

11-26-2007 Expressing Thanks

1 (File: 20071126mwm)

2 JOSH CENTOR: Welcome to "Mondays With Myles".

3 Dr. Brand, I think I'm still full from Thanksgiving.

4 It was a wonderful holiday.

5 You still full?

6 DR. MYLES BRAND: I always overeat, and that's okay.

7 It means a little more time in the gym, but --

8 JOSH CENTOR: Yeah. Physical fitness. That's what

9 we're all about.

10 DR. MYLES BRAND: That's right.

11 JOSH CENTOR: Tell me, what did you do for

12 Thanksgiving?

13 DR. MYLES BRAND: We had dinner with family and

14 friends. And we always enjoy that. And we do have turkey.

15 We're pretty traditional about it.

16 JOSH CENTOR: It's a special day for family, for being

17 thankful. What are some of the things that you are thankful

18 for this year?

19 DR. MYLES BRAND: You know, I'm thankful for all those

20 who I know and who I work with, who are healthy and pleased

21 with their lives. I worry about those who are, say, serving

22 our country abroad and are in very difficult and dangerous

23 situations. I worry about them.

24 I worry about all our student-athletes. You know,

25 with almost 400,000 student-athletes, people just have

1 individual circumstances that for the most part are good, but
2 sometimes they're not. And I do feel the NCAA has at least a
3 role to play in their lives, and so I worry about them as
4 well.

5 I'm thankful for all those who are healthy and well,
6 and who are enjoying themselves.

7 JOSH CENTOR: You know, I -- it's a great time for
8 family. And as you know, like yourself, I'm from New York,
9 and I always go with my family to the NIT Season Tip-Off. And
10 I'm thankful if they all get to come with me and enjoy one of
11 the greatest events out there.

12 And it kind of kicks out of our Thanksgiving. I go in
13 on Wednesday and we watch the games, and then Thursday we have
14 our day, and then Friday we go back. So it makes the holiday.
15 I've always been thankful that we've had such a great event to
16 share time together with.

17 JOSH CENTOR: You know, I've been there the last two
18 years when the NCAA. I took over the NIT Tip-Off.
19 Unfortunately, I couldn't be there this year. I had to be in
20 Indianapolis. But it is an absolutely great event. It really
21 is. And being in New York during Thanksgiving is very special
22 for a New Yorker, obviously, an East Coast person.

23 JOSH CENTOR: Oh, yeah.

24 DR. MYLES BRAND: But anyone who gets a chance to do
25 it, and we always like to watch the parade. You say, isn't he

1 a little old for watching parades? No, you never get tired of
2 those floats.

3 JOSH CENTOR: Never.

4 DR. MYLES BRAND: They're terrific. And we always
5 watch them with our young granddaughters too. So that's a
6 great time for us.

7 JOSH CENTOR: And this is a special time of year. You
8 know, we've got championships going on. We have the bowl
9 season coming up. We're in the throes of college basketball.
10 This is a great time to be in the NCAA.

11 DR. MYLES BRAND: It really is. I'm feeling good
12 about the progress we're making. I'm feeling good about the
13 success of our student-athletes. There are always challenges,
14 but the fact of the matter is we're making great progress.

15 JOSH CENTOR: All right. Well, thank you. And enjoy
16 the rest of your day.

17 DR. MYLES BRAND: Thank you.

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