

## Notes

Thank you to the undergraduate HK Club for tending to our adopt-a-spot last week. A few hardy members gave some time weeding, mulching, and planting the island. Our undergraduate club will maintain the site in the fall and our graduate club will care for the island in the spring and summer. Your help is much appreciated.

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The 2008 spring class schedule is in its near-final form. Kim has shared this proposed schedule with the HK faculty and staff. Unless she receives any last minute corrections, this will be the version to appear on-line for student registration to be available on Friday October 5<sup>th</sup>. Please contact Kim right away if there are necessary changes. Shellie will be contacting you soon for your textbook orders. Thanks.

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By now you will all have received the annual invitation to contribute to United Way. We have a strong tradition at Purdue for supporting our local community through these contributions. There are 25 local agencies that benefit from the United Way campaign. And 100% of your gift contributions go either directly to a selected agency of your choice, or to the participating agencies as a whole. Please consider making a donation. Our HK United Way Team Captain is Kim Lehen. She will be pleased to receive your contribution form. All forms are requested to be returned to Kim even if you choose not to participate. Thank you.

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We are all looking forward to the Experience Liberal Arts month that begins on the 1<sup>st</sup> of October. Please support as many of these wonderful events as possible. I want to draw your attention in particular to the Recognition of Achievement Reception on October 17. Our own Dr. Roseann Lyle will be among those honored that evening for her University Faculty Scholar Award recognition. Congratulations, Roseann.

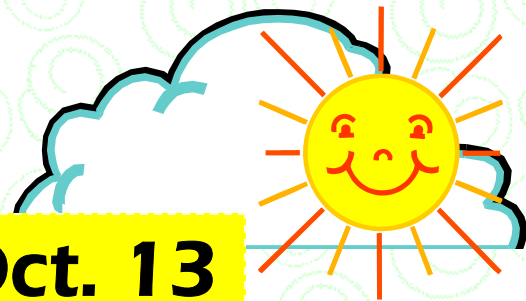
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That's it for now. Please welcome the beginning of fall with renewed enthusiasm for doing the best you can in everything you do.






# Vitality



## Calendar—Sept. 30 - Oct. 13

Sun	Mon	Tues	Wed	Thur	Fri	Sat
30	1 October EXPERIENCE LIBERAL ARTS MONTH BEGINS	2	3	4	5	6
7	8 October Break!	9 October Break!	10 HK Faculty Meeting 3:30, LAMB 108	11	12	13 Happy B-day Susan Flynn! 

## Grad Info

### Fall 07 Graduation Deadlines

- October 12:** Last day for exam/degree only registrants to submit the Final exam and Thesis Receipt form.
- December 1:** Last day for students to pass the final exam.
- December 7:** Last day to electronically submit a dissertation (PhD students) or deposit a Thesis (Master's students)

Notify Jill **at least** 2 weeks before your proposal, preliminary or final exam date.



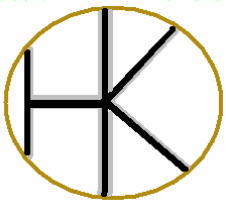


*Vitality*



**Coming soon,  
to a yard near you!**





# Vitality



## Congratulations



Phil Troped has been awarded \$371,878 by the National Cancer Institute, National Institutes of Health, for a two-year R21 project entitled, *Exploratory Study of Environmental Effects on Activity/Overweight in Older Women*. Phil and colleagues from the Harvard School of Public Health and the Massachusetts Institute of Technology will develop objective measures of the built environment for roughly 30,000 participants in the Nurses' Health Study who live in Massachusetts, Pennsylvania, and California. The research team will then examine relationships between these environmental factors and physical activity and weight-related outcomes. It is hoped that this study will yield new insights as to how neighborhood design influences physical activity in older women and inform future physical activity interventions.



## Reminder!

Please be sure to turn in your United Way Envelopes to Kim Lehnen with your name on it.

Thank you!



# Vitality



## Let's Dance!



**Lakshmi Joysula** will be dancing in the Indian Classical Music Association presentation!

The Purdue Student Union Board is conducting a Diversity celebration series called Passport. The first of the series, to take place this Friday, will focus on dance.

The following is from the PSUB website:

Dance Passport

**When:** Fri, Sep 28, 7pm - 9pm

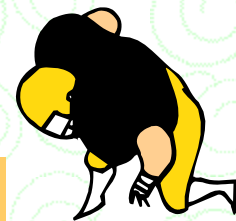
**Where:** Union North Ballroom



Description: The Passport Series is an event that celebrates different cultures through each program. The passports are open to both students and general public. Each event allows participants to be immersed in the culture through presentations of music, dance and basic cultural information. Participating organizations include: Ballroom Dance Club, Capoeira, Dance 2XS, Hellenic Student Association, Indian Classical Music Association, Mirage Bellydancers and Salsa Club.

**The event is free, and some groups will also include instruction in their performance.**





## HK Football Crushers Look Forward to Tournament

Monday night, the HK Crushers moved one step closer to greatness with a win over a familiar opponent.

Last year the HK Crusher football team had a pretty good run. They went into the season-ending tournament with a full head of steam, but alas, they were derailed...derailed by the team known as the Benchwarmers. It was a hard fought battle with a great deal of trash-talking and other forms of gamesmanship that would throw even the steeliest of veterans off their game. Several crushers were injured, including team captain, Allie Boester and defensive back Chris Rhea. Both barely made it out alive. Rhea was in rehabilitative therapy for 6 months. Eventually, the Crushers were sent home for good and the cocksure Benchwarmers went on to win the title.

New year, new story. When the Crushers took the field on this uncharacteristically balmy Monday night, several of the players instantly recognized their opponent. "I would recognize those guys anywhere. All those pulled up socks and fancy receiver's gloves, yeah, it was the Benchwarmers alright," said lineperson, Colleen Thompson. "I see those rushers coming at me in my nightmares. I could never forget," said a visibly shaken Hailey Lawyer. The Crushers were also fairly recognizable. "They saw us and knew exactly who we were. They started snickering and laughing...they thought they were in for another easy win," remarked defensive specialist, Nicole Rheaume. The Benchwarmers were confident and disrespectful from the start. At the pre-game meeting in the middle of the field, the Benchwarmer captain was less than sportsmanlike to captain Boester. "He kept calling me babe, honey, and sweet cheeks...can you believe that," said Boester.

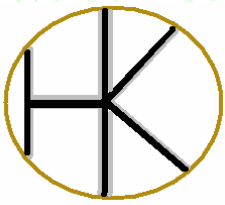
The whistle blew and the game started much as it did a year ago. The Benchwarmers made Swiss cheese of the Crushers defense and marched down the field for a score, and an extra point. But the Crushers knew what they were in for and patiently weathered the Benchwarmer storm. "When the money ran out in Thailand, I had to use the skills that I learned in the S.E.A.L.S. and kick box to make ends meet so I know that you just have to survive the first round. You know, let the other guy get tired, then you go in for the knockout," reminisced Tobin Silver. Little did the Benchwarmers know, but the knockout was coming.

The Crushers, in their first possession, scored their first touchdown when Hailey Lawyer connected with Jon Riley for a 60 yard completion in the end zone and then converted the extra point. The Benchwarmers tried to answer but their efforts were thwarted by Bree Studenka and a timely interception, her first of the season. The Crushers took advantage of the turnover and easily moved the ball down the field to the threshold of the end zone. The drive was capped off by a perfect pass from Travis Dorsch to a leaping Director of Football Operations, Tim Wright, in the back of the end zone. "I've seen a lot of sporting events in my day, but I know for sure that I've never, ever seen a man jump that high in my life. Amazing, simply amazing," said Dorsch.



At halftime, the Crushers had established a substantial lead, but they would build on it in the second half. On their first possession of the second half, the Crushers let the Benchwarmers know.....it was over. Like an enraged spider monkey, the Crushers unleashed a barrage of teeth, claws, and whirling limbs in the general direction of the downtrodden Benchwarmers. Touchdown after touchdown the Crushers added to their lead, and by the time the final whistle sounded, the Benchwarmers were back where they belonged, on the pine.

The Crushers, like the vast majority of the other HK intramural teams, went undefeated during the regular season. But now it's tournament time, and the stakes are much higher. The football Crushers want that elusive t-shirt and along with it, the opportunity to hang another banner in the Lambert gymnasium. They know it's not going to be easy, but with the new found momentum from beating their archrival, the Crushers are ready to pummel any foe that stands in their way.



# Vitality



## Please Donate!

**“The banner is in and I must say, aside from the Leaper banner, this is the best banner ever.” - Tobin Silver**

**Thank you Printing Services for everything!!!!**

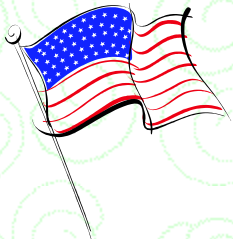


In a few weeks Tobin Silver plans to ship this banner off along with some supplies to MNSTCI J-6 PHOENIX BASE IRAQ, APO AE 09348. The troops will take a photo in front of the United States of America military equipment holding the banner, they will sign it, and then send it back. A piece of history for HK and peace of mind for those that donate.

Please take a moment and drop off something to give to the troops in Iraq. There will be one box in the Ismail Center and one in the main office of Lambert.

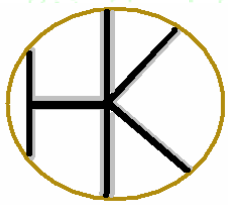
If you are having trouble thinking of what to give, just think of anything that would help remind you of home or that would help out in the desert: drink mixes (they only get water), wipes Soft packs Skittles, DVD's, eye drops, lotion, books, chap stick, coffee, healthy bars, beef jerky, tooth brush, tooth paste etc. If you do not have time with shopping for items, then another option is to help with the shipping cost. (The last box cost \$40).

Whether you support the war or not, this is a great opportunity to increase the morale of the men and women who are over there risking their lives for your freedom.



Thank you,  
Tobin Silver





# Vitality

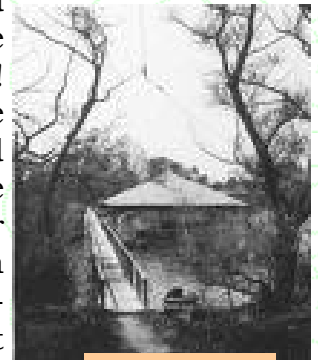


## What we know in our bones...



**Henry Bugbee**

Some books, once read, cling. For us, that was the case for American philosopher Henry Bugbee's (1915-1999) 1950s journal, *The Inward Morning* (the title for which was the title of a Henry David Thoreau poem). What caught our attention initially was Bugbee's discussion of his experiences on the Princeton crew team. Crew was America's first intercollegiate sport, and Princeton was there nearly at the beginning of it. As a freshman in the early 1930s, it was the water that lured Bugbee to the boathouse; it wasn't that he knew anything in particular about rowing. So in the early fall of his freshman year he put a single shell in the lake, trying to get the hang of the boat by balancing and sculling. But once on the water he was paralyzed, teetering, and afraid to stick the oars in the water for fear of tipping. Then a voice bellowed from the boathouse: "Hey! You out there! Take a stroke! Take a stroke!" Bugbee, startled, said he desperately stabbed at the water, one oar deep, the other skimming the top. The gig, as he called it, flipped over. Then the voice again: "Hey you! Get around to the other side of the boat!" Bugbee did as he was told, looking to shore for the next life-and-shell-saving command: "See, the water's warmer on that side!" Then, John Schultz, Bugbee's future coach, started laughing and turned back to the boathouse to let the youngster figure out how to get back to shore on his own.



**Boathouse**

What Bugbee found in rowing he briefly conveyed in *The Inward Morning*. The atmosphere itself—the boathouse, the equipment, seeing the old hands marching the sixty-foot eights down to Lake Carnegie—was charged. As a raw beginner, Bugbee was assigned to the bottom of the rowing ladder; to the broad barges that you could step into without going through the bottom (rowing shell bottoms are so thin they won't take the direct weight of the rowers). Implicit in this early experience was the unspoken feeling Bugbee got from the upper classmen: "Rowing is a skill; we row to acquire it; those of us who have it row to perfect it; and you, dunce, row with a prayer to acquire it."



**Princeton, NJ : Carnegie Lake**

In time, Bugbee acquired it. He said that the pecking order of boats and crews created healthy purpose, plenty of competition, and clarity of achievement. Not much ambiguity either, since making one's mark was instilled in all the athletes every day—whether practice or race—with the barked coaching command: "Ready all, row!" But rowing for Bugbee turned out to be something more yet. It went beyond goal-oriented behavior, was more than skill acquisition, and could not be explained by way of fulfilling a moral standard or even by ego-satisfaction. Bugbee caught occasional glimpses of this "something more," by seeing an eloquent rower in action, or by experiencing the relentless urgings of Coach Schultz, who, Bugbee claimed, had a nose for lard, "the lard about people's souls."

Con't...



# Vitality



## What we know in our bones...



This crew experience is an illustrative example of what *The Inward Morning* narrative as a whole was about: immersion and commitment. He called these twin, unmediated components “bathing in fluent reality.” Rowing, and most all other skillful embodied actions, opened up possibilities for the human experience of what Bugbee called bone marrow truths.

Bugbee was unique as philosophers go. After graduating from Princeton, his PhD studies at University of California, Berkeley were interrupted by World War II when he enlisted in the Navy, serving as captain of a minesweeper in the Pacific. Finishing his PhD in 1948, he joined the Harvard Philosophy Department faculty. *The Inward Morning* was written while Bugbee was holding the George Santayana Fellowship in 1953-1954. Bugbee’s teaching career eventually took him to the University of Montana, Missoula, in 1957, and there he remained until he retired in 1977.



Minesweeper

Bugbee’s writing is sometimes called a philosophy of wilderness; writing in first person as he did and anchored constantly by his life experiences, he took his meditating on the road. He said he studied philosophy in the classroom; but he did philosophy mainly on foot. Like Thoreau, Bugbee was a walker. He found himself especially close to the American lakes, rivers, and streams both east and west; he was an accomplished fly-fisherman. In the text of the 1999 University of Montana memorial minutes marking his passing, this was written: “He fished with the same eloquence he lived.



Missoula, Montana

No fly-line could be cast with greater grace; no one could acquire a more studied knowledge of the streams and lakes and the fish that finned there; no one could have a more reflective understanding and appreciation of the fullness of the moment when a fish breaks water. For all who fished with him, Bugbee was a mentor of the art of appreciating the earth, its waters, and what they bear.”

Bugbee’s own life stance was cause for the philosopher Willard Van Quine to call Bugbee “the ultimate exemplar of the examined life.” If so, what Bugbee was examining wasn’t life in the main, pondering universals, making abstractions, or inventing generalizations—even if thoughtfully produced. Instead, what Bugbee was committed to was the concrete and the particular. That’s why immersion and commitment were the two touch points of his thinking. When we are immersed and committed, Bugbee believed, our actions are truest even if in the absence of justifying reasons; the doing itself is the justification; there is no separation between the meaning of the action and the action itself; and in our manner of doing the action, we become articulate.

Con’t..



# Vitality



## What we know in our bones...



And so, it is by way of immersing ourselves in these bone marrow truths that we find our own particular vocation, our own calling. “In a noisy soul this call is utterly ignored,” Bugbee writes. “But as true stillness comes upon us, we hear, we hear, and we learn that our whole lives may have the character of finding that anthem which would be native to our own tongue, and which alone can be the true answer for each of us to the questioning, the calling, and the demand for ultimate reckoning which devolves upon us.”

The examined life, for Bugbee, is wisdom instantiated. But wisdom is not a form of knowledge possessed—clearly the most common understanding of wisdom. “Wisdom may better be conceived,” Bugbee writes, “as giving us the strength and courage to be equal to our situation than as knowledge giving us command of it.” Not arrival, but going-on; truth not taught, but truth lived.

Coach Schultz had high expectations for Bugbee and the Princeton crew company. Infinitely high, it seemed. So many times, Bugbee reported, after six grueling miles of giving the training all you had, his crew would row furiously home. Schultz would be waiting for them at the boathouse with megaphone in hand. This coaching fiend, more often than not, would be yelling at them for not giving their all. Those last few strokes, Bugbee said, were the most futile of the practice. But occasionally, “those six miles would round out into an incorruptible song,” so rhythmic that the boat was practically lifted entirely out of the water. Once, after such a melodic and airy six mile run, and when the eights shell glided into the still water on Lake Carnegie near the boathouse, the rowers heard nothing through the megaphone from the coach. Schultz wasn’t ranting and raving; he was quietly tinkering in his workshop, and seemingly unaware that the boat was even back. When Bugbee passed through the shop on his way out of the boathouse Schultz was still there. As Bugbee went through the door, the coach muttered quietly, almost to himself, “You was moving.” This was the bone marrow truth.

