pines, FL*

