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Dear Alum,

We sincerely hope that this letter finds you living each day to its fullest and pursuing your goals and your DREAMS! We'd hope that this includes reuniting with your friends from Youngstown State University! In this regard, the Department of Human Performance & Exercise Science wants to reunite with you and recognize your outstanding achievements by inviting you back to YSU's Homecoming to join us at the fourth annual 'HPES Alumni tailgate' party! There's so much we need to catch up on!

Let's start with the most important item first; YOU! 'You' are continuing to build upon the fine work that you started while at YSU. YSU alum, 148 to date, now occupy positions in public and private health and wellness facilities (*Donnie 96, Tony 97, Matt 97, Beth Ann 97, Sherry 97, Tammy 97, Ria 98, Ben 99, Roxanne 00, Paulette 00, Adam 00, Bill 00, Keith 00, Alicia 00, Jarod 00, Stacie 00, Adrienne 01, Brandy 01, Jenn 01, Jon 01, Kate 01-started/owns Rx Fitness, Maggie 01, Liz 02, Steve 02*), corporate worksite (*Allison 97, Shane 98, Missy 99, Becky 00, Lisa 01*) and hospital-based health promotion (*Carin 99, Amy 00, Vernon 00, Billy 00, Anastasia 02*), clinical and rehabilitative exercise programs (*Lou 96, Mike 96, Janene 96, Casey 97, Jim 97, Bev 97, Angie 97, Adam 98, Michelle 98, Kristy 98, Rod 98, Doug 99, Kcey 99, Dorothy 99, Jason 99, Kristie 99, Summer 99, Brian 00, Jessie 00, Ryan 00, Billy 00, Susan 00, Brian 01, Carlye 01*), exercise equipment (*Ian 98*), coaching (*Jenn 02*), and in the field of strength and conditioning (*Chad 98, Ken 99, Brandon 01 Antoniano 02*). And of course, some graduates have found excellent positions that are not directly related to Exercise Science (*Devin 96, Tina 96, Tamika 96, Ray 97, Bill 97, Melissa 97, Laurie 97, Janine 97, Jason 98, Denise 98, Pam 98, Joe 98, Christa 98, Jason 98, Rose 98, Larry 98, Chris 98, Amanda 99, Jess 99, Marica 99, Jill 00, Todd 00, Alexis 00, Vickie 00, Andrea 01, Mike 01*). The thirst for knowledge, or the quest to delay entry in the 'real world' ☺, has led many to pursue advanced training such as doctoral (*in progress: Matt 97-Univ of Maryland, Ed 97-Kent State*), master's (5 to date; *received this year: Melissa 99; in progress: Larry 98-KSU, Ken 99-Akron, Matt 99-Auburn, Amy 00-Akron, Sara 00-Pitt, Adrienne 01-Slippery Rock, Jake 01-Ball State Andy 02-YSU, Craig 02-KSU*), chiropractic (*in progress: Joe 97*), massage therapy, occupational, physical therapy assistant (2 to date; *in progress Lou 96, Steve 01*) or physical therapy degrees (6 total; *in progress, Bill 99-YSU, Danielle 00-Miami FL, Matt C 00-YSU, Matt L 00-YSU, Danielle 01-YSU, Amanda 02-YSU, Eric 02-YSU*) or other post graduate degree programs (*Jaime 99, Kristen 99, Amy 00, Cheryl 00, Mauro 00*). And let's talk about certifications/licensures: ACSM certified as Health Fitness Instructors (29 total, *this year: Jake 01*), ACSM Exercise Specialists (1), NSCA certified Strength & Conditioning Specialists (6 total, *this year, Sean 02*), Athletic Trainers (3), physical therapists (6) physical therapy assistants (2) and massage therapists (6). WOW! Your competence, professionalism, dedication, and creativity, long known regionally, is beginning to gain national recognition. And speaking of the nation, we're everywhere (well, almost): Alabama (1; *Matt 99*), California (2; *Ria 98, Rose 98*), Colorado (1; *Alicia 00*) Florida (5; *Devin 96, Adam 00 & Danielle 00, Ryan 00, Vernon 00*), Indiana (2; *Tamika 96, Jake 01*), Iowa (1; *Joe 97*) Georgia (1; *Melissa 99*), Kentucky (1; *Doug 99*), Maryland (3; *Matt 97, Andrea 01, Mike 01*), Michigan (3; *Ian 98, Shane 98, Chris 01*), Missouri (1; *Tina*), Nevada (1; *Paulette 00*), North Carolina (4; *Ruthie 96, Allison 97, Carin 99, Lisa 01*), Ohio (many!), Pennsylvania (Beth Ann 97, *Ceil 97*), Texas (2; *Stefanie 97, Becky 00*) and Virginia (1; *Janine*).

So let's get together to celebrate, to rekindle old friendships {many of you have recently become engaged (*Amanda 99, Kcey 99, Kristie 99*), or been married (*Ruthie 96, Tamika 96, Amy 00, Kristen 99, Melissa 99, Matt C 00, Mauro 00, Paulette 00, Brandon 01, Brian 01, Jill 01, Kate 01, Kristin 01*), and, we even have some 'new penguins' (*Tamika 96, Tina 96, Jason 99, Kristy 98-#3, Rod 98, Rose 98, Ben 99, Melissa 99, Maggie 01, Ryan 00*}, and to make new friendships! There's no better time than Youngstown State University's Homecoming! The Department of Human Performance and Exercise Science invites you to join us and your fellow alum at a 'tailgate' party, on **Saturday, November 2<sup>nd</sup>** as the Mighty YSU Penguins battle Gateway Conference rival Southern Illinois at 4:00 p.m., with the annual homecoming parade starting at 2:00 p.m. Tickets to the game may be obtained by contacting the Ticket Office in Stambaugh Stadium at 330-941-2351. For the 'tailgate', we have reserved a tent that will be located at the dead-end of University Plaza (next to the Veteran's Memorial), between the front (south) of Beeghly Physical Education Center and Kilcawley Center. We will start the 'party' rolling at ~12:00-noon and continue till kickoff (4pm)! The Department will provide food and beverages. Please RSVP to help us in our preparations. The University permits beer to be brought to tailgates, but requests that it be contained in cans rather than bottles.

It's been two years since we've launched YOUR website <http://cc.ysu.edu/exsci-alumni/>. It is dedicated to helping alumni stay in touch with each other, our current students and our program, as well as making you aware of professional opportunities. We would like to thank all of you that have registered and have contributed to its development. Your efforts have resulted in the creation of a valuable professional resource. It has also assisted your classmates obtain jobs and our undergraduates obtain internships! Visit the website today and encourage your fellow alumni to register to make staying in touch easier! We love to post pictures of... YOU!!

If you can't make it to Homecoming this year, plan on joining us next year since we intend to continue this as an annual tradition! However, we will only remind you via e-mail. And finally, drop us a line (snail-mail or e-mail) to keep us posted!

Cordially yours,

Frank J. Bosso, Ph.D., HFI<sub>ACSM</sub>

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