

Bruce, volunteer

Since 1999, I've traveled the equivalent of four times around the equator, on my bike. I do three rides a week, 40 miles each ride, a little bit at a time, over a long period, adds up.

Once you're retired, I was looking for things to do other than work. Volunteering for the studies at UNC, it's always interesting, and you only know if you're a healthy volunteer for a particular study. And you don't find that out until you talk to somebody about the parameters of it. It fit me perfectly, but every study's different.

In the study that I was involved in, they were trying to see if ozone had any detectable changes in the way a person breathes. I went into their chamber to breathe the various levels of ozone, three different times. Pretty impressive steel chamber, with glass windows all around, and they're sitting out there at a fancy control panel, monitoring what's going on in there.

If it sounds like something that you're willing to do, and you feel good about it, and you do want to advance science, do it. It's always interesting, the people are nice.

The fun of it was learning how a study like that is conducted. Go for it.