

Dr. Giles Scuderi
1001 Franklin Avenue, Rm 110
Garden City, N.Y. 11530

Dear Dr. Scuderi;

On September 19, 2013, after seven days of climbing, I summited Mt. Kilimanjaro at the height of 19,340 feet. After a ten day trek I was without a twinge, ache or pain in either of my knees, which were scoped by Dr. Giles Scuderi. The right knee was operated on June 2009. The next month exactly 5 weeks later, I was climbing the hills of the Badlands of North Dakota, where I go on my annual "Dinosaur Dig". Once again no pain, swelling or aches. The left knee was scoped on February 2011, again after physical therapy, I was able to resume my Tae Kwon Do regimen within five to six weeks.

I then descended 13,000 feet in two days through heavy scree (a mass of loose gravel on the side of a mountain) which covered my boots. This proved to be more arduous than the ascent at times, again much to my relief, no pains, twinges and no need for any pain pills throughout my journey.

The training regimen for the trip was as follows: the building in which I work has five stories. I climbed it five times each day equaling a 25 story building. I attend Tae Kwon Do three times a week and we do an exercise which entails progressive squats and side kicks left and right, totaling 55 squats on each side, again no pain or twinges.

I wished to thank Dr. Scuderi for making it possible for me to achieve black belt status on 12/11/11 and my quest of climbing Mt. Kilimanjaro.

If you need to contact me my email address is michaelgreenseid@yahoo.com

P.S. I will be 72 in January

Thank you



Michael K. Greenseid
Senior Vice President/Investments

