

April 16, 2015

We've had items about our ancestors' sleep patterns before. [Before It's News](#) has a post.

Ok, maybe your grandparents probably slept like you. And your great, great-grandparents. But once you go back before the 1800s, sleep starts to look a lot different. Your ancestors slept in a way that modern sleepers would find bizarre – they slept twice. And so can you.

The History

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His research found that we didn't always sleep in one eight hour chunk. We used to sleep in two shorter periods, over a longer range of night. This range was about 12 hours long, and began with a sleep of three to four hours, wakefulness of two to three hours, then sleep again until morning.

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I Stacker posts on how doctors can't insult patients face-to-face without their knowledge. Further proof Pickerhead will read anything.

*Medical lingo can be confusing—but maybe ignorance is bliss. In his new book, *The Secret Language of Doctors*, Toronto-based ER physician Brian Goldman decodes the slang that doctors and nurses use to talk about their jobs, patients, and each other—and some of it is far from flattering.*

Of course, not all slang is derogatory. In some cases, it's a way to pack a lot of information into a single phrase, or to warn colleagues about a potentially difficult patient. A surgeon might say "High Five," when entering the OR to let other staff know they'll be operating on someone with HIV. Sometimes slang helps hospital staff sound more professional during awkward situations; a nurse might refer to "Code Brown" during a miserable shift with a man who is having constant diarrhea in bed.

In other situations, the book reveals, slang is therapeutic, a form of comic relief that builds camaraderie between overworked doctors and nurses, and which helps them get through long, emotionally heavy days. "The inability to laugh on rounds in an environment like our ICU, where there's very little to laugh about, is going to be tragic and injurious to safety and to the quality of care," one respirologist told Goldman. "You need to have those moments where you take a little break and reset." In any case, check out a selection of lingo below, all pulled from Goldman's book, so that the next time you're in the hospital you know what your doctor really thinks of you.

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Newsweek on the value of dirt. More proof here, too.

There was a glorious and liberating moment for parents about 10 years ago when we were told the job had got too clean. All that mollycoddling was doing more harm than good: we should let them take risks, play in the dirt, go in the sun bare-skinned and pick their noses. The last was a particular joy – ever tried to keep a toddler's finger out of their nose? It fits perfectly, which tells you something.

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Science writer Alanna Collen's fascinating study of the intertwined lives of microbes and humans, 10% Human, is a manual for the new, healthy way of being dirty. ...

Now for some serious fun. We have three items on the caddie who was on the bag for Jordan Spieth the new Master's Champion. The first is by **Brian Costa** in the Wall Street Journal.

The man who celebrated with Jordan Spieth on the 18th green at Augusta National Golf Club on Sunday made his first trip here only three years ago. Michael Greller wasn't even a professional caddie at the time. He was a sixth-grade math teacher who won a lottery for Masters tickets and spent the day following Rory McIlroy. "I had a few beers and enjoyed the walk," he said.

Greller's path from standing outside the ropes to carrying the bag of the Masters champion is far more improbable than Spieth's impressive victory. And it reveals both the randomness of the caddying business and the way Spieth has approached the game.

When Tiger Woods won the Masters in 1997—at 21, the same age as Spieth—the man carrying his bag was Mike "Fluff" Cowan. With more than two decades of experience caddying on the PGA Tour, Cowan offered the kind of in-depth course knowledge that Woods, for all his prodigious talent, lacked.

But in hiring Greller, 37, at the start of Spieth's career and sticking with him as he ascended to this point, Spieth prioritized personal chemistry. That he went so far as to hire someone who had caddied only occasionally for amateurs ranked as one of the bigger upsets in pro caddying.

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Seattle Post-Intelligencer claims Michael Greller is a home town boy.

Jordan Spieth had quite a weekend. The 21-year-old Dallas native led wire-to-wire at the Masters to become the second-youngest golfer to win golf's biggest tournament, tying Tiger Woods' course record of 18-under in the process.

His caddie had quite a weekend, too.

Michael Greller, 37, is from Gig Harbor, and was there on the green in Augusta, Georgia, as Spieth's final putt fell. He embraced Spieth, 16 years his junior, after the young man's bogey putt clinched a four-stroke victory over Phil Mickelson and Justin Rose. ...

... In the last 30 days, Spieth has competed in four tournaments, winning two and finishing second in two. If Greller is on a typical caddie salary, according to Golf Digest, he has likely made about \$375,000 in the past month. ...

Last and always least, NY Times.

The caddie Jim Mackay took the golf bag and moved it out of the path of the foot traffic in the scoring area. He picked up the pin from the 18th hole at Augusta National Golf Club and placed it against the bag.

Mackay's golfer, the three-time Masters winner Phil Mickelson, had cobbled together a 14-under-par 274, which would have tied or bettered the winning number in the four Masters after his last title run here, in 2010. But on Sunday, the score left Mickelson tied for second with Justin Rose, four strokes behind the winner, Jordan Spieth.

Over dinner the previous night with Spieth's caddie, Michael Greller, Mackay discovered their paths had first crossed here in 2012, two years before Spieth had shared second place in his Masters debut. The story Greller told was so sweet, Mackay was happy to help Greller in any way he could. And after acing the big test, Greller needed a hand with the extraneous stuff, like where to drop the bag so it was not in the way and when to double back to the 18th green for the green jacket presentation.

"Michael's a wonderful, wonderful person," Mackay said of Greller, who was teaching sixth grade math outside Seattle in 2012 when he won the Masters online ticket lottery, which enabled him to buy two tickets to the Tuesday practice rounds.

He arrived with his brother, and they made their way to the 16th green, where Mickelson and Mackay, whose nickname is Bones, happened to be standing. From outside the ropes, Greller posed so that Mickelson and Mackay were in the background, and his brother snapped a photograph.

"I need to find that picture," Greller said, adding: "Obviously I was a huge Phil and Bones fan. I still am." ...



Before It's News

Your Ancestors Didn't Sleep Like You

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"It's not just the number of references – it is the way they refer to it, as if it was common knowledge," Ekirch says.

An English doctor wrote, [for example](#), that the ideal time for study and contemplation was between "first sleep" and "second sleep." Chaucer tells of a character in the Canterbury Tales that goes to bed following her "firste sleep." And, explaining the reason why working class conceived more children, a doctor from the 1500s reported that they typically had sex after their first sleep.

Ekirch's book *At Day's Close: Night in Times Past* is replete with such examples. But just what did people do with these extra twilight hours? Pretty much what you might expect.

Most stayed in their beds and bedrooms, sometimes reading, and often they would use the time to pray. Religious manuals included special prayers to be said in the mid-sleep hours.

Others might smoke, talk with co-sleepers, or have sex. Some were more active and would leave to visit with neighbours.

As we know, this practice eventually died out. Ekirch attributes the change to the advent of street lighting and eventually electric indoor light, as well as the popularity of coffee houses. Author Craig Koslofsky offers a further theory in his book *Evening's Empire*. With the rise of more street lighting, night stopped being the domain of criminals and sub-classes and became a time for work or socializing. Two sleeps were eventually considered a wasteful way to spend these hours.

No matter why the change happened, shortly after the turn of the 20th century the concept of two sleeps had vanished from common knowledge. Until about 1990.

The Science

Two sleeps per night may have been the method of antiquity, but tendencies towards it still linger in modern man. There could be an innate biological preference for two sleeps, given the right circumstances.

In the early '90s, psychiatrist Thomas Wehr of National Institutes of Mental Health conducted a study on photoperiodicity (exposure to light), and its effect on sleep patterns.

In [his study](#), fifteen men spent four weeks with their daylight artificially restricted. Rather than staying up and active the usual sixteen hours per day, they would stay up only ten. The other fourteen hours they would be in a closed, dark room, where they would rest or sleep as much as possible. This mimics the days in mid-winter, with short daylight and long nights.

At first, the participants would sleep huge stretches of time, likely making up for sleep debt that's [common among modern people](#). Once they had caught up on their sleep though, a strange thing started to happen.

They began to have two sleeps.

Over a twelve hour period, the participants would typically sleep for about four or five hours initially, then wake for several hours, then sleep again until morning. They slept not more than eight hours total.

The middle hours of the night, between two sleeps, was characterized by unusual calmness, likened to meditation. This was not the middle-of-the-night toss-and-turn that many of us experienced. The individuals did not stress about falling back asleep, but used the time to relax.

Russell Foster, professor of circadian neuroscience at Oxford, points out that even with standard sleep patterns, this night waking isn't always cause for concern. "Many people wake up at night and panic," he says. "I tell them that what they are experiencing is a throwback to the bi-modal sleep pattern."

Outside of a scientific setting, this kind of sleep pattern is still attainable, but it does require changing our modern, electric lifestyle. Very cool person J. D. Moyer did just that. He and his family intentionally went an entire month with no electric light.

In the winter months, this meant a lot of darkness and a lot of sleep. [Moyer writes](#) "...I would go to bed really early, like 8:30, and then get up around 2:30am. This was alarming at first, but then I remembered that this sleep pattern was quite common in pre-electric light days. When this happened I would end up reading or writing by candlelight for an hour or two, then going back to bed."

Moyer didn't set out to reproduce our ancestors sleep pattern, it just happened as a byproduct of a lot of dark hours.

Should We Revive Two Sleeps?

Although history shows that two sleeping was common, and science indicates that it is (in some conditions) natural, there is no indication that it is *better*. Two sleeps may leave you feeling more rested, but this could simply be because you are intentionally giving yourself more time to rest, relax, and sleep. Giving the same respect to the single, eight-hour sleep should be just as effective.

Note too that two sleeping needs a lot of darkness – darkness that is only possible naturally during the winter months. The greater levels of daylight during summer and other seasons would make two sleeping difficult, or even impossible.

Perhaps two sleeping is merely a coping mechanism to get through the long, cold, boring nights of the winter. Today, we don't need to cope. So long as we give our sleep the time and respect it needs, getting the "standard" [eight hours of sleep](#) should be fine.

But next time you wake up at 2 AM and can't sleep, just remember your great, great, great, great, great grandfather. He did the same thing every night.

IStacker

[Here Is the Secret Jargon Doctors Use to Talk Trash About You To Your Face](#)

by Dr. Brian Goldman

Medical lingo can be confusing—but maybe ignorance is bliss. In his new book, *The Secret Language of Doctors*, Toronto-based ER physician Brian Goldman decodes the slang that doctors and nurses use to talk about their jobs, patients, and each other—and some of it is far from flattering.

Of course, not all slang is derogatory. In some cases, it's a way to pack a lot of information into a single phrase, or to warn colleagues about a potentially difficult patient. A surgeon might say "High Five," when entering the OR to let other staff know they'll be operating on someone with HIV. Sometimes slang helps hospital staff sound more professional during awkward situations; a nurse might refer to "Code Brown" during a miserable shift with a man who is having constant diarrhea in bed.

In other situations, the book reveals, slang is therapeutic, a form of comic relief that builds camaraderie between overworked doctors and nurses, and which helps them get through long, emotionally heavy days. "The inability to laugh on rounds in an environment like our ICU, where there's very little to laugh about, is going to be tragic and injurious to safety and to the quality of care," one respirologist told Goldman. "You need to have those moments where you take a little break and reset." In any case, check out a selection of lingo below, all pulled from Goldman's book, so that the next time you're in the hospital you know what your doctor really thinks of you.

The Bunker: This is a room in the hospital where medical students, residents and their attending physicians meet behind closed doors to rest and talk about their days. There, one might laugh about the patient in the "monkey jacket," or hospital gown, who had a case of "chandelier syndrome," practically leaping up toward the ceiling in surprise when she felt the cold stethoscope. A surgeon might cringe while recalling a "peek-and-shriek," an operation in which she opened a patient's belly to find something unexpected, like cancer, and quickly stitched up again.

Cowboys and fleas: Doctors don't only badmouth their patients; they also badmouth each other. Hospitals are full of rivalries between departments, Goldman writes. Surgeons may be called "cowboys" to imply they operate first and think later, while internists can be criticized as "fleas," an acronym for "fucking little esoteric assholes," as one doctor put it. Urologists might take offense at being called "plumbers," and anesthesiologists for being referred to as "gas passers." FOOPA, which means "found on orthopedics barely alive," is another insult suggesting that orthopedic surgeons successfully fix bones while missing other signs of disease.

Discharged up: After "calling it" and stopping resuscitation efforts, a patient may be "discharged up," "discharged to heaven," or sent to the ECU the "eternal care unit" . Someone who is dying but still holding onto life is "in the departure lounge" or "entering the drain," and if he can't be saved he's "circling the drain," Goldman writes. Doctors might note the "O Sign," when a person is so close to the end that his mouth stays open like the letter "O," or the Q Sign, when his tongue sticks out.

DOMA: "day off, my ass," when residents aren't allowed to leave work until noon and have to be back the next day.

FLK: funny-looking kid, referring to the facial characteristics of a child with a genetic or congenital condition.

Frequent Fliers: These are people who show up at the emergency room again and again, even for non-emergency complaints, potentially because they have nowhere else to receive care. Frequent fliers are often homeless people, known as "curly toes," because their toenails are so long they've curled, Goldman writes. If they don't have insurance, they may suffer from "nonpayoma" or a "negative wallet biopsy." If they bring a bag with clothes, determined to stay even before receiving a diagnosis, doctors may note with annoyance their "positive suitcase sign" or "positive Samsonite sign," in reference to the luggage maker. When doctors "turf," they're looking for any possible justification to refer a patient to a different department in the hospital, and if that patient is "bounced," they are returned back to the original department.

GOMER: Made popular by the 1978 satirical novel, *The House of God*, GOMER is slang for "get out of my emergency room," for chronic patients who are admitted with tricky conditions that cannot be cured and need long-term care. Since these patients are often elderly, GOMER can also stand for "grand old man of the emergency room," Goldman adds. But actually, this term is pass . "GOMER has been used on TV shows including *Scrubs* and *ER*," he writes. "When that happens, it's no longer insider slang, so it gets discarded." Instead, doctors may refer to "status gomaticus," or to the "bed blockers" who take up space in acute-care hospitals when they really need placement in a rehabilitation or long-term care facility. They may bemoan an elderly patient's "failure to die," inspired by the term "failure to thrive," used for infants who are too small.

Harpooning the Whale: Some physicians are not exactly delicate when it comes to describing overweight and obese patients. A surgeon might use the euphemism "excessive soft tissue" to refer to the layers of fat she needs to cut through before reaching the muscle, writes Goldman, or she might say the patient is "fluffy." OBGYN doctors might talk among themselves about "harpooning the whale," or inserting an epidural catheter, which provides pain-relief medication, into an obese woman's spinal canal during the late stages of labor. Since it can be tough to locate the insertion point through fat, one hospital even created a "Prince of Whales Award" for the resident who placed epidurals "in the most tonnage in one shift," Goldman quotes an anesthesiologist as saying. Some doctors may say they charge a "beemer code," slang for an additional fee to care for an obese patient, maybe one who's "two clinic units," or 400 pounds.

Hollywood code: From *Grey's Anatomy* or *ER* you may be familiar with Blue Code—an emergency code indicating that someone needs immediate resuscitation. But sometimes doctors might realize there's no way to save the patient. In that case, they may call a "Hollywood Code," also known as "Show Code," "Light Blue Code" or "Slow Code." Rather than dropping everything and sprinting to the patient's bed, they stroll to the scene, slowly check for a pulse, and begin their intervention, Goldman explains. "It's a play for time until it's acceptable to

pronounce the patient dead," he writes.

Incarceritis: The condition of a prisoner who fakes an illness to go to the hospital. If that prisoner is looking for drugs to peddle later to their cell mates, they may have ADD—not attention deficit disorder, but "Acute Dilaudid Deficiency," with Dilaudid being one of the strongest prescription narcotics. He might try to "cheek" his pills, hiding it in his cheeks while the nurse isn't looking and then saving it for later sale. Then there are the "swallowers," people with a mental illness who sometimes swallow objects like forks and nails.

SFU 50 dose: the amount of a sedative or anti-anxiety medication that causes 50 percent of patients to shut the fuck up.

Social injury of the rectum: A euphemism first used in the American Journal of Surgery in 1977, for people who wind up in the hospital after inserting candles, billiard balls and other objects into their anuses for erotic pleasure. One doctor told Goldman about the time he treated a patient with a florescent light bulb up his rectum. "It broke inside of him," the doctor said.

Status dramaticus: In a play on the real medical term "status asthmaticus," an intense asthma attack that doesn't respond to an inhaler, doctors have come up with the phrase "status dramaticus" for stressed-out patients who believe they're extremely sick or dying but actually aren't. Patients who exaggerate their symptoms, acting like they're in pain to get a response, are "dying swans," an allusion to a 1905 ballet, *The Dying Swan*. Or they're "a Camille," like the heroine who passes away with great drama in her lover's arms during *La Dame Aux Cam lias*, by Alexandre Dumas.

Whiney primey: a pregnant woman who keeps returning to the hospital because she thinks she's in labor but isn't. When the baby comes, she'll be "frozen" when she receives an epidural for her pain, and if the epidural stops active labor she'll become an "ice cube."

Newsweek

[The Healthy Way of Being Dirty](#)

by Alex Renton

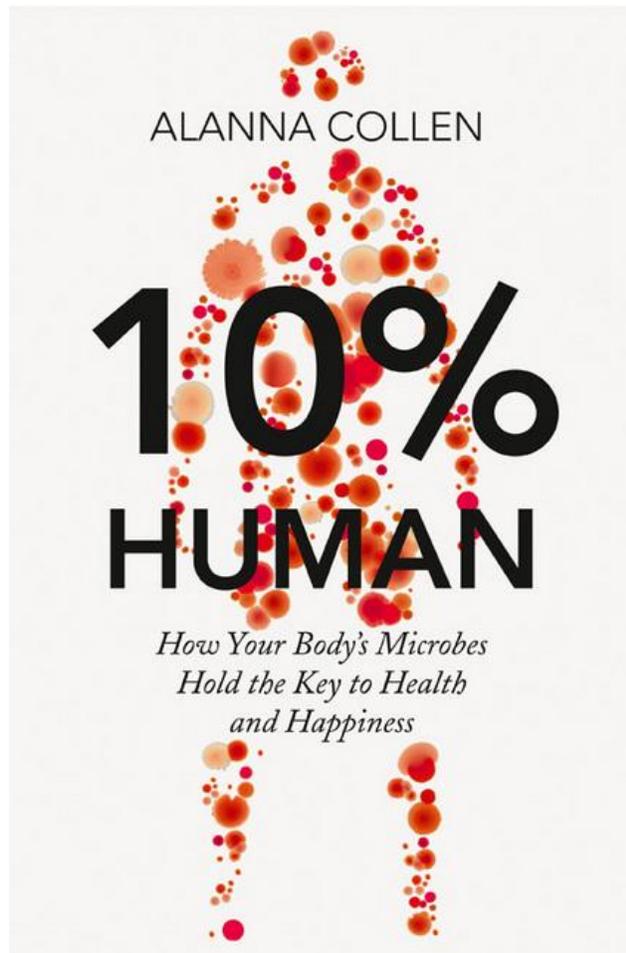


Exposing children to bacteria may be more health-beneficial than previously thought

There was a glorious and liberating moment for parents about 10 years ago when we were told the job had got too clean. All that mollycoddling was doing more harm than good: we should let them take risks, play in the dirt, go in the sun bare-skinned and pick their noses. The last was a particular joy – ever tried to keep a toddler’s finger out of their nose? It fits perfectly, which tells you something.

The science was convincingly simple. The bacteria collected in the nose-pickings were essential, when they found their way to the mouth, to help small humans cultivate antibodies, resist diseases and avoid allergies. So bogeys and mud were in – all that anti-bacterial wiping and antibiotic guzzling was over. Another 20th-century folly. The clincher came when it turned out that nut allergy had soared once we stopped small children eating nuts.

Science writer Alanna Collen’s fascinating study of the intertwined lives of microbes and humans, *10% Human*, is a manual for the new, healthy way of being dirty. The message will chime with anyone who can see that modernity’s promise of a technological fix for everything was flawed. There’s no doubt we’ve behaved very inhospitably to the other organisms we host in our bodies – their cells outnumber ours by nine to one, hence the book’s title – and done ourselves harm in the process. Read it, and you will learn to love your microbiota.



10% Human by Alanna Collen William Collins (£20) William Collins

Where exhausted parents – and mainstream science – may part company with Collen, though, is over her determination to ascribe so many modern ills to the war humanity has waged against microbial life, especially the “100 trillion friendly little creatures” inside us.

While we can all agree that antibiotics have been desperately overused, is the damage they've done to our gut flora really the cause of the obesity epidemic? Must we really accept that autism and diabetes in children born by caesarian is because they missed out on the faecal microbes in the birth canal? There are other more convincing explanations.

Still, Collen argues her case with vivid narrative and a nose for the white-coated charlatans who crowd any health debate if there's money to be made. She gives short shrift to the flogging of probiotic yoghurts and urges us to challenge the doctors who hand out antibiotics willy-nilly.

She delves also into some exciting and novel solutions for those of us suffering from a dull gut life: how about reviving it with a transplant of a more healthy person's faeces? Can't wait to see the first paparazzi shots of a celebrity emerging from the clinic having had their poo-swap done.

WSJ

Why Masters Champion Jordan Spieth Hired a Former Schoolteacher as His Caddie

A 'textbook' example of the randomness of the caddying business

by Brain Costa

Augusta, Ga.

The man who celebrated with Jordan Spieth on the 18th green at Augusta National Golf Club on Sunday made his first trip here only three years ago. Michael Greller wasn't even a professional caddie at the time. He was a sixth-grade math teacher who won a lottery for Masters tickets and spent the day following Rory McIlroy. "I had a few beers and enjoyed the walk," he said.

Greller's path from standing outside the ropes to carrying the bag of the Masters champion is far more improbable than Spieth's impressive victory. And it reveals both the randomness of the caddying business and the way Spieth has approached the game.

When Tiger Woods won the Masters in 1997—at 21, the same age as Spieth—the man carrying his bag was Mike "Fluff" Cowan. With more than two decades of experience caddying on the PGA Tour, Cowan offered the kind of in-depth course knowledge that Woods, for all his prodigious talent, lacked.



Jordan Spieth, right, with caddie Michael Greller on the 18th green after winning the Masters on Sunday.

But in hiring Greller, 37, at the start of Spieth's career and sticking with him as he ascended to this point, Spieth prioritized personal chemistry. That he went so far as to hire someone who had caddied only occasionally for amateurs ranked as one of the bigger upsets in pro caddying.

"It's rare," said Mike Kerr, a PGA Tour caddying veteran who now caddies for Adam Scott. "You have to be really lucky to get into that position. But the way they work together, it looks like he's been doing it a long time."

In the more strategic aspects of caddying—knowing the details of every hole and advising on club selection and targets—Greller has been studious. Before the third round Saturday, he spent 45 minutes talking to Carl Jackson, the longtime caddie to Ben Crenshaw who first worked the Masters in 1961. With Greller taking notes, the two of them talked through every hole on the course.

But the reason he has latched on with golf's biggest rising star has little to do with measuring yardages or memorizing breaks on a green. It is because of moments like this: When Spieth double-bogeyed the 17th hole Saturday, Greller didn't say much as they walked to the 18th tee box. He mostly just listened.

"You don't want to overanalyze or make it harder than it is," Greller said. "I just try to be a calming influence on him. He's very intense."

Spieth recovered to end his round with a par on No. 18, a pivotal sequence in the tournament. And while it's impossible to assess a caddie's impact, the moment speaks to how knowing your boss can trump so many other aspects of the job.

"Ninety percent of caddying is getting along with your pro," said Adam Hayes, who caddies for Russell Henley. "Knowing when to keep it light or be serious. He obviously keeps Jordan comfortable."

Getting the chance to do so in the first place, however, was largely a matter of being in the right place at the right time. The series of events that led Greller to Spieth traces back to a chance encounter nine years ago.



Jordan Spieth and his caddie, Michael Greller, look over a putt on the 14th green on Sunday

In 2006, Greller attended the U.S. Amateur Public Links Championship at a course near his home in Gig Harbor, Wash., as a spectator. When he noticed a player named Matt Savage carrying his own bag and struggling in the first round, he offered to caddie for him free.

“We offered to pay him and he refused,” said Savage, now an assistant golf coach at Florida State. “He just enjoyed being part of the event.”

Four years later, Savage recommended Greller to a childhood friend who happened to be a top amateur, Justin Thomas, for another tournament near Greller’s home. Thomas, in turn, recommended Greller to his good friend, Spieth, when Spieth needed a caddie for the 2011 U.S. Junior Amateur, which was also held near Greller’s home.

It was a marriage of convenience. Greller was a local and knew the course at Gold Mountain Golf Club from experience.

At that point, he had no aspirations of making caddying his profession. Among other things, Greller liked that it gave him a practical-world example to show his students. After caddying at amateur tournaments, he would often bring his yardage book—which caddies use to calculate precise distances on the course—into class.

“A lot of that is sixth-grade math,” Greller said. “It’s kind of eerie how much it translates.”

But when Spieth won that first tournament with Greller on his bag, they formed a bond. In 2012, Greller caddied for him when he played in the U.S. Open as an amateur. Spieth’s 21st-place finish there made him the top-ranked amateur in the world, which could have easily worked against Greller.

“There were a lot of people who wanted to caddie for Jordan,” Spieth’s agent, Jay Danzi, said. But when he turned pro in late 2012, Spieth wasn’t sure how quickly he would succeed. He wanted a caddie who would travel with him throughout the year, regardless of how well or where he was playing. Spieth offered Greller the job, and that was the end of Greller’s teaching career.

Greller’s wife, Ellie, has since left her job as a kindergarten teacher to join him on the road. The two go together wherever Spieth is playing, their lives transformed by a mix of happenstance, diligence and the meteoric rise of the newest Masters champion.

“There are thousands of guys who could probably caddie for Jordan,” Greller said. “But if I thought about that, I’d drive myself crazy.”

Seattle Post-Intelligencer

[Masters-winner Jordan Spieth’s caddie, Michael Greller, hails from Gig Harbor](#)

by Daniel Rubena

Jordan Spieth had quite a weekend. The 21-year-old Dallas native led wire-to-wire at the Masters to become the second-youngest golfer to win golf’s biggest tournament, tying Tiger Woods’ course record of 18-under in the process.

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For Greller, this weekend marked the ultimate success of a decade of work at a completely new career. The former school teacher only began caddying in 2006, when, according to the [Wall Street Journal's Brian Costa](#), Greller attended the 2006 U.S. Amateur Public Links Championship at Gold Mountain Golf Club in Bremerton as a viewer. When he noticed a young player, Florida State's Matt Savage, struggling while walking with his clubs, Greller hopped over the rope and carried them for free.

That began the pursuit of a second career for Greller. While continuing his day job teaching math and science at Narrows View Intermediate School in University Place, [according to GolfChannel.com](#), Greller spent much of his free time caddying, particularly at nearby Chambers Bay Golf Club — the site of this summer's U.S. Open. He had caddied for a few amateur golfers in tournaments in the Northwest, and was planning to caddie for Gavin Hall in the 2011 U.S. Junior Amateur, but Hall injured his wrist shortly before the tournament.

That was when Greller received a call from Spieth.

"I still remember it like it was yesterday," Greller [told GolfChannel.com's Jason Sobel](#) in 2013. "I went out for a run. When I came back, I had a phone call from Jordan."

Greller caddied for Spieth and helped the Texan win his second U.S. Junior Amateur championship, becoming the second player to ever win the tournament twice, after only Woods. It also began a friendship that blossomed into a consistent working relationship in 2012, when Greller carried Spieth's clubs at the U.S. Open.

The rest is history. Spieth decided to go professional late in 2012, and he and his father asked Greller if he'd consider caddying full time, according to the Wall Street Journal. Greller accepted, quit his job as a teacher and set out on the road with Spieth. Greller's wife, Ellie, also left her job as a kindergarten teacher to travel with Greller and Spieth.

Two-and-a-half years later, that decision looks like a good one. In the last 30 days, Spieth has competed in four tournaments, winning two and finishing second in two. If Greller is on a typical caddie salary, [according to Golf Digest](#), he has likely made about \$375,000 in the past month.

That's a bit more than Greller would have made teaching.

What a special walk around Augusta National [@TheMasters](#) with Jordan, a lifetime of memories! Blessed to work for such a selfless person.

— Michael Greller (@michael_greller) [April 13, 2015](#)

NY Times

[On Jordan Spieth's Bag: Part Caddie, Part Teacher and Encourager](#)

by Karen Crouse

AUGUSTA, Ga. — The caddie Jim Mackay took the golf bag and moved it out of the path of the foot traffic in the scoring area. He picked up the pin from the 18th hole at Augusta National Golf Club and placed it against the bag.

Mackay's golfer, the three-time Masters winner [Phil Mickelson](#), had cobbled together a 14-under-par 274, which would have tied or bettered the winning number in the four Masters after his last title run here, in 2010. But on Sunday, the score left Mickelson tied for second with Justin Rose, four strokes behind the winner, Jordan Spieth.

Over dinner the previous night with Spieth's caddie, Michael Greller, Mackay discovered their paths had first crossed here in 2012, two years before Spieth had shared second place in his Masters debut. The story Greller told was so sweet, Mackay was happy to help Greller in any way he could. And after acing the big test, Greller needed a hand with the extraneous stuff, like where to drop the bag so it was not in the way and when to double back to the 18th green for the green jacket presentation.

"Michael's a wonderful, wonderful person," Mackay said of Greller, who was teaching sixth grade math outside Seattle in 2012 when he won the Masters online ticket lottery, which enabled him to buy two tickets to the Tuesday practice rounds.

He arrived with his brother, and they made their way to the 16th green, where Mickelson and Mackay, whose nickname is Bones, happened to be standing. From outside the ropes, Greller posed so that Mickelson and Mackay were in the background, and his brother snapped a photograph.

"I need to find that picture," Greller said, adding: "Obviously I was a huge Phil and Bones fan. I still am."

Mackay and Mickelson, who have worked together since Mickelson turned pro in 1992, have been together for 42 Tour victories, including five major championships. Their union, like those of Ben Crenshaw and Carl Jackson, is considered the game's gold standard.

Could Greller and Spieth, who have worked together since 2011, be a partnership for the ages? "I don't see any reason why not," said Bubba Watson's caddie, Ted Scott, who saw how the pair interacted up close last year when Watson and Spieth were paired in the final group on Sunday.

Mickelson hired Mackay in part because of his manners. Before Mickelson turned pro, his college coach, Steve Loy, sought the advice of Mackay, who mentioned a few candidates and described their strengths before Mackay's player showed up, cutting short the conversation. Mackay wrote Loy a note apologizing for having had to hurry off, and included his phone number in case Loy had any more questions.

Mickelson saw the note, appreciated Mackay's gesture and so began their lasting alliance. The story of how Greller came to work for Spieth also is one of a player trusting his intuition. In 2006, Greller attended the United States Amateur Public Links near his home in Gig Harbor, Wash. He volunteered to caddie for a player, who later introduced Greller to his friend Justin Thomas, who steered his friend Spieth to Greller when Spieth needed someone to carry his bag at the 2011 Junior Amateur in Washington.

Spieth won the tournament and asked Greller to work for him again at the 2012 [United States Open](#). A few months later, after he dropped out of the University of Texas early in his sophomore year to turn pro, Spieth hired Greller full time.

"I'm sure there's tons of guys that are better caddies," Greller said, "but I have a rapport with Jordan."

Greller taught elementary school math and science for 10 years, and he still considers himself a teacher, first and foremost. Only now his classroom is outdoors and he has one pupil. On the course or in the classroom, the skill set is pretty much the same, Greller said.

“Being an encourager, I think that’s huge for the young kid out here because you’re going to have ups and downs, and you’re figuring out how to deal with that,” Greller said. “So I’m always trying to encourage him. If he needs to let things go, I’m the person he’s going to bounce it off of. And just being able to adapt to situations, that’s something you have to do out here that I’m comfortable with from teaching school for so long.”

And, of course, he is still teaching math, with an emphasis on multiplication, percentages and rounding whole numbers.

“Yeah,” he said, laughing. “It’s kind of eerie how much of it translates.”

Since Greller began caddying full time for the 21-year-old Spieth, the teacher has become a student. On the weekend he walked the course in the morning, before Spieth’s afternoon tee times, and watched how the balls were rolling on the greens. Every day he met with Crenshaw’s longtime caddie, Jackson, who spent many years as a full-time caddie at Augusta National, to soak up his knowledge.

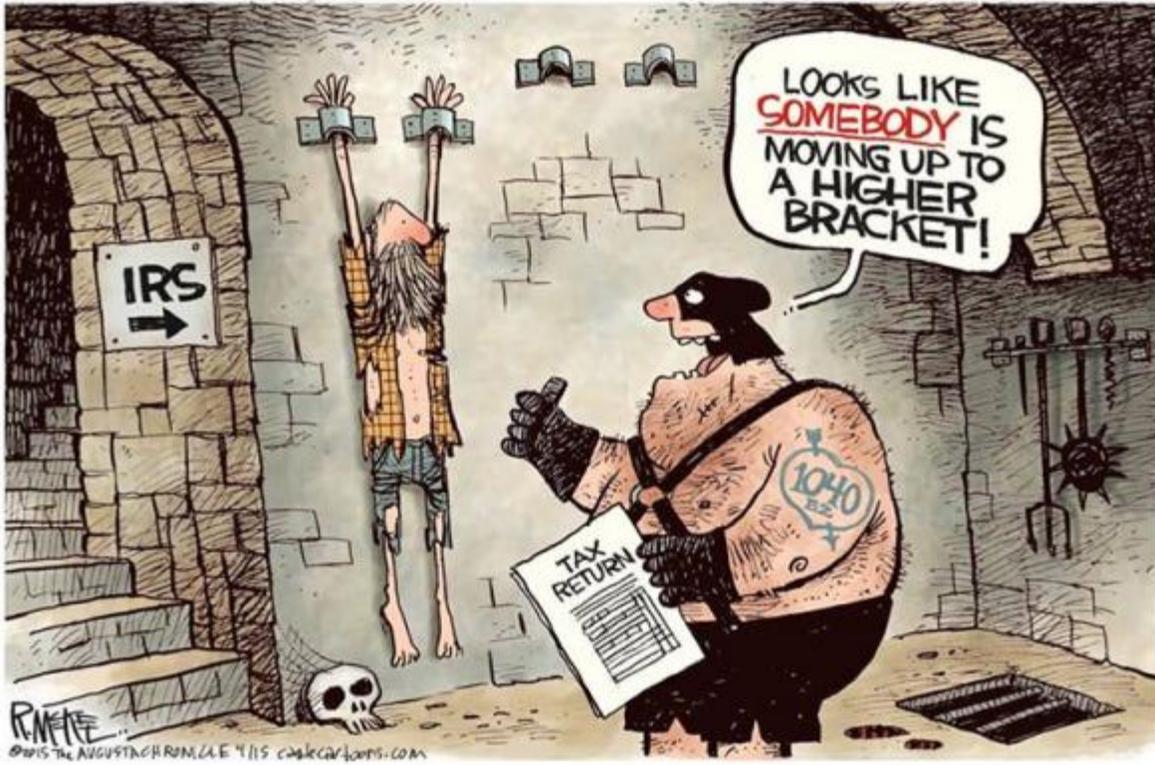
“It’s like sitting down with Michael Jordan before the N.B.A. finals,” Greller said. “He’s arguably one of the greatest caddies, and certainly out here there’s nobody I’d rather talk to than Carl Jackson from a caddie’s point of view.”

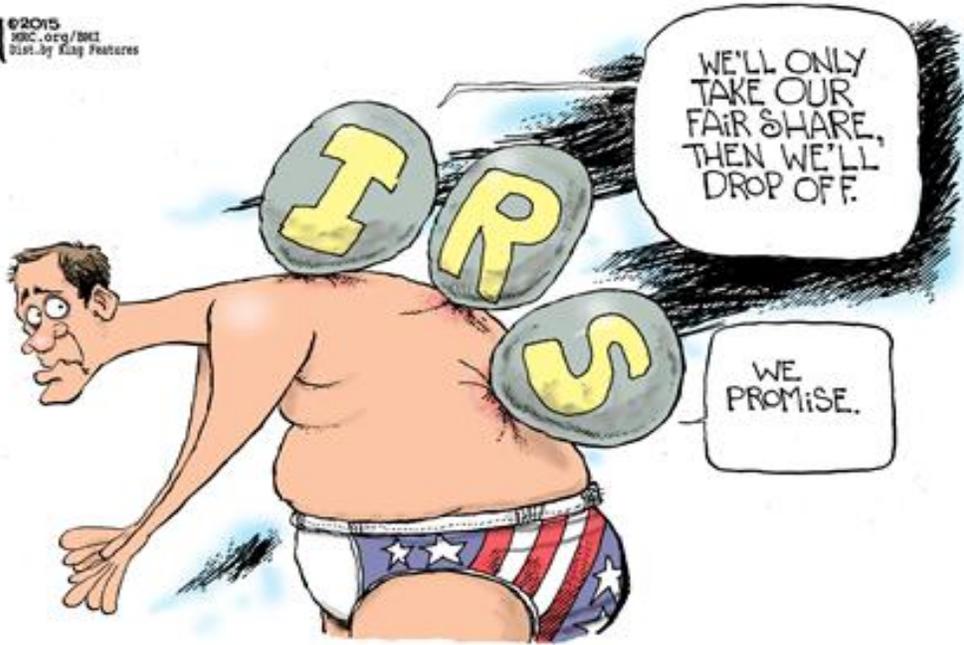
Greller was patiently answering every question shouted at him when John Wood, the caddie for Hunter Mahan, patted him on both shoulders and steered him away from the media pack. He told him he needed to make his way to the 18th green because the green jacket ceremony had begun. Greller arrived in time to hear Spieth thank him for his contribution to the victory. Later, Spieth said Greller helped him maintain his concentration after he made bogeys on Nos. 5 and 7, cracking open the door for his playing competitor, Rose.

“He’s very positive, he’s very patient and he doesn’t really react too much,” Spieth said. “He’s one of the most competitive people that I know, but he doesn’t show it on the course, which is very helpful. He’s not living or dying on putts.”

Spieth added, “He brings a nice voice to me when I need it, especially in the heat of the moment.”

Greller was asked if he was the new Mackay to Mickelson’s Spieth. “I don’t think so,” he said, adding, “There’s similarities, but he’s got about 50-something wins and way more majors than us. He’s somebody I’d emulate, but no, I still call myself a rookie.”





Happy Tax Day!g



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