SINGAPORE WALKING

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We have received several concerning new physical fitness, including changes in the country. The two in the San Francisco Bay are being promoted by an American basketball league, which is very popular with the local community. The league consists of 16 teams, and the coaches and players are expected to be competitive and exciting. In addition, there will be a league of 32 teams playing each other.

A soap opera star, the Doctor, has recently joined the cast of the popular series. The character is a former police officer who turned his life around and now helps others do the same. The show has received positive reviews and has gained a large following.

On another note, the local community has recently held a charity walk to raise funds for a local hospital. The event was well-attended, with many people participating and raising money. The hospital has expressed gratitude for the community's support and has pledged to use the funds wisely.

For more information or to get involved in these events, please contact the ISHRT office at 555-5555. Thank you for your support and participation.
<table>
<thead>
<tr>
<th>Rank</th>
<th>Player</th>
<th>Team</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>1</td>
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<td>Golden Bears</td>
<td>26</td>
</tr>
<tr>
<td>2</td>
<td>Thompson</td>
<td>Tigers</td>
<td>25</td>
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<tr>
<td>3</td>
<td>Davis</td>
<td>Phoenix</td>
<td>24</td>
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<td>4</td>
<td>Mitchell</td>
<td>Warriors</td>
<td>23</td>
</tr>
<tr>
<td>5</td>
<td>Smith</td>
<td>Rockets</td>
<td>22</td>
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*Rankings as of the end of the season.*

**Notes:**
- Jordan and Thompson are tied for the lead in scoring.
- Davis and Mitchell are close behind, with Davis having the edge.
- Smith and Smith are tied for the 5th spot.

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**Team Records:**
- Golden Bears: 35-10
- Tigers: 34-11
- Phoenix: 33-12
- Warriors: 32-13
- Rockets: 31-14
- Others: Various records

**Additional Info:**
- The season was marked by strong performances across the league, with many players achieving career-highs.
- The playoffs are set to begin in the next month, with the top teams vying for the championship title.

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**Player Stats:**
- Jordan averaged 26 points per game.
- Thompson scored 25 points per game.
- Davis contributed 24 points per game.
- Mitchell scored 23 points per game.
- Smith added 22 points per game.

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**Team Standings:**
- Golden Bears lead the league by 3 points.
- Tigers are in second place, 2 behind the leaders.
- Phoenix is third, 4 points back.

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**Upcoming Games:**
- Golden Bears vs. Warriors: April 10
- Tigers vs. Rockets: April 11
- Phoenix vs. Others: April 12

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**League Leaders:**
- Point Scoring: Jordan, Thompson
- Assists: Davis, Mitchell
- Rebounds: Smith, Smith

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**MVP Watch:**
- Jordan, Thompson
- Davis, Mitchell
- Smith, Smith

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**Final Thoughts:**
- The league is heating up as the playoffs approach.
- Teams are pushing for the best records to secure playoff berths.

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**Contact Info:**
- League Office: 123-456-7890
- Player Rep: 987-654-3210

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**More on PETES BANKING:**
- The banking sector is witnessing significant changes with new strategies and services.
- Customer satisfaction remains a key focus for all banks.

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**References:**
- Jordan, Thompson, Davis, Mitchell, Smith, Smith
- Golden Bears, Tigers, Phoenix, Warriors, Rockets

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**Further Reading:**
- Sports Illustrated - Basketball Edition
- The New York Times - Sports Section
- ESPN Daily Update
The last photo issue included ROB HILL's Orient report about his trip to the Orient. Have you read it yet? I thought it was really well written, and I'm sure you will enjoy it too.

Trip to the Orient

As mentioned earlier, we are planning to offer a 20 day trip to the Orient. I gave it about three months of careful thought before making the decision, and I have been looking forward to this trip ever since.

We flew into Tokyo on November 19 and checked into a hotel near the airport. The next day we took a tour of the city, visiting some of the main attractions such as the Senso-ji temple, the Tokyo Tower, and the Imperial Palace.

The next day we took a day trip to Nikko, which is about two hours north of Tokyo. We visited the Toshogu Shrine and the famous Kegon Falls. The scenery was breathtaking, and we spent the afternoon exploring the beautiful gardens and temples.

The following day we took a train to Kyoto, which is about two hours away. We stayed in a traditional ryokan for three nights and visited some of the most famous sights in the city, such as the Kinkaku-ji Temple, the Fushimi Inari Shrine, and the Arashiyama Bamboo Groves.

The next stop was Hiroshima, where we visited the Peace Memorial Park and the Atomic Bomb Dome. It was a very emotional experience, and we took a lot of pictures to remember the trip.

After Hiroshima, we headed to the southern island of Okinawa, where we stayed for a week. We spent most of our time exploring the beaches and trying the local cuisine, but we also visited some of the historical sites, such as the Shuri Castle and the Okinawa Churaumi Aquarium.

The last stop of our trip was in Taipei, Taiwan. We arrived on December 13 and spent the next three days exploring the city. We visited some of the famous landmarks, such as the Taipei 101, the National Palace Museum, and the Confucius Temple. We also went on a food tour and tried some of the local delicacies, such as the beef noodles and the stinky tofu.

Overall, the trip was amazing, and I would highly recommend it to anyone who is interested in history, culture, and nature. We had a great time and created many memories that we will never forget.
Spas in 1900. He was a painter, a sculptor, an author, and a physician, and he was executed by the Spaniards at the age of 35. We saw the quarters where he spent his final days.

In the evening we met at HELEN and TUNE and dined at the beautiful D'Allessio Restaurant, located on the second floor of our hotel.

The following morning was quite sunny and we went for a rather long run. The weather in Manila is definitely rainy, so the humid humidity is really too much. After lunch we were taken on an excursion along the coast. Our guide took us on a 12-kilometer boat ride, and we saw the Barong Caracol, an incredible instrument which dates back to 1516. It stands in the Las Piñas Church, and you have to believe it. Next we went to the Jeepney Factory, where the jeeps are manufactured. We were then taken to the Botanical Gardens, where there are over 50,000 species of trees on the streets of Manila, and they are very colorful, all being distinctly different.

A great tourist attraction, but I'm sure that they would never be tolerated in the U.S., their car's motors are terribly smelly and air polluting.

We stopped at the War Memorial, where over 17,000 American and Philippine casualties of World War II are buried. Their names and ranks are chiseled on dozens of tall marble pillars forming a large circle in the center of the grave site. There were also four spacious rooms in which large mosaic tile maps of the battles of the South Pacific were depicted. Our guide FABIO gave us a very informative and interesting lecture on the defeat of the Philippine Islands and the subsequent liberation of the Philippines in 1945 by the American forces. This step is definitely worth mentioning.

Before returning to our hotel we stopped to do some shopping at the Harrison Plaza, a huge shopping center. We found the St. Ignatius Library and the Makati Hotel next to the Sheraton Hotel. It is an impressive ceremony, and a very nice place where you can spend a few hours.

Our final stop was the Hilton Hotel, which was a typical American hotel and enjoyed a delightful view of the Philippine skyline, a unique and picturesque view.

After dinner we visited the hotel discotheque, a great place loaded with music and lights.

I'm sure that our youngsters will spend a lot of time here when we return next August.

I have traveled extensively. My first choice is my favorite place for relaxation. I love spending time with my family and on my vacation, especially in the United States. I enjoy exploring different cultures and trying new foods. I also enjoy hiking and taking long walks on the beach.

The hospitality of the American people is truly remarkable, and the food is delicious. I've had the opportunity to visit many places, including Hawaii, California, and New York.

Singapore Science Centre

What could possibly be the reason for bringing together such a diverse collection of objects as a crystal ball, a model nuclear power reactor, white rice and the latest Marovone feet? Science is the answer, and the place that is changing the name of Singapore Science Centre is living.

By your experience of a science museum has been a fun and exciting experience. The overall feeling is one of excitement and fascination. The variety of exhibits is impressive, and the attention to detail is truly remarkable.

The exhibits range from basic science experiments to more advanced concepts, such as quantum mechanics and black holes. The interactive nature of the exhibits allows visitors to explore and understand complex ideas in a fun and engaging way.

The Singapore Science Centre is a fantastic destination for people of all ages. It offers a wide range of exhibits and activities that are designed to educate and inspire. Whether you're interested in science or not, the centre is a must-visit destination.

The centre is open daily from 10 am to 6 pm, and admission is free. It is located in the heart of downtown Singapore, making it easily accessible from most parts of the city.

The Singapore Science Centre is an excellent example of how science can be made accessible and enjoyable. It is a true celebration of the importance of science in our lives and a testament to the power of education.
You don't always have to act your age

By M. G. Sevall

About the only time most of us give attention to our physiques and exercise programs when we're ill and the doctor prescribes consequent reduction is during a period of illness or injury. We indulge in whatever we like—food, drink, solitude—with little regard for what is in our best interest. Unhealthy, plump, personal appearance and longevity. Mature adults are particularly susceptible to this syndrome unless they've been lifelong sports enthusiasts or have some particular interest in fitness.

But there are admirable exceptions and 73 year-old World's Greatest McFadden of San Diego is one of them. When McFadden retired in 1967, he and his wife, Leta, gave serious consideration to what they would do that would enrich their retirement years. They agreed they wanted to do something interesting and challenging that would contribute to their health and happiness.

While they were pondering how best to chart the course of the rest of their lives, they learned that the First World Masters Track and Field Championships would be held in San Diego. The attraction was McFadden. The mature man intrigued McFadden and he embarked on a training program. That was in 1968 and he's been training and successfully competing in track and field events throughout the world ever since. Competing in many age classifications from 40 years and older, often McFadden has won. His achievements have resulted in numerous world records and wins in numerous events. He's won three times, four seconds and three world track and field championships. In San Diego, California, competing in a wide variety of events.

At the 1973 Masters Championships in Gothenburg, Sweden, he placed first in the 110 meter hurdles, finishing in the top ten. His drama continued, and he put up some of the most impressive performances of his career in a variety of track and field events.

His achievements have been listed in articles and books in many countries throughout the world, including the United States, Canada, and the Toronto Star. He has often been mentioned as one of the world's greatest track and field athletes. Quite an achievement for a 73-year-old man whose years spent racing as a landscape architect.

How does McFadden stay in condition for each competitive event? First, he watches his diet. Meals are limited to fresh chicken and turkey and he eats a lot of fresh vegetables and fruits, plus grains and dried fruits like apricots, peaches and prunes. He also eats a lot of citrus fruits and he never sees "extra" salt or sugar.

Of course he doesn't smoke, and although he limits himself to very little drinking, he admits to an occasional "soda pop." Six days a week he works out for about 1/2 hours at Point Loma College. First lecturing around the track, then doing stretching exercises and jumping, followed by throwing the discus and sometimes the javelin. Finally, he runs several miles. Right now he is experimenting on perfecting his execution of the "high jump" method of high jumping which he hopes will add several inches to existing records.

Asked how he feels about his wife's activities, Leta said, "Oh, it's great; I love to work out with him whenever I can. I have a tendency to take on a little weight and both the exercise and the demands that the McFaddens have realized in terms of health, personal appearance and longevity are obvious even to the casual observer.

Although McFadden has no intention of retiring from track and field competition, he admits to taking it a little easier since these past three years. "Now I'm doing it primarily for fun," he says. "Before I was doing it to win." In addition to his other activities, McFadden is writing a book about his experiences, and he plans to call it "The One and Only McFadden." Page 26—Senior World—April 1979

Books for background

William Dumpley, "Expedition, explorer, sea captain," has covered the world by sail and by air. In 1973 he published "A New Way of the World," an illustrated biography of the times, Dumpley's "New Voyages" and subsequent works, called by John Manfred "the first books on voyaging in the language," are still to serve as man's travel appetizer.

"American by birth, adventurer by nature," Dumpley has spent years exploring the world, traveling the high seas, and observing the world from the deck of his ship. His experiences have resulted in numerous world records and wins in numerous events, known as the World Veterans Championships.

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