

Study: Your stressful job may kill you

Women are at highest risk

By Tribune News Service

If you suspect your stressful job is killing you, a new study says you may be right — especially if you're a woman.

After analyzing data on nearly 140,000 workers from three continents, researchers found those with "high-strain" jobs were 22 percent more likely than their peers to suffer a stroke. The risk was particularly acute for women, who were 33 percent more likely to have a stroke if their jobs fell into this most stressful category.

The findings, published in the journal *Neurology*, combine results from six previous studies that examined the relationship between work stress and stroke risk. Each of the studies included a baseline assessment of people's job strain, then tracked their health for 3.4 years to 16.7 years. The workers ranged in age from 18 to 75.

Many of the workers had demanding jobs, but not all were considered stressful. The researchers, from China, used a well-established method to categorize jobs into four categories.

To do this, they considered whether a job involved a high degree of "psychological job demand." That's a measure of the mental load required to carry out tasks, the amount of management and coordination required

to finish those tasks and the time pressure imposed by deadlines, among other things. The researchers also considered how much latitude workers had in deciding how to carry out their assignments, a factor known as "job control."

Dr. Jennifer Majersik, a stroke neurologist at the University of Utah, described the four categories in an editorial that accompanied the study. Jobs on the low end of the spectrum for both psychological demand and control are considered "passive," such as manual labor gigs. These stand in contrast to "active" jobs that combine high psychological demand and high control such as doctors and engineers.

In between are "low-strain" professions that feature low psychological demand and high control, such as scientists and architects, Majersik wrote. Finally, there are "high-strain" jobs that pair high psychological demand with a lack of control; waitresses and nursing aides, she wrote.

The risk of stroke was lowest for people with low-strain jobs, the Chinese researchers found. They were followed by people with passive and active jobs, though the differences were so small that they could have been due to chance.

The only difference big enough to be considered statistically significant was for people with high-strain jobs; the stroke risk for these unlucky workers was 22 percent higher than for people in the low-strain category.

Vitamin D pills don't prevent colon growths

By Associated Press

A major study finds taking calcium or Vitamin D pills does not help prevent growths that can lead to colon cancer in people who have had at least one in the past.

It's the latest setback among many for efforts to prevent disease through vitamin supplements. The calcium finding was especially disappointing — three previous studies suggested calcium would help, but the new one, a more rigorous test, found no benefit.

"That was a big surprise. We thought we understood calcium because the data was really quite, quite strong," said Dr. John Baron of the University of North Carolina.

He led the new study, published in the *New Eng-*

land of Medicine.

It involved 2,259 people recently diagnosed with polyps, precancerous growths removed during colonoscopy.

They were assigned to take either 1,000 international units of vitamin D3, 1,200 milligrams of calcium, both or neither. Women could choose to get calcium and then be given either real or dummy pills of vitamin D.

"We did that so that women concerned about bone health would feel comfortable taking part," because they were ensured of getting calcium if they wanted it, Baron explained.

Followed up three to five years later, 43 to 45 percent of all study participants had developed a new polyp, regardless of whether they took calcium, vitamin D, both or neither.

Happy Birthday



Lucille "Lucy" Treccase will turn 110 Sunday. She lives at Concordia in Jefferson Township.

JUSTIN GUIDO/BUTLER EAGLE

Concordia resident ready to celebrate turning 110

By Laurie Lindsay
Eagle Staff Writer

JEFFERSON TWP — Lucille "Lucy" Treccase easily learned to drive a two-door, two-seater open-air Ford roadster in 1923.

"I had to be 18," Treccase said. On Sunday, Treccase will be 110. The Concordia resident remembers when Saxonburg Road was first paved with bricks and said, "We all went the day it opened."

Her group visited a popular ice cream store in Saxonburg that afternoon. She borrowed her boyfriend's car to get there.

The former Lucille Kelly was born at home in Foxburg on Oct. 18, 1905, and moved to Franklin Street in Butler when she was very young.

She had an older brother, Richard; a younger brother, James; and a sister, Jane.

When she was little, she learned to say the alphabet backward, which she can still demonstrate. She knew so much in school, she skipped third grade and finished eighth grade at her Catholic school ahead of her peers.

In high school, her classes included shorthand, typing and bookkeeping, and she was in the first graduating class of the "new" Butler High School at 225 E. North St.

Barely 18, she went to work as a secretary at Standard Steel, which made parts for railroad cars. She said she was hired because she was the smartest in her class. It was a highlight of her life.

"I was proud of my job," Treccase said. "Getting a job like that, I felt pretty good."

Treccase worked eight-hour days at Standard Steel and the starting salary was OK with her.

"It was good whatever it was," Treccase said. "We got raises every so many months."

There was just one phone in the office and calls came directly to her. If the call was for her boss, she had to find him and bring him to her desk. To make copies of documents, she typed with carbon paper. It wasn't a problem that white correction fluid and tape was not available.

"I didn't make any errors," she said.

'She's a feisty person. Maybe that's part of her secret of long life. She just doesn't let anything get past her.

Sherry Eismann, Butler

Everything changed the night she met Lt. Col. Joseph P. Treccase.

"I met him at a party in Butler," Treccase said.

He served in World War I, had finished college and was a doctor. They were married Oct. 15, 1928, when she was 23. That was the end of being a secretary.

"My husband said, 'No, you keep house.' He needed me," Treccase said.

They bought a new house on Mount Royal Boulevard in Glenshaw before Dr. Treccase left for World War II. He served stateside, and when he came back after the war, he was busy with his practice in Butler. He also was associated with the Veterans Affairs. She didn't see much of him.

Early in their marriage — likely during Prohibition — Treccase and her husband took up brewing. She said all the grocery stores sold the ingredients, and five-gallon crocks for brewing were easy to buy.

"We had a lot of people stop by for a beer," Treccase said. "Oh, it was good."

"Sunday was a big day at our house. You had these big quart bottles, none of these little ones," Treccase said.

She didn't drink a lot but she said she cannot get along without beer.

"A glass will do me," she said. Her husband liked her cooking and he liked to entertain his friends. She was Irish but learned to make spaghetti from Italians.

"He was Italian," she said. "He wanted his friends to know good spaghetti."

When her husband died on Jan. 7, 1981, Treccase did not consider remarrying. She and her sister started traveling the United States.

"I don't sit and mope," she said. Treccase lived alone in her home

until she was 93. When she had a stroke, she moved to assisted living in Saxonburg. Ten years later, she moved to Concordia for physical therapy after a fall. She's lived at Concordia for seven years.

Jaime White, personal care activities director at Concordia, said, "She seems to be very independent and self-sufficient."

Treccase plays bingo, likes the "funny money auction," completes a weekly word search perfectly and plays along for the monthly race of wooden horses across the dining room.

Treccase also is a very devoted radio listener. She keeps up with current events and tunes in talk shows.

"She's very congenial and easy to talk to. She gets along with everyone very well," White said.

How has she lived so many years? Treccase said, "I have no idea."

Treccase said her parents didn't live long and her brother James E. Kelly was 87 when he died in Butler.

However, her sister, Jane M. Vollbrecht of Oakmont, was 97 when she died in January.

Shirley Winkler of Saxonburg has known Treccase 17 years. Winkler hopes she can be like Treccase. "She's just a lovely person inside and out."

"Her memory for 110 years old is just wonderful," Winkler said.

"She's a strong person," said Sherry Eismann of Butler. They met when the Eismann family participated in giving Christmas gifts to people in assisted living.

"I just took to her. She was very personable," said Eismann.

Eismann received the famous spaghetti sauce recipe on one of her visits. She made it and served it with pork chops, as did Treccase. Eismann said, "It was delicious."

Treccase always remembers Eismann's daughters and asks about them.

"She's a feisty person," Eismann said. "Maybe that's part of her secret of long life. She just doesn't let anything get past her."

Treccase said she would recommend living 110 years to others.

"If they're healthy, why not? Get all you can out of life," Treccase said.

BULLETIN BOARD

TODAY

SPAGHETTI DINNER, 4 to 7 p.m., basement of Moose Lodge, 117 W. Slippery Rock St., Chicora. Takeout available. Proceeds will go to operation of Chicora Senior Center. For more information, call 724-445-2551.

FREE COMMUNITY MEAL, 5 to 6 p.m., Connection Center of First United Methodist Church, 232 E. North St.

GENERAL BUTLER VAGABONDS BINGO, early birds at 6:45 p.m., Vagabond Center, 138 Whitestown Road, Lyndora. Kitchen open. For more information, call 724-282-7695.

REFORMERS UNANIMOUS ADDICTION PROGRAM, 7 to 9 p.m., Hannahstown Road Baptist Church, 250 Hannahstown Road, Cabot. For more informa-

tion, call Rodney Dickman at 724-679-3331.

SATURDAY

CHRISTIAN MOTORCYCLISTS ASSOCIATION, BUTLER CHAPTER 607 meeting, 9 a.m., Eat'n Park, 114 Clearview Circle. For more information, call David at 724-996-5552 or e-mail TDB6S6@yahoo.com.

OKTOBERFEST, 11 a.m. to 5:30 p.m., St. Luke's Lutheran Church, 310 W. Main St., Saxonburg. Benefits educational support fund for Steiner family. Takeout available. For more information, call 724-352-2333.

FAMILY AND FRIENDS SOCIAL SUPPORT meeting for individuals and families with autism spectrum disorders and related conditions, 1 to 3 p.m., Parents in Toto Autism Resource Center, 143 S. Main St., Zelienople.

For more information, visit www.parentsintoto.org or call 724-473-0990.

OKTOBERFEST DINNER AND FLEA MARKET, 3 to 7 p.m., St. Christopher at the Lake Roman Catholic Church, 229 N. Franklin St., Prospect. Takeout available. Free for children younger than 5.

SPAGHETTI DINNER, 3 to 7 p.m., VFW Post 7376, 572 W. Main St., Saxonburg. Live music, raffles, basket raffles and door prizes. Proceeds benefit Robert Daugherty family. For more information, call Nicholle Daugherty at 724-816-9567.

SPAGHETTI DINNER, 4 to 6 p.m., East Butler Presbyterian Church, 9th and Randolph streets, East Butler. Takeout available.

RIGATONI DINNER, 4:30 to 6:30 p.m., Wurtemberg-Perry VFD, 425 Portersville

Road, Ellwood City. Takeout and bake sale table available.

FREE COMMUNITY MEAL, 5 to 6 p.m., North Street Christian Church, 220 W. North St.

CARD PARTY, 7:30 p.m., Jefferson Grange, 211 Bull Creek Road.

SUNDAY

ALL-YOU-CAN-EAT BREAKFAST, 8 a.m. to 1 p.m., Oneida Valley VFD, Route 38. Takeout available by calling 724-290-5196.

ALL-YOU-CAN-EAT BREAKFAST, 8 a.m. to 1 p.m., St. Joseph Roman Catholic Church hall, 315 Stonery Hollow Road, Cabot. Sponsored by the Knights of Columbus.

PUMPKIN PANCAKE BRUNCH, 9 a.m. to 1:30 p.m., Stewart Hall of Harmony Museum, 218 Mercer

St., Harmony. Reservations recommended. For reservations and information, call 724-452-7341, visit harmonymuseum.org or e-mail hmuseum@zoominternet.net.

MONDAY

FREE HOT MEAL, 11:30 a.m. to 12:30 p.m., Salvation Army Open Door Feeding Program, 313 W. Cunningham St.

FREE COMMUNITY MEAL, 5 to 6 p.m. at First English Lutheran Church, 241 N. Main St. Hosted jointly with Grace Lutheran, Jefferson Center Presbyterian and Christ Community Methodist churches.

TAKE OFF POUNDS SENSIBLY CHAPTER 1105, weigh-in at 5 p.m., meeting at 5:30 p.m., Trinity Lutheran Church, 120 Sunset Drive. For more information, call

Helen at 724-282-7941 or Peggy at 724-283-9621.

GFWC JR. WOMEN'S CLUB OF BUTLER meeting, 7 p.m., Maridon Museum, 322 N. McKean St.

CRYSTAL LOTUS MEDITATION GROUP meeting, 6 to 7 p.m. For more information, send e-mail to crystalotusmeditation@gmail.com.

AL-ANON MEETING, 8 p.m., Mount Chestnut Presbyterian Church, 727 W. Old 422.

Notices of local club meetings, card parties and dinners should be received by the Focus Department one week in advance of the event. Entries should include the name and phone number of the person providing the information and be sent to: Focus, Butler Eagle, P.O. Box 271, Butler, PA 16003, or focus@butlereagle.com.