Alum focus: Bill Chambers

Technically, Bill Chambers is not a Cal State Fullerton Alum but having the heart of a Titan counts for a lot. A fixture in athletic training, the Fullerton Community, and an ardent supporter of the CSUF ATEP, Bill sits in the Alumni Spotlight of this Titan Update.

How did your relationship with CSUF begin?

I was the first Athletic Trainer employed at Cal State Fullerton, then called Orange County State College. They paid me $250 a month to cover games and practices which were held at Fullerton Junior College. When Jerry Lloyd came to CSUF from Long Beach State I was excited; we were already friends from serving on the NATA Convention Committee together.

My relationship with the program strengthened when Julie Max, who I consider my first female athletic training student and now a wonderful friend, began at Cal State Fullerton in 1979. She started her career as a Fullerton College student under Women’s Athletic Trainer Wendy Runley. At that time, athletic training responsibilities and facilities were separated by gender. She spent almost as much time working with me on the men’s side as she did the women’s. Combined, Wendy and Julie were instrumental in running the show at FJC while I was out performing my duties as NATA President. Later, when FJC was building its athletic facilities, we played at Cal State Fullerton and Julie allowed us to use the athletic training facilities.

Tell us about Fullerton College.

It was 38 years of recess! I never worked a day while I was at Fullerton College. It was a great job where I was surrounded by great people. After Wendy Runley, Lisa Nelson became a great asset to the FJC Athletic Training staff. I had great support for the work I did with the NATA, the NATA Foundation, and meeting planning for FWATA. I never shirked my duties, but had enough free time to volunteer professionally and expand athletic training into rodeo, NASCAR, and Indy Car Racing.

On November 16, 2013 FJC honored Bill’s extraordinary service by dedicating their Athletic Training Facility to him. You can now find his 1965 Rose Bowl Letterman Jacket hanging in the clinic, as well as a plaque outlining his service to the school.

Continued on Page 6
**MAXimum Exposure**

Happy New Year ALL! Another interesting “past” year in 2013 and hopefully a healthy, prosperous, exciting 2014 awaits us all!!! As I continue to write for MAXimum Exposure, I am intrigued as to the topic that comes to my head or settles in my heart. For this article, it was clear…..*Fear OR Gratitude!!*

It is no surprise to those that know me best that 2013 was a very challenging, stressful, and growing year for me. My best friend was diagnosed with lung cancer, I moved from a large home (no yard) to a small home on a half acre! I lost two very important people in my life and God continued to “grow” me in ways I can’t explain. A pivotal moment in my “growing” was going to breakfast with a friend and being served by a familiar server. “Bill” began talking to both of us and proceeded to say that “fear and gratitude cannot occupy the same vessel”. He must have sensed that I was so full of fear that I lost my joy and gratitude for life. At first I blew it off and continued to let fear paralyze me and take away my joy but then, I remembered Bill. I wrote the quote down and put it on sticky notes everywhere. I started to read articles about fear and the value of gratitude. Here is what I learned:

1). Gratitude and appreciation take up space in your brain that fear might otherwise occupy. Neurology has proven that fear and appreciation CAN NOT reside in the brain at the same time. They might rotate in and out of the brain, but they are mutually exclusive. 2. Gratitude and appreciation are among the highest and purest forms of love because they demand NOTHING and depend on NOTHING!! I am sure that this is why the scriptures say, on more than one occasion, that perfect love cast out ALL fear! 3). Research tells us that positive emotions such as love and happiness have the ability to repair cardiovascular damage. Studies show that people who are exposed to hatred, anger, bitterness have higher levels of cardiovascular distress. Those exposed to positive emotions and stimulus has a higher level of cardiovascular repair. 4). Gratitude and appreciation can improve your heart rhythm. Researchers have monitored heart rhythm while people were experiencing frustration/fear and again when they were experiencing appreciation/gratitude. Smooth, structured heart rhythms were apparent with the positive, grateful population.

Why this topic?? I personally put Bill’s quote to the test! I practiced daily to start my day, my thoughts, my interactions with “I am grateful at this moment for…….” I REALLY practiced! Bill, the research and the scripture were right. It REALLY was impossible to hold fear in my heart and thoughts of gratitude at the same time! My brain and my heart truly did NOT have room for both. I continue to practice and pray that 2014 is a year filled with gratitude, joy and NOT filled with fear! What about you?? Just try it!! Fear or gratitude......they cannot occupy the same vessel!!! You pick!! Always know you are loved.

JMax
Austyn Nealer has had a wild ride to land her right here in Fullerton, CA. Originally from Denver, CO...Austyn began doing her undergraduate studies at UNLV and finished at local Chapman University. Austyn has been given the opportunity to manage the health care of the Volleyball team. Austyn chose athletic training because she loves sports and believes in making a positive difference in athlete’s lives. One of the reasons she decided to join the Titan family was Julie Max who made her feel at home. After obtaining her degree, Austyn would love to work for the US Soccer Team. When she isn’t in the clinic, Austyn enjoys going to the gym, concerts, and the beach. One of her most memorable moments so far at CSUF was her first game as the Titans AT, she recalls getting hit in the face with the ball and describes it as the ultimate “rookie feeling”. Her favorite quote comes from Anthony Robbins who said, “If you do what you’ve always done, you’ll get what you’ve always gotten”.

Matt Nielsen

One of our new grad assistant is Rachael Moon from Brea, CA. Miss Moon completed her undergraduate work at Waynesburg University, PA. Her reason for choosing CSUF was because she has the opportunity to learn from some of the greatest athletic training minds in the country, the chance to hone skills as an athletic trainer, and further her education. The career path for athletic training started when she wanted to be able to continue to be involved in sports, and help athletes play as much as they possibly can in a safe way. When athletes do get hurt, Rachael enjoys helping them return to play.

Kevinz Carpio

Right here from Fullerton, CA Justin Hostert who did his undergraduate with the Titans decided some home cooked meals were too much to pass up. Justin signed back on with the Titans in hopes to further his education and clinical experiences. In his first year, Justin was given the task of overseeing the healthcare of the student-athletes on the Baseball team. When he completes his degree, Justin hopes to work as an athletic trainer for a professional sports team. In his free time, Justin enjoys mountain biking, snowboarding, golfing, and enjoying time at the beach. One fun fact about Justin, recently he was able to donate a kidney to his father and both have since fully recovered. His favorite quote comes from Vince Lombardi who said “The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will”.

Matt Nielson
**Meet our Newest Titan ATEP students**

**Chantal Hart** is a native of Thousand Oaks, CA. Her reason for choosing Athletic Training is because she loves to help people, AT allows her to see athletes all the way through their season/injuries. Some of Chantal’s favorites things are Mexican/soul food, playing basketball, dancing, hiking and working out.

**Chris Mendez** comes to the Fullerton family from West Covina, CA. Chris chose CSUF because of the reputation the school has gotten through word of mouth. He was shortly lured to the program from past alumni. He would one day like to take his AT skill the D1 or professional level.

**Bonnie Ip** is local from the city of Walnut, CA. Bonnie at this time does not have an ideal job setting but would love to work with Olympics Teams or NASA. One of her hidden talents included playing piano and is an avid badminton player. One of her most memorable moment was getting the call from Dr. Kersey that she was accepted to the program on April Fool's Day.

From nearby Corona, CA **Damian Holley** chose to pursue Athletic Training because he is fascinated by the human body and loves helping athletes. When Damian is not in school he enjoys playing ice hockey and hitting the slopes to snowboard. His biggest secret talent is he can speak Spanish. Damian’s biggest influence in life is his old preceptor and mentor who taught him how to balance his personal and working life, also to never lose sight of his priorities.

**Erica Gonzalez** hails from Covina, Ca. Her reason for choosing CSUF ATEP was because as an observer she felt immediately comfortable with the atmosphere that was provided. After tearing her ACL playing soccer, her mentor helped rehabilitate the injury and she knew then Athletic Training was something she wanted to pursue. Erica’s dream job would be to work for the US Women’s National Soccer Team. Erica is extremely unique because she is a triplet! Favorite quote “Failure happens all the time. It happens every day in practice. What makes you better is how you react to it.” –Mia Hamm

All the way from the windmill city of Palm Springs, CA **Faith Villanueva** chose CSUF ATEP because of the reputation and opportunity to grow. On why she chose Athletic Training, Faith states, “It’s a rewarding feeling being able to help people achieve their goals, whether that is through an injury or personally”. Her biggest influence in life would be her mom; she prides herself in aspiring to help people as much as her mom has helped her. After graduation Faith would like to return to Palm Springs and become the head ATC at a high school and give back to the community.
As winter arrives and the temperature drops, warmth becomes a basic necessity for those less fortunate who may be without a home, a bed, or even a blanket. For the past twelve years, the Cal State University Fullerton – Athletic Training Education Program has donated thousands of warm blankets to the needy of southern California. Most recently the blankets have been donated to the Orange County Rescue Mission, but previous recipients have included those on “Skid Row” in downtown Los Angeles. “Each year the Titan ATEP Blanket Drive acts as a reminder to be thankful for what we have and to appreciate our many great blessings. Despite long hours and busy schedules there are always opportunities to make small sacrifices to help better someone else’s life” said Micah Ohlen, graduating AT student.

This tradition began in 2002, by a Titan alumnus who later on, ironically found himself homeless for a short period of time, living in his car for several months. Originally, all the donated blankets were hand-delivered by the ATEP students and faculty, to skid row in Los Angeles. After a few incidents the Fullerton ATEP leadership turned their efforts closer to home in Orange County. After searching for a high-quality charity, the OC Rescue Mission became the charity of choice. In the early years, the number of blankets delivered each year would average about 50-75 blankets, however, more recently, this number has grown to 250+ blankets each year. On December 20, 2013 a few of the ATEP students and faculty successfully stuffed over 250 blankets in to a single SUV, which were delivered to the excited folks at the OC Rescue Mission.

With the goal of always trying to improve, this past November the Titan ATEP added a Canned Food Drive to their charitable activities. In a collective effort, CSUF students and faculty, especially those in Kinesiology, Health Science, and Athletic Training, donated over 230 pounds of canned food for the needy. The Second Harvest Food Bank in Irvine, California gratefully welcomed the donations the day before Thanksgiving. Spearheading this effort was AT student – Kirsten Marony, who also made the delivery. This was a great “last minute effort” and we can only imagine how many more mouths we can feed by starting sooner next year.

It has been special to see the abundant support and contributions accomplished by the Titan family at CSUF. Donating both the canned goods and blankets to all of the wonderful people in need is an honor for those associated with the Titan Athletic Training family. The Cal State Fullerton ATEP plans to continue this successful tradition for many years to come and helping more and more individuals. The plan for spring involves the usual support for the Donate Life Run – Walk and Family Festival on April 26, 2014, but also will include another Canned Food Drive.
Alum focus: Bill Chambers

Continued from page 1

Rodeo, NASCAR and Indy Racing?!

I’ve been fortunate to be involved in a variety of settings just by being professional and putting myself out there. If you are good at your job, conduct yourself professionally, and ask questions doors will open.

I worked a variety of rodeos at the inception of Justin Sports Medicine. There are no tougher athletes than rodeo athletes. Cowboys have their own way of taping and preparing themselves for competition, instead of trying to correct them I learned a lot from them that improved my more conventional athletic training skills. Those guys are tough, and rodeo isn’t just a hobby; it’s a job that feeds their families.

I was involved with Indy Car Racing for about fifteen years working 6-8 races a year. Most of the events took place on the West Coast, but I also had opportunities to work races in Canada and Australia. Drs. Trammel and Olvey welcomed me into their sports medicine program. We provided services that ranged from preventative exercise to trauma triage. The drivers and pit crews experience typical orthopedic complaints, but they also face death pretty often. Racing is a dangerous sport, dealing with the death (or near death) of a driver is hard, just like it would be with any athlete. You have to call on your inner faith to get through these difficult times.

Who are your favorite Titans?

Julie Max and Robert Kersey top the list. They are great friends and colleagues.

I’ve also been privileged to mentor a great number of students, at least a dozen of which are certified athletic trainers. All special in their own ways, my students were in many ways responsible for my success. Elaine Brannigan – whose daughter is currently a student in the FJC athletic training clinic – has to be my all time favorite athletic training student. Elaine went to CSUF as part of the internship program and worked with me at Fullerton College. Elaine was a great lady, when she wanted my opinion – she gave it to me! Juan Cuevas, Dave Chaffin, and Tammy Wallace are also great examples of internship Titans for whom I have a great deal of respect. The CSUF ATEP has put out so many quality students there’s no way I could name ALL my favorites. I’m just so thrilled to be a part of the Titan family.

What is your advice for those just starting their athletic training careers?

Don’t be a clock watcher! You will get out of the profession what you put into it. No athletic training position will ever be utopia but if you are where you belong there will be far more wonderful days than bad days.

Anna Sedory
From the “Soapbox” ...Leadership

Leadership is an interesting concept and one that has been discussed frequently in the business world and among “Fortune 500” companies. The idea of leadership is not considered much in healthcare in general, and in certainly not in athletic training specifically. Can you name the Surgeon General of the United States...neither could I. Hopefully you can name the NATA President. My nature is one that loves to probe or analyze and continue to learn. Most of my exploration involves scholarly papers from journals relating to our profession somehow, with little, if any, pleasure reading. I recently started a book on leadership. I have read such books before, but this occurred mostly during graduate school, so this was many years ago. I am now enjoying a few minutes with this book each morning. The author has certainly made me think about my work at Cal State Fullerton and the NATA among other areas.

Many of you have sat in my class and listened as I babbled on for at least one lecture on leadership, but others have not had that privilege. I will not bore you with all my thoughts, but will challenge each reader to contemplate their individual responsibility as a leader. Not long ago the famous philosopher – Charles Barkley emphatically stated “I am not a role model.” Although I understand his intent, it is more likely that every one of us is a leader or role model every day in some way. You are a leader to your children, your spouse, your family, your patients, your students, your athletes, your peers, your co-workers, or someone else. Most likely you are mentoring or guiding another person in some way (whether or not you want to or even know that you are doing so). John C. Maxwell said it like this, “Leadership is not about titles, positions or flowcharts. It is about one life influencing another.”

Certainly the things we say are important, but our actions are more critical to being an effective and influential leader. Because our actions are a result of our choices and because we live in a world of relationships...our actions as athletic trainers impact others. If you complain about the inappropriate work conditions (long hours) or the less-than-adequate compensation (lousy pay) for athletic trainers, but do nothing, then you are the problem. Those who watch you (administrators, coaches, student-athletes, parents...) begin to see you as an unmotivated, disgruntled athletic trainer who hangs out in the “athletic training room” all day and lugs water to practice or tapes ankles when needed, but is only critical when there is an emergency. Unfortunately, we sometimes exhibit this behavior, while at the same time wondering why we are not appreciated or properly compensated. Gandhi said “You must be the change you wish to see in the world.”

Are your daily actions those of a healthcare professional who truly deserves quality compensation and respect? Are you willing to act to change someone’s perception of athletic trainers? “Leaders think and talk about the solutions. Followers think and talk about the problems.” (Brian Tracy). Are you solving our problems or talking about our problems? Athletic training needs more leadership and less followership. It’s time for more Titans to answer the call, as leaders of our great profession. Start by being an athletic trainer of character at your workplace, but consider contacting a District or National Committee Chair to see how you can get involved and better the future for others.

Have an outstanding 2014 and I hope to see you at FWATA, the NATA, or some other time this year. By the way...the answers are: US Surgeon General – Rear Admiral Boris Lushniak, MD, MPH and NATA President – Jim Thornton, MS, ATC.

RK
TITAN Alumni NEWS

- Ivan Pierra and USA National Soccer Team won the CONCAF Gold Cup by beating Panama (1-0) in the final game on July 28. Ivan has been the national team AT for 7 years.

- Stephanie Dreyer began a new job as the Cardiac Wellness Coordinator at St. Joseph’s Hospital in Orange, CA.

- Midori Matsumoto working in Tokyo, JAPAN at Suzuki-Yasuragi Rehabilitation primarily working with neuro-patients.

- Jennifer Summerfield-Owen (and husband Jeff) welcomed Everly Grace Owen into the world on August 2nd. Everly weighed 12 oz and was 18 1/2 inches tall. All are doing well.

- Corrie Cool-Paxton is living in Patuxent, Maryland working as a physical therapist-athletic trainer at an outpatient clinic.

- Kirk Concepcion wed on August 10, 2013 honey mooned on big island of Hawaii. Congratulations! Kirk currently works at Newport Orthopedics with many other members of our Titan family (Jason Cashio, Tim Dubransky, Marie Regino, Derek Boroian, and Morgan Montalvo).

- Craig Truglio hired as new Head AT at Corona Del Mar High School.

- Rusty and Jayme (Burns) Baker welcomed Jarus David into the world on August 13, 2013. Jarus weighed 7lbs, 50z and was 20 1/2 inches tall. Rusty is an Asst. Professor in Movement Science and Jayme is an instructor for the MSAT program at University of Idaho.

- Bryan McCabe just finished his MS at Cal U and earned both his NASE & PES certifications. He continues to work at the high school and with the Seattle Sounders.

- Alex Bravo started working at Saddleback High school in Santa Ana.

- Justin Hostert rode on the Donate Life Rose Parade float with his parents (ATEP supporters). Justin donated a kidney to his Father, Craig, in December of 2012.

- Congratulations to Amanda Rice and Chad Van Nata who married on January 11 in Boston.

- Jack Sessions and Cindy Le wed on January 19th, Best wishes to you both!

http://www.youtube.com/watch?v=FJqs2-jw6YQ
Say Cheese

Jayme, Rusty, & baby Jarus

Midori & Hiro in Tokyo

Titan Students visit the Lakers’ Gary Vitti MS, ATC
Tyler Hamilton with his beautiful family.

Nelson Chen, Cole Hobson, Dwayne Phillips

Emma Garton & Chris Mumaw

Armando Rivas & Ned Bergert

Jamie Poer, Audrey O'Neill & Brittany Bauer
Congratulations!

Jack & Cindy

Amanda & Chad
Welcome Jaime Potter

If you have not had the pleasure of meeting our latest and greatest addition to the 2014 Titan ATEP Family, please take a moment to get to know this remarkable woman, Jaime Potter AT, ATC, MS; California State University Fullerton’s new Assistant Athletic Trainer.

Jaime is from a small town near Cedar Point and Sandusky, Ohio called Clyde, Ohio. She explains, “the only reason you can find it on a map is because it is where the largest whirlpool washing machine plant is located.” Back in Ohio, Jaime spent three years in sales after finishing college. Shortly after, she came to realize that the profession she was currently in was not where she loved and aspired to be, so she got back into college athletics and has been working as a medical professional at a Division 1 level since 2008.

Our new Titan loves sports and anything to do with outdoors. Since her journey out here to the West coast from Ohio, Jaime has yet to track down an adult sports league or gym to fulfill her love for the game of softball and the sport of boxing. She proclaims, “now that I reside here in sunny Southern California, I have picked up hiking and I am also currently training for the LA Marathon.”

A Bucket List is defined as a number of adventures or accomplishments that an individual hopes to have or fulfill during his or her lifetime. Topping Jaime’s list of, “must do’s before I die” is the opportunity to watch a Wimbledon finals match, with backpacking through Europe following up as a close second, as well as visiting Australia and Ireland.

The profession of athletic training in congruence with the opportunity of working with elite athletes provides an environment capable of creating many memorable and exciting moments. Jaime so graciously shares two extraordinary moments in her career thus far. An amazing sports moment was when her women’s basketball team back in Ohio made it to the NCAA tournament at the University of Dayton. She says, “we were down by eighteen points, ESPN even changed games and took us off television because they thought it was a blow out, and we came back to win the game on a last second shot against TCU to move onto the second round.” Another significant moment in Jaime’s career was when she crossed paths with an athlete that found out her freshman year of college that she had a heart condition that would not allow her to continue to play basketball. Jaime explains that, “University of Dayton kept the girl on scholarship for her four years there, and that she was offered a position as a manager/student coach for us all four years. This kid thought she was never going to be able to put on a UD uniform and step onto the court as a college athlete. So with the help of UD’s compliance coordinator, the NCAA, and the team physician, we were able to make her dreams come true and let her start senior night; we were able to run one play for her, before taking her out, where she bone chillingly scored a layup. The crowd went wild. I will never forget that day, how happy she was, and the smile on her face! That is the part of this job I absolutely love, being able to see an athlete that has gone through so much mental and physical distraught and is able or given the chance to persevere.”

Jaime has blessed the Titan ATEP family with her skill, knowledge, and awe-inspiring personality for about six months now, and we could not be more excited for what lies ahead and her future here with us at California State University Fullerton. She voices, “I was welcomed with open arms and everyone has been amazing with helping me get acquainted to our philosophy and the way we Titans do things. Having an ATEP program is very new to me and I am continually trying to improve my abilities at being a preceptor.” When asked about her role in the continual growth and development of Titan ATEP, Jaime comments, “we are one of the best athletic training programs in the nation, so I am hoping that by bringing my practical knowledge to the table, I can provide new and exciting experiences to our students.” Jaime came from multiple programs that grew over the years she was with them, and she said she “would love to be apart of Cal State Fullerton’s bright future of accomplishing excellence and putting ourselves on the map as a dominant standing in the Big West.”

Kirsten Marony
I think the adage goes something like this … “the only certainties in life are death, taxes, and change” … as much as we would like, we can’t do anything about the first two but change … well, that’s a different matter. Change is all around us, in our personal and professional lives … some times, the two are blended together … nevertheless, change is here and will keep coming.

A few issues ago, I spoke of change that was coming to our profession, Evidence-based Practice. The initial emphasis was for clinicians to adopt practices that are supported by research and clinical evidence – this was and continues to be a change for many. Program administrators and instructors were challenged with new accreditation standards - changes were made to what was taught as well as how the information is disseminated. All certified athletic trainers are facing a change in their immediate future; we should all be aware of the BOC Inc., mandate of 10 EBP CEUs per reporting period. For those athletic trainers certified before 2013, this means 10 of the required 50 CEUs must come from approved EBP events. At this point, I don’t know where these approved EBP events are but I do know that they are not going to be readily available from national or district meetings.

**Change…Change…Change…it’s in the past, the now, & the future…**

- Over the last couple of years, discussion on the professional degree level for the athletic training profession has once again taken center stage. The NATA BOD recently released a report from their examination on this topic. The 20+ page document contained their recommendation of the post-baccalaureate masters level degree to be the appropriate entry-level preparation for the profession. While the final decision is ultimately the responsibility of the CAATE, ATEPs across the country, including the TITANS, have begun discussions on the potential change. Over the last couple of years, various stakeholders of the TITAN ATEP have shared their thoughts, ideas, and feelings on this issue … do we continue to develop the program at the bachelor degree, do we make the change to the masters degree, do we wait for the CAATE decision … many options. Regardless of the outcome, we hope all of our stakeholders realize and understand we have and will continue to invest our intellectual and emotional energy in committing to our vision … offer the best curriculum that prepares the individual to be a successful athletic trainer and a positive contributor to the professional membership as well as societal community.

**Kavin’s Korner**

![Kavin’s Korner Image](image-url)

---

13