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NEWS.......... 

Rebeca Ribeiro will begin as an Athletic Training Graduate Assistant at the University of Florida.

Devon Wayne finished the MPH program at Cal State Fullerton.

Micah Ohlen gave the first ever commencement speech for the Athletic Training major.

Sarah Ibanez and Evan Young married on June 28, 2014 in San Diego.

Jennifer Figueroa (Murphy) finished her 11th year as an Anatomy & Physiology teacher and runs Gainesville Area Rowing.

Holli Jackson (Vandeman) earned Edison HS the Safe Sports School award.

Michael Gregory received the 2014 FWATA scholarship award and the NATA Foundation Scholarship honoring Bill Chambers.

Midori Matsumoto now works at Ryukoku University.

Jeremy Cortez is a full time ROP Sports Medicine instructor and contracted AT at Rancho Verde HS. He and Yansi are
During the last school year, the TITAN ATEP “dipped their toe” into the social media world by starting the TITAN ATEP GROUP on Facebook. Our objectives were simple … 1) share current ATEP events & efforts with our alumni and 2) provide a means for our alumni to keep in touch with each other. Feel free to notify other alumni who are on Facebook but have not joined our group page.

We have since added another objective … a means to share the current events & efforts of our alumni. We would like to request that you, our alumni, share with us any professional achievements, awards, events, experiences, etc. that involve you … send us (Barbie or myself) news stories, event flyers, pictures, etc. and we will get it onto our page to share with the rest of the TITAN AT Family.

KT

Shalina & Craig Truglio are expecting their first child in November.

Edgar Ortiz is starting as an intern at Villanova University.

Belinda Sanchez is at the University of Idaho as a student in the DAT program.

Steve Teubner married Christina Sabol in March.

Smadar Bezalel & Alisha Musume Smith & Ken Burns are working as Athletic Trainers for the television show "The Biggest Loser".

Alisha Musume Smith & Maurice Pennington are engaged.

Kahea Smith took some time off in March for the arrival of her second daughter.

Katy Maty married Doug Burton.

Larnie Boquiren is working with USA volleyball.

Bill Ito traveled to Eugene, OR for the IAAF World Junior Track and Field Championship.

Maria Castro is now at Cerritos Junior College.

Kelly Wilson and Morgan Montalvo are earning their MS through AT Still University.

Sandy Schultz received the 2014 NATA Foundation Medal for Distinguished Athletic Training Research.

Yo Shimada traveled to Mexico in June with USA Volleyball.

Ivan Pierra (AT for USA Men's National Soccer Team) traveled to Brazil for the World Cup.

Kelly Franks has started a new adventure as the Head AT at Paso...
Alumni got together during the World Cup to cheer on Team USA.

Dr. K enjoying the simulator at the 2014 NATA Clinical Symposia & AT Expo Host City Reception

Dr. Beam (KNES Chair) and Ivan Pierra at the 2014 TITAN ATEP Golf Tournament.

Robles High School.

Nathan Longcier finished the Badwater … one of the toughest footraces … 135 miles!!

Connie Kuei graduated with her MS from the University of Oregon. She will be the Head AT at Thurston HS, OR.

Evelyn Jaramillo began her nursing education at APU.

Chris Gibson is a full time AT at UCLA, his primary role is with Track & Field and Cross Country.

Isabel Archuleta took a trip to Tanzania this summer and will be starting a new job at Rosary HS, CA.

Alex Bravo is teaching PE at Saddleback HS and working part-time at Crossroads Independent School.

AD Velez is officially an RN.

Emma Garton is working for Aspen Medical Products.

Jamie Potter ran and completed the 2014 LA Marathon.

Vanessa Pai and Nelson Chen are engaged.

Elva Salcido was recently hired as the AT and ROP teacher for Covina HS.

Bridgette Stroup (Gallup) married Josh Stroup on June 21st.

Stacy Camou (Diaz) guided Rowland Unified School District to fund two full-time ATS.
Alumni Focus

Titan update tracked down Tyler Hamilton. Tyler graduated with the class of 2000 and now serves as the ATEP Director at Palm Beach Atlantic University in South Florida.

How did you find the CSUF program? What inspired you to apply and pursue a career in athletic training?

I really enjoyed the variability in the life of an athletic trainer when compared with other health professionals. Three people who contributed to my decision were: Fleccia Heise, who taught the first athletic training course I ever took (Palomar Community College in San Marcos); Dr. Kersey, who taught the second athletic training course I ever took; and Marni Shoger, a senior in the Program when I was in Dr. K’s class, who encouraged me to apply.

Who were your ATEP classmates? Michelle Baynes, Amy Hanby, Nina Hsieh and Katy Maty

Do you have a favorite ATEP memory you’d like to share?

I don’t know that I have single favorite, but I have several that I’ll mention. One would be when I got to be on the sideline when Men’s Soccer played an exhibition at home against the LA Galaxy. Barbie was the ATS with Men’s Soccer that spring and the Galaxy had a couple of players that I looked up to as a high school kid playing soccer. Another memory was when a number of us volunteered as medical staff at the finish line of the San Diego Rock & Roll
Marathon one year that Dr. K ran it (and Brent rode it). Because he came in fast, we all got to see him finish before the medical tent got busy. Other memories – I really enjoyed mountain biking at Chino Hills State Park with fellow Titans. Michelle Baynes was a really fit mountain biker. And I also enjoyed going rock climbing with Nathan Longcrier. And a whole bunch of us ran the Mud Run at Camp Pendleton one year.

**What have you been up to since graduation?**

I worked as a personal trainer, finding a niche working with athletes and clients with medical histories; I worked in a temporary position for a year with fellow Titan Maria Castro at Riverside Community College; then I came east to study under another fellow Titan, Sandy Shultz, at UNC-Greensboro. Since 2006 I’ve been down here in South Florida at Palm Beach Atlantic University.

**What’s your favorite part of being the Program Director at PBA?**

Teaching – in order to do it well, I think you absolutely have to learn more than the students. Most days I also enjoy the challenge of being responsible for a Program.

**Least favorite part?**

Although it’s vital to being a Program Director, I can’t say that I get really excited to attend most educators’ conferences or to read the education literature. I prefer spending my time learning and teaching the nuts and bolts of athletic training practice.

**How do you balance your life with your busy schedule?**

I suspect that, for most, that’s the million dollar question, and the answer seems to evolve. But for me it begins with taking care of some little things – getting to bed as early as possible at night, getting up early to do some personal reading and prayer, getting some exercise, and prioritizing my day’s schedule so that I can get home at dinner time to be with my family. There are certainly days when I bring work home, but it has to wait until later at night.

**What are the biggest professional challenges you’ve faced? How have you met these challenges?**

We have a small Program here. It has been challenging to walk the line between the quantity (i.e. size) and quality of an Athletic Training Program. A university is a place of learning and scholarship, but it’s also a business, so we feel pressure to increase the size of our Program. On one hand, we try to give the students every bit of our attention and available resources to make them into the best athletic trainers we can. On the other hand, we can provide greater attention and resources if we have more funding which, for us, comes through increasing our student numbers and, thus, tuition income. I think most athletic trainers have some variation of that same problem, so this is nothing unique and I suspect that current Titans will face a similar challenge in their future jobs.
Do you have any advice for students in the program?
Establish the habits now that you’d like to have in 10 and 20 years. Take care of the little things, because those things compound over time. They make you more efficient, effective and, quite frankly, more pleasant. King Solomon had much to say about diligence in the Book of Proverbs. And he was, after all, the wisest of men.

Who has mentored you and how has that mentoring shaped you as an athletic trainer/person?
If there is a single person whom I look to as a mentor, it would be my dad. He has been a tremendous source of guidance and counsel over the years. He’s as steady as they come – the guy walks the walk. But I get these glimpses in my head of different people who represent an attribute that I respect. Even back to my Titan days, Kirk Concepcion, Wil Filamor and Nina Hsieh were so humble. Mando Rivas was really good at gaining his athletes’ trust. Stacy Diaz can read people like a book, and is calm under challenging circumstances. And who hasn’t learned about organization from Andy Paulin? He could manage 2 people or 200 people without batting an eyelash. And, from graduate school, Sandy Shultz has impressive work ethic and laser-sharp focus. The list goes on and on.

Do you have a message you’d like to share with your Titan Family?
I really have learned something from many of our fellow Titans. And most of you don’t know it. But I have great respect for those with whom I went through the Program, as well as the folks who came before us and those who have come behind. I remember the first time that Dr. K handed us a translation of the Hippocratic Oath and I read the exhortation to consider one’s teachers as his father and mother – I keep that in mind as I think back on Dr. K, Julie, Chris, Brent, and Erin Brittain. And then to Sandy and a few others in graduate school.

Anna Sedory

A Farewell letter...
“That looks like crap! Need to do it again. Ok, what did the drawings show? What’s it supposed to look like again? Mine doesn’t look like that. This is confusing. Am I supposed to go under or over here? Do it again, and again, and again. Still looks like an unmade bed. I’m never going to get this.”

That was the summer of 1968 and I was trying to learn how to tape an ankle and I was getting very frustrated. Like most 15 year olds, I didn’t have a lot of patience with things that I didn’t seem to do well. I had become involved with my high school’s athletic teams as a student manager the previous year and at the suggestion of my high school’s equipment manager/trainer I signed up for a Cramer student trainer course. That entailed them sending you a booklet that went over some very basic areas of athletic training, i.e. first aid, wound care, etc. all the while promoting their products for those procedures. And, of course, a semi-step by step drawing of how to apply an ankle wrap and tape an ankle. That was the humble beginnings of what turned out to be my life’s calling. Now, 46 years later, metaphorically, I’ve taped my last ankle.

Like anyone who has done something for this long, the memories are endless. The number of athletes who I provided care for, countless. The road trips seemingly, relentless. The opportunity to work with some of the finest sports medicine professionals and colleagues in the world, priceless.

In a career spanning over 40 years, there will always be so many people you would like to recognize and say thanks to, but it’s just not possible. That being said, I would be remiss if I didn’t recognize 3 colleagues who helped shape my life and career, George Curtis, Jerry Lloyd, and Julie Max. George was the first certified athletic trainer hired at Santa Ana College. I worked with him for 2 years. I was coming out of high school with an interest in athletic training, but really didn’t know very much. George taught me the basic skills of our profession. From him, I learned all of the hands-on stuff and what athletic training really was all about, which solidified my love of the profession. Thanks George.

Jerry. Well, Jerry taught me a lot of things. About developing people skills, athletic training skills, tequila, and to enjoy life. But most importantly, he taught an unyielding work ethic. No matter what, whatever it takes, get it done. Thanks Jerry.

And Julie; the second most important woman in my life, there isn’t enough time
to mention all that I have gained from her. But, from her, I learned professionalism. She is the epitome of class and dignity. We are all better for knowing her. You will never know just how much you made me better. Thanks Julie.

And of course, I need to recognize my Titan family. All of the staff, graduate assistants, and, most importantly, the hundreds of students that I was given the opportunity to help pass on the passion and love of athletic training. I wasn't always the best at “teaching” but I always tried to pass on knowledge (and an occasional cooking tip). Thanks to each and every one of you. We are the best because you are the best.

And finally, to the most important woman in my life, my wife Kathie; for 44 years, she has endured the life of living with an athletic trainer. The endless practices and games; the unending road trips; the missed holidays, birthdays, kid’s plays, and anniversaries. Putting up with my lousy mood after losses and supporting whatever colors I was wearing at the time. She is what held our family together. I would not be the man I am today if it were not for her. Thanks Kath.

Someone once said, “Life is not about a journey’s destination, but the road by which you get there.” Like all of us, I’ve traveled many roads in my life. Some smooth. Some bumpy. Some dead ends. I wouldn’t change a thing. I’ve been blessed to have had a career that I have loved and was surround by people who cared about me. What more can you ask for in a life. Thanks to all.

Chris Mumaw

MAXimum Exposure
Hello and Happy Fall to all Titan faculty, students and alumni. As we would all agree, the summer was gone in a blink!! Hopefully, vacations were taken and loved ones enjoyed, over this SHORT break. As we prepare for the Fall season, I continue to positively focus on ideas, concepts, or terms that encourage and make us ALL reflect on things most important to us. This article is no exception. One thing most important to me in my life is relationships. Personal relationships, spiritual relationships and work related relationships. I am sure, by now, it is no surprise to Titan alumni that Chris Mumaw has decided to retire and move on to the next chapter of his well deserved life and as I celebrate this decision, I realize how special my relationship to him has been. If I could choose only three words that depict Chris, they would be Teacher, Partner, and Mentor. As I looked up the definitions of these words, I was more moved on how grateful I am that he was in so many of our lives.

TEACHER…..”to help to learn, tell or show; to give instruction or lessons; to show or point out; to impart knowledge or a skill; to give instruction and to enlighten”.

MENTOR……”mentorship is a personal developmental relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person.” “Mentoring is a process that always involves communication and is relationship based”.

PARTNER……”a relationship between individuals or groups that is characterized by mutual cooperation and responsibility, as for the achievement of a specified goal; a relationship between people based on trust, communication and respect”.

Chris has clearly epitomized these three words for me and so many others. His dedication, commitment and love to be a Titan are unmatched. His tireless hours teaching, covering sports and traveling...WITHOUT COMPLAINT will not be forgotten. His unique ability to always have our backs, even when he is mad at us, has taught us all the true meaning of friendship.

Selfishly, I will miss him deeply. EVERY day, he has been there for me and so many others. EVERY day he has shown us the TRUE colors of being a TITAN. Selflessly, I could not be happier for him. New journeys, new chapters, new relationships hopefully are waiting. New opportunities to practice being a TEACHER, MENTOR, PARTNER.

If you have not already congratulated and thanked Chris for impacting your life....now is the time. For me....I will eternally be grateful for our moments of past and look forward to those in the future. To MY friend, MY teacher, MY mentor and MY partner.......thank you!! I know YOU know!!
Good luck this Fall Titans. Always know you are loved!
JMAX

RECENT GRADUATES

Elva Salcido
Now that I have become certified, I plan on applying to grad schools next year for a graduate assistantship (Midwest and east coast). I hope to end up at a division I institution because I feel it creates the best opportunity for me to continue to learn and grow as an ATC. I will never forget the great memories and friendships that we created, more like family, I developed thanks to the ATEP. I

Matt Nielson
Since becoming an ATC I moved back home to the Inland Empire and started working part-time at a local high school, Citrus Valley High School. I plan on moving back to Orange County in the very near future to pursue my Master's degree. I think my greatest memories of the ATEP was my group in general, I think the majority of us took the idea that this is a "family" seriously and we continue
will always remember the late nights spent cramming, taco Tuesday, Jack’s wedding, and the Anconeus. And who could forget playing “closing time” over the ATR speakers as we were finishing cleaning duties? My favorite rotation was my lead rotation with softball because of the increased pressure and expectations. My greatest advice I could give to current students is to embrace every moment, and to be confident and true to yourself. My goal is to one day be asked to speak at seminar, because if Dr. K asks you back, that’s how you TRULY know you’ve made it.

Kelly Knaup

After completing the ATEP program my plan is to continue my education in pursuit of becoming a Physicians Assistant. When reminiscing about all the great memories from my time at CSUF I would say my favorite thing I learned is to just be yourself. When entering into the ATEP you are starting new relationships with a group of people who are genuine and accepting. I will carry all that I learned throughout the good and difficult times into my masters degree program as well as into my future as a Physician Assistant.

to be very close. Being a Titan to me is a big deal. My biggest advise or words of wisdom would be not to take things for granted and enjoy every moment you have while in this program. Also, make sure you know the ranges of dorsi/plantar flexion before giving a presentation on it!

Edgar Ortiz

Since graduating, I have completed an internship with the Los Angeles KISS (Arena Football League). At the end of July, I will be driving cross country to undertake a one year paid internship as an ATC at Villanova University, in Philadelphia. In one year I hope to apply to grad schools back home.

My greatest memory at Fullerton was the first night my group and I went out for Taco Tuesday at El Torito. I opened up to my group and they immediately accepted me as one of their own.

What it means to be a Titan to me now...is family. Has been from day one and will always be. I would give a Titan the shirt off my back if they needed it today. Why? Because they would do the same for me.
Micah Ohlen

I plan to work in the Junior College setting and earn an MS in Athletic Training. I want to eventually work for the World Tour of surfing as an AT. Some of my greatest memories are working with the athletes and coaches of each sport, and learning about the unique experience of each team culture. My words of wisdom are to strive to be a person who is motivated to achieve success rather than to avoid failure, seek and embrace situations that will challenge you, and never stop learning. Stay humble and respect everyone around you even when others don't. For me, being a Titan means holding yourself to the highest possible standard, always striving for excellence, paying forward the knowledge and benefits you have received, and being passionate and loyal to your profession.

Kevinz Carpio

Currently planning to enter the work field for a year or so to gain experience and growth as a professional. I WILL return to school to earn my master's degree to further my education.

If I could go back and do the whole ATEP experience again I would have taken more risk and asked even more questions. Some words of wisdom to pass onto current and future Titans ... I would have to say is to cherish every moment and learn from the highs and lows.

A motto that I tried to live by during my time at Cal State Fullerton was be comfortable being uncomfortable. This helped me become the best Titan I could be and plan to continue that way through my career.
Matt, Edgar, Jack, Kelly, Elva, Kevinz, Micah, Rick

TITANS @ FWATA 2014

Rachel Brannigan
Ky Kugler
Vance Manakas
Register for the 2015 FWATA Annual Meeting & Clinical Symposia (San Diego, CA)
Congratulations!!

Vanessa & Nelson, Alisha & Maurice, Sarah & Evan, Jeremy & Yansi

Paulin's Piece

Chris Mumaw...moving on?
As I received the news, it immediately creates a huge memory "jogger"
Chronologically would probably be the best way to share.
1973: I meet Chris, a JC transfer from Santa Ana College with a couple years
experience, and another freshman (who doesn't last a year). Jerry Lloyds'
orientation lasts about an afternoon and then we are thrown into CSUF
Football 2/days. Me and the other freshman can't find our butt with both hands
so Chris and Jerry are doing about 99% of the work-that's' how good Chris was
already.
Within a few months, Chris is the head (still a student) athletic trainer for the
Men's' Gymnastic team and helps them to a Div. II NCAA title -that's' how good
Chris was already.
Fast Forward: Chris gets certified and lands his first job at SBVC. He is so
ecstatic, he goes and celebrates with Jerry, comes back to my apartment,
drags me out of bed, and makes sure I catch up on the same quantity of fluids
he has enjoyed.
His ability to be a friend and colleague carries us all the way to this day. I
followed his diverse career as he
• was one of the first ATCs in a clinic in Riverside.
• worked in professional football, one of his passions.
• head ATC at Cal Poly Pomona (picture him in yellow polyester polo, yellow polyester pants, and white and green-trimmed coaches shoes-and all that matched his Lotus).
• came over to Mt.SAC when I was working the Relays. Besides helping me, I always saved an ankle tape job for me so he could put on a "clinic".
• Worked side by side with me at the judo venue of the 1984 Olympic Games (ask him what "Boom-Bah" means)

He was my NATA Convention roommate for several years and we carried the Titan tradition proudly: we always made the early morning academic sessions while carrying the scars of the previous night's celebrations on our faces. Hopefully you can read into my reflections. Chris is the epitome of a colleague, a professional, a Titan, and a friend. It won't be the same not seeing him in all that blue and orange on a regular basis. But I know this is not good-bye, just see you later at the next social activity (hopefully you do the cooking).

THANK YOU FOR EVERYTHING!

Andy Paulin
From
The
Soapbox

Womer, Kansas is not a place many have visited and likely you were not born there. This small town is not well-known and if you ever visit, you may think you have arrived at the “official middle-of-nowhere”. No statue sits in the center of Womer, commemorating its famous residents. The history books will not identify any great events occurring here, but as we know…textbooks do not always share the whole story and sometimes include inaccuracies.

To my very limited understanding, December 18, 1927 is not some great date in US history. There were no great documents signed on this date, nor was this date the end or start of a war. No famous treaty was signed on this date; neither was this the date of some overwhelming cataclysmic event to be remembered forever. December 18 is neither a national nor state holiday. This day came and went without much notice by most.

As one who struggled to survive the required history classes in both high school and college, I could very easily be mistaken, but few world leaders were named Archie (not sure if the comic book character would qualify). Probably fewer famous, outstanding ladies in history were named Bertha. So when Archie and Bertha named their sixth child, a son – Austin Elmer…infamy was far from a sure thing.
Austin Elmer was born on December 18, 1927 in Womer, Kansas to Archie and Bertha. He never finished (or really even started high school). Living in the “Dust Bowl”, he struggled to help his parents and siblings to make ends meet during the Great Depression. They traveled, Grapes-of-Wrath-style (10 kids and both parents in one Model T), when Austin was a young boy to homestead in western Idaho. The struggles continued, as did the maturation and growth. He enlisted in the US Army Air Corps (now known as the Air Force) and served his country the Pacific near the end of World War II. He worked many odd jobs all around the US after his honorable discharge. Austin finally settled in the rural area of the Los Padres National Forest north of Santa Barbara, California. Here he raised his family of four children with his wife. He worked hard as a school bus driver, custodian, maintenance man, and jack-of-all-trades for many years.

Austin never made much money, but somehow found a way to feed his family without ever asking for assistance of any kind. Austin had a tough life, far from privilege, but never, ever complained about his circumstances or his misfortunes. He never once asserted that someone owed him something. He never claimed to be mistreated, but always offered assistance to anyone in need. Austin Elmer was a quiet, Godly man, who lived a life of character, integrity, and honor. He loved to laugh and would always sacrifice of himself to help others.

Great people are not always famous and in fact most are not. Outstanding individuals often come from out-of-the-way places with a “common-folk” heritage. The great leaders of this world work hard without need for fanfare or money. My father, Austin Elmer Kersey was a man of few words, who never lectured to a college class, at a national meeting, or to any international audience. My father had no titles attached to his name, or lots of initials after his name. My father was never honored as an inductee into any official hall of fame.

We do not need an abundance of worldly blessings to share blessings with others. Most athletic trainers will never earn great salaries, nor be highly touted members of society, but each of us has many opportunities to be individuals of character, integrity, and honor. Do not miss your chance.

Each of us gets life opportunities to honor heroes who deserve greater accolades than they received. Although he would humbly deny it, my father deserved to be called a hero… he was to me. You would have liked him. He is loved and deeply missed.

RK