

# Off The Fringe

## Before You Grab a Cup

How many cups of coffee do you drink at the maintenance facility in the morning? You might be fooling yourself if you think coffee helps you perform better out on the golf course, according to a recent study.



INGRAM PUBLISHING

Men who work alone may increase their stress levels by taking a coffee break in the belief that it will help them perform faster. But men who work in teams could feel less stressed after enjoying a sharp intake of caffeine, but this may make them less effective, according to a study by the University of Bristol in the United Kingdom. Existing theories suggest that caffeine consumption can trigger stress, but there is also evidence that it boosts confidence and makes people better able to perform various tasks. The Bristol research tried to reconcile these different perspectives. The research was sparked by an anecdote from a man taking part in a stress-management workshop, describing a trip to the United States with his small business team. During the trip, coffee was freely available, and the team overindulged. Within days, stress levels had escalated, and they believed that the extra caffeine had disrupted relationships. Aiming to test this theory, the Bristol researchers found that caffeine did indeed heighten feelings of stress while performing stressful tasks, but unexpectedly this happened especially in men. However, the effects of caffeine on performance were likely to depend on the type of task and whether participants were working alone or in teams.

"The commonplace tea or coffee break might backfire in business situations," a researcher said. "Far from reducing stress, it might actually make things worse."

— Courtesy of Newswise

AARON DELESIE



## Quotable

**"Don't make any cracks about our accents. Remember, we're the ones speaking English, and you're the ones with the accents."**

— Stephen Bernhard, president of the British company Bernhard and Co., which makes mower-sharpening machines, talking to members of the American press at the GCSAA Conference and Show.

**"I've never been to an event where there's been so many positive comments about the location."**

— GCSAA CEO Steve Mona on San Diego, the site of this year's GCSAA Conference and Show.

## Princess 77 Provided Cimarrón Golf Course with the Cost Effective Solution for Their Renovation Project



Mario Aguiar, Golf Course Superintendent for Cimarrón Golf Course in Cathedral City, California kneels on a renovated fairway of Princess 77.



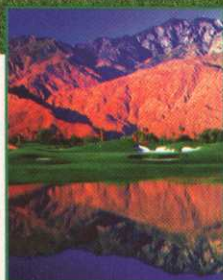
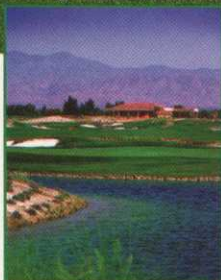
### Why Plant Princess 77?

- Turf quality equal to the best vegetative varieties in the industry
- Requires 21% less water than Tifway (419)\*
- Provides an easy, cost effective tool for renovation projects

Cimarrón Golf Course needed to renovate their fairways to a bermudagrass variety equal in quality to Tifway 419 but couldn't afford to shut down for the renovation. Princess 77 hybrid bermudagrass from seed was the answer.

"We have seen great seedling vigor in Princess 77 being over-seeded into ryegrass fairways" reports Mario. "We had full coverage in eight weeks and never shut down for the renovation. Our fairways look great and we are thrilled with the ease of handling seed as opposed to sod." Princess 77 also helped Cimarrón achieve an environmental goal of cutting their water usage for the year. Mark Goulet, Head Golf Professional for Cimarrón says "We expect to achieve a larger water savings next year by increasing the amount of Princess 77 on our course."

**Available in seed and sod.**



  
**PRINCESS 77**

\*Response of Bermudagrasses and Zoysiagrasses to Applied Water Using a Linear Gradient Irrigation Design, Sean Reynolds, 2000, Master's Thesis

  
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