

Kyle

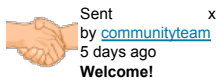


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# Stack on Sports

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## Joe Pa fighting on

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Written by [kylestack](#) on 07/13/2010 1:57:44 PM

Plenty of Americans curb retirement plans to work late in their lives and 83-year-old Penn State head football coach Joe Paterno is a prime example. While it's debatable how much scouting, game planning and coaching Paterno actually puts into his job, the stress of coaching a football team in a highly competitive environment has taken its toll on Paterno's physical health.



The Pittsburgh Post-Gazette reported that Paterno "has had intestinal issues this summer that have forced him to limit his efforts to team activities and therefore some of his personal appearances have been canceled," according to Penn State president Graham Spanier.

Yet his mental health might be as optimistic as ever, according to a recent study led by Arthur Stone of the Department of Psychiatry and Behavioral Science at Stony Brook University.

A 2008 phone survey of 340,847 adults ages 18-85 found that stress peaked in people aged 22-25 and decreased notably after their mid-50s. Anger peaked at 18 and sadness increased in people in their 40s, fell off during the mid- to late 50s and rose ever so slightly with the mid-70s crowd. Happiness levels peaked around 20 and then again with folks in their early 70s and presumably into their 80s.

In a time of rampant recruiting violations and money forcing the issue on so many decisions in college football, there are still a few components of the sport that keep it pure. Penn State head coach Joe Paterno is a perfect example. With 394 wins under his belt -- the most all-time in major college football -- Paterno is as beloved as perhaps any figure in collegiate athletics.

Paterno's situation is fittingly representative of a survey which showed that people possibly gained a new sense of perspective as they aged. He has enjoyed a legendary amount of success and acclaim. He has nothing left to prove, with the possible exception of knowing when to walk away. What's apparent from his continued popularity is that many fans hope that day never arrives. Count me in that club.

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