



American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1999

Volume 20, No. 1

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From the President

...R. Scott Kretchmar

Even if you are not a golfer, how does Callaway Gardens sound? How about a chance to see old friends and renew acquaintances? To honor an outstanding group of new Fellows, as well as the 1999 Hetherington Award recipient, Jo Safrit? To help shape the future of AAKPE and the profession by reacting to several key committee reports—for instance, the Graduate Program Evaluation Report and the recommendations of the Professional Graduate Program Evaluation Committee? And most importantly, to be challenged and edified by the fine program Tim White is putting together?

If you are still not convinced, additional arguments for going to Callaway Gardens can be made at several levels. If it is the case that we are creatures that forever seek optimal levels of arousal, Callaway Gardens can electrically elevate or depress us (whichever our need may be) in the good company of AAKPE friends. And if it is true that we are animals who are always in search of pleasure, as Aristotle claimed we are, Callaway Gardens can give play to our hedonistic impulses in the good company of AAKPE friends. And finally, if our organism is always moving toward homeostasis, Callaway Gardens can put some balance and stability into our lives in the good company of AAKPE friends. Any way you cut the human being, it would appear that a trip to Callaway Gardens can be easily justified.

In addition to the program, a number of issues continue for the Academy. Some revolve around our unity or lack thereof. I have asked our Web Site Committee (chaired by Kirk Cureton) to revisit the material we have on the internet to see if it portrays us (all of us) in the best light. The ongoing work on graduate program evaluation has important implications for our cohesiveness, as was clear from the discussions at the meeting in Utah. The original committee (Gil Reeve, chair) and a new professional program committee (chaired by John Dunn) have been working together on recommendations for our consideration. Frank Katch is in charge of an electronic biography project. If successful, it would allow us to capture the words and images of our leaders for the benefit of many generations to come. The archives of the Academy are now at Penn State and are in the process of being sorted and catalogued. They should be available to researchers in the near future.

But the fine program and ongoing committee work aside, I am most looking forward to Callaway Gardens to see long-time friends and work on my homeostasis.

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Past President's Message: Have You Ever Been a "Has Been?"

...Jack Wilmore

Have you ever been a "has been?" After passing the gavel on to Scott Kretchmar at the Academy's Annual Meeting in Park City, Utah, I realized that my moment of fame was over, and with the title of Past President I was now a "has been." That thought pops up in my mind on occasion. When AAKPE Newsletter Editor Al Stull reminded me that I had to write my last column as Past President for the spring issue, I began to ask myself, what happens when a Past President (a "has been") reaches the end of his term? What do you call him or her? You have probably guessed by this time that I have spent far too much time hanging around with our resident philosopher, President Kretchmar, soon to become Past President Kretchmar. So, I am going to let Scott struggle with this great philosophical, and aging-related, issue.

As I come to the end of my three-year term of service, I just want to say "thanks for the memories." I appreciate your placing your confidence in me and allowing me to serve the Academy over this period of time. I was fortunate to be able to follow the excellent leadership of Rainer Martens and Bob Singer, who established a solid foundation during their terms as Academy President. There was a shift in direction of the Academy from being focused primarily on itself and honoring its membership to a more proactive concern about

our discipline/profession. Some welcomed this change, while others preferred "the way we used to do it." This shift in paradigm (a difficult word for an exercise physiologist) has resulted in record-breaking attendance at our annual meetings and record numbers of new Fellows. It has also forced us to look at the status of our discipline/profession across universities in the United States. What went wrong, and what went right?

We heard that it is important to have a story, but then we were told that we do not have a story! That was a difficult message to hear, considering that it came from one of the leading educators in the United States, Dr. Steven R. Porch, Chancellor of the University System of Georgia. It was much easier on the ears to listen to the insights of Dr. Gary Krahenbuhl, Dean of the College of Liberal Arts and Sciences, at Arizona State University. Gary, of course, is one of us (Active Fellow #325). So, his talk was like preaching to the choir, unless you listened carefully. We do have "warts," and we need to remember that we must make our discipline/profession central to the mission of the university! On each campus, we must be centers of excellence.

In response to this, the Academy has become proactive. Under the able direction of Gil Reeve and his Committee on Doctoral Program Evaluation, we are now in the middle of a pilot study of doctoral programs in the United States with twenty-nine universities requesting to be a part of this pilot study. Deb Feltz is conducting analyses of the data resulting from this study. This initial effort focuses on Ph.D.-type programs with a research focus. Since many of our universities also train professional doctoral students, we now have a second committee looking at professional doctoral degrees, typical the Ed.D. degree. Our goal is to get both of these programs up and running and to provide data that would provide a compelling case to the NRC that we should be among those academic disciplines and professional programs that should be evaluated on a regular basis. While many of us cringe at our ranking, once we get to this stage, it will be an incentive to push the envelope! The quality of our product will improve and our discipline/profession will move upward, becoming an even more integral part of the university system.

Well, it is time to close this story. However, I would be remiss if I did not thank Dr. Julie Martens, Ms. Susan Scott, and Human Kinetics for all they have done to facilitate Academy business. You will never appreciate them fully until you get into a leadership position in the Academy. A very special "thank you" to each of you!

To Tim White, our President-elect, soon to be President, "DO IT!" (Note: we thank NIKE for their inspiration.)

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AAKPE Minutes

...James R. Morrow, Jr.

Minutes of the American Academy of Kinesiology and Physical Education Executive Committee Meeting by Telephone Conference Call

February 22, 1999

Attendance: S. Kretchmar (President), T. White (President-elect), J. Wilmore (Past President), J. Morrow (Secretary-Treasurer), K. Cureton (Member-at-Large), D. Feltz (Member-at-Large), J. Martens (Conference Manager and Business Manager), S. Scott (Co-Conference Manager and Co-Business Manager).

1. The meeting was called to order at 9:05 a.m. EST by President Kretchmar.
2. A motion to approve the minutes of the October 1, 1998 Executive Committee meeting at Olympia Park Hotel was approved (moved by White, seconded by Cureton). A motion to

approve the minutes of the October 3, 1998 Executive Committee meeting at Olympia Park Hotel was approved (moved by Cureton, seconded by White).

3. Morrow reported on the investment performance: There are four different funds currently with a total balance of over \$50,000 as of 2/17/99. Martens reported that the 9/30/98 beginning balance was \$43,802.58. If current trends continue, it would be an annualized return of 42.74%. This is not likely. Martens added that there is a \$9 a month service fee on the bank account. It was agreed the impact of the \$9 fee was much less than if we removed money from investments to avoid service fees on the bank account.

4. Susan reported on current membership renewals for 1999 as follows:

- Active - 86
- Emeritus - 47
- International - 43
- Total Renewals: 176

Outstanding Second Notices:

- Active - 33
- Emeritus - 19
- International - 20

Pending Active Memberships:

- Pending 1 Status - 5 members
- Pending 3 Status - 1 member

This renewal information is typical for the month of February.

5. Wilmore reported on the recommendation for future responsibility changes for officers. It was recommended that the Past President chair the program committee. The President-elect and President will serve on the program committee with the Past President being more active. Others will assist. During the interim, the Executive Committee will nominate program directors for the next two years. It was recommended that the Nominations and Elections Committee be chaired by the senior member-at-large of the Executive Committee. The junior member-at-large of the Executive Committee will also be a member of the Nominations and Election Committee. The President-elect and Past President should also serve on this committee. Wilmore gave the motion for approval. Motion seconded by White. Motion was approved. Morrow will incorporate the motion in the Operating Codes to be approved by the Executive Committee in the fall. Wilmore will email Morrow with the changes to be included in the Operating Codes.

6. White reported on the 1999 Conference Plans. The topic title has not been finalized, but it

will be dealing with special needs including aging and dysfunction associated with disabilities and disease. He also said it would be good to think of individuals that were a root or heritage to this organization. White has not identified a keynote speaker yet. Things are proceeding behind schedule. Feltz suggested the Graduate Program Review portion of the program should consist of one session. Feltz thinks two hours will be appropriate. The group agreed. The committee discussed and approved the plans for the 1999 conference. White stated events would start Thursday evening and go through Friday and Saturday as we have in the past. Kretchmar liked last year's arrangement.

7. Morrow suggested a mass email as a reminder about nominations. Wilmore will email Susan Scott with a message. Susan Scott will coordinate the global email message.

8. Martens reported on Callaway Gardens. She stated the 1st tee time is at 1:44 on Friday afternoon. Lunch will begin at 12:30 p.m. It would be best if we handle the morning session as we did last year with a 6:30 a.m. continental breakfast and the beginning session starting at 7:00 a.m. Julie reported that the contract is signed. Callaway Gardens has been very cooperative. She'll begin figuring the costs and will submit the information to the Executive Committee. She is trying to determine if we should organize something for Friday evening. She may recommend people be on their own Friday evening. Martens and Susan Scott will begin planning for the 2000 conference this summer in order to have site information available at the 1999 conference. We will be looking at Bend, Oregon as a possibility.

9. Kretchmar reported on the Directory of Specialists. The leadership became ambiguous last year. Kretchmar contacted both Roberta Rikli and Jim Skinner. Jim Skinner has agreed to handle this for 1999 only. Roberta Rikli is part of the committee. They will bring the directory up-to-date and give recommendations as to whether or not we should continue. This will be on our agenda in Georgia.

10. Kretchmar reported on the Graduate Program Review. Twenty-nine schools have signed on for data collection. Feltz reported she has only a couple of inquires so far about how the form should be filled out. People are working on forms. She believes we will have to send out notices and get on the phone once the deadline has passed. She will get addresses and phone numbers from Gil Reeve of committee chairs. She believes there will be some errors in the data because of the project being handed down the line to different people.

Kretchmar reported that Reeve has enjoyed his work with the committee, but this will be the last year. White will need to look for new leadership for this committee. Feltz said Reeve would give a good indication at the conference as to whether the committee needs to be continued.

Kretchmar has received correspondence from Shirl Hoffman regarding the work of the committee. Shirl is writing an article for the NAPEHE Chronicle of Physical Education and Higher Education newsletter and has interviewed both Kretchmar and Reeve. A letter from George Brooks was received regarding this issue stating that Berkeley would not use the information. Discussion ensued regarding this issue but there is hope that Berkeley would

eventually do so. Kretchmar stated he would contact the NRC people now. White stated he believes it would be good to get the NRC evaluations approved by various universities but the Academy should still continue with its current review process and field testing of procedures. Feltz agreed.

11. Kretchmar reported on the AAKPE web site. Kretchmar's recollection is that the senior member-at-large would be the chair of the committee and would be charged with writing an operating code. Feltz motioned that we remove the "Defining Kinesiology Position Paper" statement from the web site (it has been there for over one year) and have the Web Site Committee develop a brief definition of kinesiology for placement on the AAKPE WWW Site. The statement should then be forwarded to the Executive Committee who will approve it for the membership before it goes on the web site. White seconded the motion. The motion was approved unanimously. Kretchmar asked Cureton to handle this as part of the Web Site Committee. Cureton agreed as long as it was construed as a web site issue. He wants to make sure it is not beyond the scope of the Web Site Committee. Kretchmar agreed this would be part of Cureton's charge. Kretchmar said the statement should be brief rather than a scholarly dissertation. Kretchmar referred Cureton to the minutes of October 1, 1998 regarding his task in this area. He asked that Cureton have work completed on the operating code by the time we go to the Fall 1999 meeting.

12. Kretchmar reported the Academy papers are in and will be published in the May issue of Quest.

13. Kretchmar reported that he might be driving to Reston to pick up the archive materials.

14. Kretchmar reported that the spring newsletter is coming along. The deadline will be in April since the newsletter comes out in May.

15. Kretchmar asked White to report on estate planning. White currently does not have an update. He has not heard back from the appropriate people. He will pursue this and will bring it as an item of business to Georgia.

16. Kretchmar reported on the taping of the archives. Kretchmar approached Frank Katch about the kinds of things we would need from him and the necessary involvement of our historians. Kretchmar sent Katch an official charge letter including the format. This is a project that the Executive Committee would like to see further developed.

The call was adjourned at 11:40 EST.

Respectfully submitted,
James R. Morrow, Jr.
Secretary-Treasurer

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Update from the Graduate Program Evaluation Committee

...Gil Reeve

In the Fall 1998 issue of the AAKPE Newsletter, I noted that the Academy had approved a pilot study for the doctoral program evaluation. The materials for the pilot study were sent to 29 schools which had indicated an interest and willingness to participate in the pilot study. Of the 29 schools, 22 were Research-I classification, one was Research-II, and six were Doctoral-I institutions. At this time, 18 schools have submitted their materials for analysis. One Doctoral-I school has withdrawn from the pilot study because the department and school were being reorganized.

During the recent AAHPERD Convention in Boston, I had an opportunity to discuss the pilot study with several individuals who had helped prepare their departments' materials. As you might expect, some indicated that they had made suggestions about the criteria or data which we were requesting. Those suggestions and others will be considered by the Graduate Program Evaluation Committee. More importantly, many (including those with suggestions) were very favorable toward the overall evaluation. In fact, in one case, an individual indicated that he had already shared his departmental data with his provost. Others indicated that the process of trying to collect the data required for the evaluation had made them rethink the type of data they had been collecting and how to improve the faculty and student information for their own purposes.

The plan is for the data from the pilot study to be analyzed shortly and shared with the Program Evaluation Committee. The Committee will review the results from the pilot study and the comments which have been submitted by the participating schools. A Committee report will be prepared during the first part of the summer and submitted to the Executive Committee. It is anticipated that a copy of the Committee's Report may be shared with the AAKPE members prior to the Annual Conference at Callaway Gardens. If any member would like to have more information or to provide comments about the doctoral program evaluation, please contact Gil Reeve, the Committee Chair, at reevetg@mail.auburn.edu.

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Krahenbuhl and Freedson Elected



Gary S. Krahenbuhl, Fellow #325, has been elected as President-elect of the Academy, and **Patty S. Freedson**, Fellow #368, has been elected to a two-year term as Member-at-Large of the Executive Committee. Both will assume their newly elected positions at the conclusion of this year's meetings at Callaway Gardens. Gary is currently Professor of Exercise Science

and Physical Education and also serves as Dean of the College of Liberal Arts and Sciences at Arizona State University. Patty's present position is Professor and Graduate Program Director in the Department of Exercise Science at the University of Massachusetts/Amherst. Congratulations to both Gary and Patty!

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Congratulations to Our Fellow Academy Members

The Academy is pleased to announce that this year's recipient of the Clark W. Hetherington Award is **Margaret Jo Safrit**, Fellow #254. A former president of the Academy, Jo has had an extremely productive and distinguished career, primarily at the University of Wisconsin-Madison and American University. She is recognized internationally for her scholarship in the area of measurement and evaluation. The award will be presented to Jo at the Academy banquet in Callaway Gardens, and the citation for the award will appear in the Fall issue of the AAKPE Newsletter.

T. Gilmour Reeve, Fellow #358, has recently accepted a position as Professor and Chair of the Department of Health, Physical Education, and Recreation at Texas Tech University in Lubbock. Gil will be leaving his position as W.T. Smith Distinguished Professor of Education, Health, and Human Performance at Auburn University to assume his new role on June 21, 1999. The Academy congratulates Gil on his new appointment and wishes him much success and satisfaction at Texas Tech.

Gil has also been appointed as the new Editor-in-Chief of *The Research Quarterly for Exercise and Sport*. His three-year appointment becomes effective June 1, 1999. Gil succeeds **Richard A. Magill**, Fellow #317, who was his major professor for his Ph.D. Congratulations to Gil on his appointment and to Dick for a job extremely well done!

The Academy congratulates **Priscilla M. Clarkson**, Fellow #339, **Barbara E. Ainsworth**, Fellow #376, and **Russell R. Pate**, Fellow #310, who were recently elected President-elect, Vice President, and Treasurer, respectively, of the American College of Sports Medicine.

Priscilla is currently Professor of Exercise Science and also Associate Dean of the School of Public Health and Health Sciences at the University of Massachusetts/Amherst. Barbara is Director of the Prevention Research Center and Associate Professor, Department of Epidemiology & Biostatistics and the Department of Exercise Science at the University of South Carolina in Columbia. Russ is Professor and Chair of the Department of Exercise Science at the University of South Carolina. The Academy is honored that three of its members were elected to office in ACSM and wishes Priscilla, Barbara, and Russ well in these important positions of leadership in our field.

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You Won't Want to Miss the Next Academy Meeting

... Susan Scott and Julie Martens

When: September 23-25, 1999

Where: Callaway Gardens located in Pine Mountain, Georgia (approximately 1 hour southwest of Atlanta)

After a great deal of effort to find a convenient East Coast location without sacrificing quality or a beautiful setting, the AAKPE Board has chosen Callaway Gardens to be the location of the 1999 Annual Conference! You'll love the beautiful countryside location of Callaway Gardens and all of the opportunities this natural setting has to offer. Beginning the evening of Thursday, September 23rd, the 71st Annual Conference for the AAKPE will convene in the Executive Conference Center at Callaway Gardens.

Callaway Gardens is easily accessible from many major interstate and US highways. Just 70 miles from Atlanta, a short trip on Interstate 85, south to Interstate 185, and south to US 27 will take you to Pine Mountain.

There are many attractions at Callaway Gardens to admire. Perhaps you would enjoy what The Gardens has to offer. A refreshing stroll along a trail or perhaps a visit to Callaway's newest attraction, The Callaway Brothers' Azalea Bowl-the largest Azalea garden in the world sounds appealing to you. In addition to the Azalea bowl, The Gardens offers other beautiful sites for you to tour to include the following:

Cecil B. Day Butterfly Center-

The largest glass-enclosed butterfly conservatory in North America with more than 1,000 tropical butterflies in free flight and tropical birds among exotic plants.

John A. Sibley Horticultural Center-

Five-acre garden complex featuring innovative indoor design with seasonal floral displays.

Ida Cason Callaway Memorial Chapel-

A woodland chapel in the heart of Callaway Gardens. Organ concerts are scheduled regularly.

Mr. Cason's Vegetable Garden-

Demonstration vegetable, herb and floral garden cover 7.5 acres and include the Victory Garden site.

Pioneer Log Cabin-

1830s hand-hewn cabin with furnishings of the period.

For our golfers, you can once again expect the Annual AAKPE Golf Tournament to take place Friday afternoon. Callaway Gardens (home of the Buick Challenge) offers a number of 18-hole courses, and we have tee times already reserved at the Lake View Course. Details are being worked out by your very own golf pro, Jim Morrow.

Other recreational activities include tennis, racquetball, fishing/fly fishing, skeet and trap, bicycling, hiking, and horseback riding. You will find more information regarding the availability of these activities in your conference information packages you will receive this summer.

Shopping opportunities are also available at Callaway Gardens. You'll find an assortment of shops featuring gifts, home décor items, apparel, unique foods, and equipment for golf, tennis and fishing.

Six restaurants are available on-site for dining at Callaway Gardens:

- The Plantation Room-well known for its generous breakfast, lunch and dinner buffets including the popular Friday night Seafood buffet
- The Georgia Room-for a more formal dining experience
- Gardens Restaurant-a charming choice for lunch and dinner featuring sandwiches, steaks and seafood
- Veranda Restaurant-offers mouth-watering Italian dishes
- Champions-the place for a sandwich or salad as you overlook Mountain View golf course
- Country Kitchen-the spot for genuine Southern cooking

If you prefer to venture out, Pine Mountain offers numerous restaurant choices for your

dining needs. We'll just mention a few:

- Bon Cuisine Restaurant-featuring fresh seafood and aged beef
- Crickets Restaurant-featuring wonderful New Orleans Cajun & Creole Fare at it's very best
- Moe's & Joe's Sportsman Grill-featuring great burgers, sandwiches, salads, steaks and chicken
- Meguires Family Restaurant-featuring southern-style food and the best catfish around
- Oak Tree Victoria Restaurant-featuring American, Franco and Italian cuisine entrees
- San Marco's Mexican Restaurant-featuring authentic Mexican cuisine

Once again, we've obtained excellent room rates for the AAKPE group. The Callaway Gardens Inn at Callaway Gardens features 350 comfortable guestrooms and suites. A single or double Inn standard room at The Callaway Gardens Inn is only \$100 (plus tax). All rooms are subject to a one-time surcharge of \$13.00 per person for the length of stay up to seven (7) days. This surcharge includes gate admission to Callaway Gardens (optional).

If you prefer to make your reservation before receiving your package this summer, you may call 1-800-CALLAWAY. Check-in is at 4:00 PM and check-out is at 12:00 Noon. A reservation will not be held without a one night's deposit to your American Express, Master Card, VISA or Discover card. A check or money order may be sent in with the hotel reservation form you will be receiving with your package. **The room block will only be held until August 24, 1999 (30 days prior to our arrival). Reservations after that date will be held on a space-available basis.**

Make your plans now to attend the 1999 Annual AAKPE Conference to enjoy another excellent program, good friends and a beautiful setting! For more information and pictures of Callaway Gardens, please check out their home page at www.callawaygardens.com.

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Update on Plans for the 1999 AAKPE Meeting

... G. Alan Stull

This year's meetings will begin on Thursday evening, September 23, and conclude with the annual banquet on Saturday evening, September 25. Julie Martens and Susan Scott have selected a beautiful site, Callaway Gardens, which is located about an hour southwest of Atlanta and offers excellent facilities and a wonderful setting for our sessions. We would be remiss if we did not express the gratitude of our members to Julie, Susan, and Human Kinetics for their invaluable contributions to the Academy.

As this issue of the AAKPE Newsletter goes to press, President-elect Tim White is still in the process of finalizing the program for the sessions. He will release the details of the meetings just as soon as all of the planning has been completed.

We look forward to seeing each of you at Callaway Gardens and anticipate a truly outstanding program.

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Note from the Editor

... G. Alan Stull

Beginning with this issue of the AAKPE Newsletter, Leigh Gordon has succeeded Kathy Read as the webmaster for the Academy. Kathy was responsible for setting up the first issues that were published electronically and was not only extremely competent, but her wonderful sense of humor and patience were deeply appreciated by this editor. Her contributions to the Academy were significant, and we extend our most sincere gratitude for her excellent work.

It has also been a pleasure to work with Leigh on this issue. She, too, is highly competent and most helpful whenever the need arises. We thank her for her willingness to assume the position as webmaster and for her outstanding contributions to this issue. We look forward to working closely with Leigh on many future projects.

Any submissions for inclusion in the Fall 1999 AAKPE Newsletter should be sent to:

G. Alan Stull
2022 Bobtail Circle
Henderson, NV 89012
Fax or Phone: 702/914-9640
Email: alstull@anv.net

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Letters to Monty

January 26, 1999

Dear Monty,

I read with interest the ongoings of the Academy although I have not participated in their gatherings for several years largely because of constraints in budgeting for travel. In response to your invitation to "sound off" about my personal status and my suggestions for the Academy, I can only say that I'm still working part-time with an office in our laboratory and that the Academy appears to be well managed, well attended, and productive regarding the exchange of professional information.

Over the past several months, I have managed to prepare manuscripts on: "Perspective on Exercise and Wasting," "Sodium in Exercise and Sport," and "Temperature Regulation and Heat Exchange During Exercise: Concepts and People." Reviewing also takes several hours per week as does editorial duties. I still enjoy hunting, fishing, tennis, golf, hiking and, of course, reading.

Of concern regarding organizations and their activities, there is so much going on that retention of true contributions appears somewhat overwhelmed by all the action. Those of us who remember simpler times stand in wonder and hope that bright young people can sort through the action and sustain progress.

Sincerely,

Elsworth R. Buskirk, Fellow Emeritus

January 29, 1999

Dear Henry,

I'm responding to your January 2 letter in which you requested information on how we "ole geezers" are spending our time in retirement. I am delighted to report that Mariana and I have, thus far, been blessed with good to excellent health, so we have been enjoying what we P.E. types call an active lifestyle.

Your letter reached us in Santa Cruz, CA, where we have been comfortably ensconced for three months after selling our home in Sacramento. The present "drill" is eight months in Santa Cruz (November 1 through June 30) and four months at Lake Almanor, our mountain summer home (July 1 through October 31). Ah, the clean, invigorating salt air of Santa Cruz and the sweet smell of the pine at the lake! Tough life! Forgive me for waxing "poetic."

You asked me how I am spending my time. Following are a few specifics.

Professional

1. Attend annual meetings of the Western College Physical Education Society in Reno.
2. Attend annual meeting of the California Association for Health, Physical Education, Recreation and Dance. At this year's conference in Monterey (March 12), I will conduct a badminton clinic and tourney as part of the program.
3. Attend NAPEHE, ACSM, AAHPERD, and AAKPE conferences when they are near California.
4. Recently taught a gymnastics activity class at Sierra Community College in Rocklin, California.

Hobbies

Own three homes in California (322 miles between the southern and northernmost) and enjoy doing my own repairs, upkeep, etc.

Sports Participation/Travel

These two activities are highly related in my life. I use badminton tournaments not only as a way of being active physically, but also as a great way to travel and add small vacations to visit relatives, sightsee, etc., after tournaments are completed. In August, I competed in the World Masters Badminton Championships in Portland, Oregon, and won one gold and two medals. I just returned from an international tournament in Miami where I captured one gold and a silver medal. Mariana is an avid aerobics participant, and we manage to go dancing on the average of twice a month in winter and once a week in

summer.

Sincerely,

James S. Bosco, Fellow #218

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