Alumni Focus: Marni Barton (Shoger)

Marni Barton (Shoger) recently completed her twelfth year as the head athletic trainer at Glenwood Springs High School in Colorado, employed through Valley View Hospital. Although a Colorado native, Marni became a Californian in the 4th grade. She began her college career at Fresno State, with aspirations of becoming a physical therapist. After an athletic training class sparked her interest, Marni had a change of heart and decided AT was her calling. She transferred to Cal State Fullerton, where she enrolled in Kinesiology 200 – Introduction to Athletic Training taught by our own Chris Mumaw.

As Marni recalled, the offer of extra credit for helping in the AT Clinic was exactly what she sought. Marni took advantage of the offer right away. She soon had her first heart-to-heart talk with one – Julie Max. Marni has not forgotten that encounter to this day. Julie sat Marni down and very carefully instructed her on the expectations for volunteers, as well as expectations of students admitted to the ATEP. What stuck with Marni over the many years is the clarity with which Julie described the possible consequences of poor decisions by students. Even after this one-sided conversation, Marni’s determination continued. Her admission and acceptance to the Titan ATEP happened one year later.

During her time as an ATS at Cal State Fullerton, Marni recalled a number of memorable moments. One that stood out was the life-lesson she learned about protecting family. One of her student-athletes had gone to see the team physician (Dr. Cummings) about an injury, when the head coach arrived in the AT facility in a rage about the referral. The coach began to berate Marni, but the graduate assistant intervened, followed by Ms. Julie Max, who defended the young AT student. A lengthy discussion between Julie and the coach (in Julie’s office) about the way one should relate to athletic trainers and athletic training students soon followed. Marni still remembers the pride she felt about the profession and specifically about the Titan ATEP. She carried this lesson beyond CSUF and into her professional life today.

After finishing at Cal State Fullerton and passing her board exams, Marni attended graduate school at Indiana State University, for its strong tradition in athletic training. Finishing with her Master’s degree, she began job-hunting. Marni considered positions in Texas, Minnesota, and Colorado. She always wanted to return to her native home state. She applied to her current Colorado job, but the offer went to one of her Indiana State classmates. Thankfully, her colleague turned down the job and Marni has been there ever since.

Continued on page 5
Hello again Titans. As I sit here in June trying to comply with Robert’s request for this article, I thought I would share with you a book that a Titan alumnus bought for me. Ironically, it is a book about “Getting more done in less time” and “Great suggestions to stop procrastination”!!! Wow….is this book for me or what????

The name of the book that Lauren gave me is “Eat That Frog”!!! I decided if this applies to me…it clearly may benefit all of you. It is such an easy read yet so powerful in helping us, everyday, with our daily tasks. Here is my book review of “Eat That Frog”.

If you are like most people today, you are overwhelmed with too much to do and too little time. As you struggle to get caught up, new lists and responsibilities continue to add up. Because of this, you will never be able to do everything you have to do. You will never get caught up, (How true is this)!! For this reason, your ability to select your most important task at each moment and then complete that task, will probably have more of an impact on your success than any other skill you can develop.

But where does the “frog” come in?? Mark Twain once said, “if the first thing you do each morning is to eat a live frog, you can go through the day with the satisfaction of knowing that that is probably the worst thing that is going to happen to you all day”. Your “frog” is your biggest, ugliest, most important task, but also the one you are most likely to delay. It is also the one task that can have the greatest positive impact on your day. Another rule of frog eating is: “if you have to eat a live frog, it doesn’t pay to sit and look at it for very long”. It is important to develop daily habits of tackling your major task first thing each morning. Develop the routine of “eating your frog” before you do anything else and without taking too much time to think about it.

Another wonderful concept of “Eat That Frog” is applying the 80/20 rule to life. This rule basically says that 20% of your activities will account for 80% of your results. Twenty percent of your production will account for 80% of your profits, while 20% of your tasks will account for 80% of the value of what you do. So, if you have a list of 10 “to do” items, two of those items will turn out to be worth five or ten times more than the other eight put together. Often, one item on a list of ten tasks that you have to do can be worth all the other nine items put together. This task is the frog you should eat first. Therefore, the most valuable tasks you can do each day are often the hardest and most complex YET the payoff and rewards for completing these tasks efficiently can be tremendous.

As you can see, “Eat That Frog” has had an impact on me. These are just a few of the “21” suggestions in the book that make me more efficient and complete. My greatest challenge now is to apply them. Every day athletic trainers face choices, tasks, decisions, and priorities. If some little book or positive suggestion for success is helpful… I say “bring it”!!!

I love seeing all of you and hearing of your stories and successes. I am constantly reminded of my blessings of “you” in my life. Know you are loved and always remembered as a Titan.

P.S. Thank you Robert for making me “eat my frog” this morning by completing this article!!!
Congratulations to the following Titan alumni for their accomplishments. Our apologies in advance for any person or event we have missed... it was not done purposely. To be included in future editions of the CSF ATEP Update, please forward your personal and/or professional news to titanupdate@hotmail.com.

Bryan McCabe began his first season with the Philadelphia Phillies Baseball Club as the AT for the Lakewood Blue Claws in New Jersey.

Another new Titan joined the world on March 1, 2011, when Nina and Jamal Obeid had their second son—Mateen. He was 6 lbs 9 oz and 19". Congratulations Nina and Jamal on their future Titan.

College Park High School in Pleasant Hills, CA recently hired a new Head Athletic Trainer...Titan alumnus, Jenni Rieger-Carilli.

Anna Buerger begins her first year of medical school this fall at Western University in Pomona, CA. Anna plans to become an osteopathic physician, while recent alum, PJ Saighani begins his forth year of DO school this fall in Arizona.

Congratulations to Mike Chisar, who was recently appointed and will soon begin his new role as Chairperson for the NATA Governmental Affairs Committee. Additionally, Mike will also be honored in New Orleans as a NATA Service Award winner.

On May 2nd, the electronic magazine, NATA Range of Motion quoted current CSUF staff, FWATA Public Relations Committee Chair, and Titan alumnus, Amanda Rice.

Melissa Lentz recently became the Assistant Athletic Trainer at Hope International University.

Team physician and ATEP Medical Director, Chris Koutures spoke to interested members of the public on “Sports-Related Concussions: Evaluation, Management, and When to Return to Play” on May 20 of this year.

Yoshi Ushijima once again returned from Japan to visit CSUF with a few of his Kensa University students for a week of learning about AT in the United States. Yoshi later returned in June to attend the ACSM meeting in Denver, CO, along with former Titan Nawa Tanigawa.

Sixteen undergraduate ATS, graduate assistant—Kyle Burnett, along with Julie Max and Robert Kersey participated in the Donate Life Walk on April 30, to raise funds and awareness for organ and tissue donations. Current ATS, Justin Hostert played a key role in the event involving 10,000 people. Earlier in the semester, Justin’s parents (Craig and Kathleen) met with current ATS and staff for a seminar on tissue donation. On April 30, they oversaw the days activities.

Current AT faculty and ATEP Clinical Coordinator, Dr. Kavin Tsang, became the Chairperson for the FWATA Research & Grants Committee at the 2011 District 8 Meeting. Dr. Tsang served as a committee member for the past few years before the promotion to Committee Chair.

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Thanks & Best Wishes to GA Grads!

Two years ago Kelly Franks, Alisha Smith, and Sarah Ibanez joined our Titan family as Graduate Assistants. Each one achieved some common goals...earning their Master of Science degree, increasing their professional networks, and gaining AT experience. In the process they gained much more. They each shared some parting thoughts.

Alisha wrote...these past two years have been a whirlwind and I can’t believe it’s already over! Coming to Fullerton has changed my life. It has given me a completely new perspective on the profession of athletic training, and employment in general. I want to thank everyone who helped me grow as a young professional. I look forward to the current students becoming my peers! (YIKES!!) The Titan family will always be near and dear to my heart. I am so appreciative of everything I have learned, my experiences, and the people who have come into my life. It is time for this bird to spread her wings and share the Fullerton love with so many others. I look forward to continually meeting the students brave enough to take on Julie Max!! ha-ha. Some words of wisdom: live in the moment; be thankful that you are spoiled; love what you do; and “Once a Titan, Always a Titan.”

Kelly shared...life is an exhilarating adventure for those willing to brave it and jump onboard. Two years have passed in the blink of an eye and I have learned more during my time at Fullerton than I could have ever hoped or imagined. Becoming part of the Titan family has been such a blessing. I look forward to building on the relationships I have made here. I thoroughly enjoyed working with the staff and students. I hope they have learned almost as much from me as I have from them. Reflecting on my CSUF years, my two fondest memories would be our end-of-summer staff gatherings featuring Chef Chris Mumaw and the countless hours spent with our students who volunteered to be a part of my thesis research study. I learned so much through that experience and I’m grateful for their time, energy, and stories. My pearl of wisdom is this: “The greatest mistake you can make in life is to be continually fearing you will make one.” ~Elbert Hubbard. Embrace.” Be confident in who you are, what you know, and what you will continue to learn! May every one of you welcome the current season of your life with an open heart and a joyful spirit.

Sarah reflected...her two short years at Fullerton left a lasting impression on me. Titan Athletic Training showed me how a truly great athletic training environment should operate. My experience was made possible by student-athletes, staff, and ATS...but mostly by the Titan family! Since arriving in 2009, I became a better person and athletic trainer. I will miss being a daily part of the Fullerton ATR, Chris Mumaw’s cooking, having Dr. K as my thesis chair, and yes...surprisingly...approving endless last minute comps!! I will continue to challenge myself and learn something new everyday. Thank you again to each one of you for making my Fullerton experience a memorable one. Once a Titan, Always a Titan.

Barbie Gil-Alviso

Future AT Meetings

2012 FWATA @ San Diego, CA: April 11-14, 2012
2012 NATA @ Saint Louis, MO: June 2012
2013 FWATA @ Sacramento, CA: April 10-14, 2013
2013 NATA @ Las Vegas, NV: June 2013
The National Athletic Trainers’ Association recently bestowed its highest honor to one of our own, by inducting Andy Paulin into its Hall of Fame at the Annual Meeting in New Orleans. Congratulations Andy, on your well-deserved award. You are the consummate professional. Your actions and words make us all very proud to be Titans.

Marni Barton truly enjoys her life in Colorado. She loves the slow pace of her small community, as she gets to know everyone in town. A typical day for her begins and ends with her family, including Tom (her husband), Tom and Kody (her two boys), Daphnie (the dog), Dakota and Whitee (the horses), and Indiana Jones (the fish). She starts by waking her two young boys and prepares them for the day. Her youngest son attends preschool a few days each week, while Tom is now in 2nd grade. The best her to watch and enjoy the growth of to work with Marni. She loved to see and their children.

Marni arrives on campus dent-athletes, which involves their in-the day’s events. She enjoys this time to best prepare them for participation tionship with the high school students, me laugh.” Her most difficult job re- young person they cannot play because informing students about season or career ending injuries.

Marni’s advice to other athletic trainers, especially the new professional is to “go out and learn as you can… there are so many new treatments and techniques. The more you know the better. Don’t be afraid to learn from and teach other health care professionals.” Finally, Marni wanted to say “hello” to her Titan classmates. She misses them and hopes to see them all soon.

Leslie Cardoza
NATM Event Attendees: Evelyn, Connie, Senait, Leslie, Yo, & Alex

FWATA ATS Presentation Winners: Leslie, Dr. Tsang, Mike, & Derek

JATO Attendees: Nawo, Kyoko, & Yoshi

Titan ATS with NATA HOF Andy Paulin

2011 BS in AT: Ricardo, Derek, Keith, Leslie, & Chris

Titan Patty Sexton with secret AT as Tuffy

Visitng Kensai University students learning from Yoshi and Alisha Smith
As the Spring semester comes to a close and summer “break” begins, we find ourselves preparing for the coming Fall semester, updating lecture materials, finalizing clinical rotations, adjusting clinical education system, developing new research opportunities … a peculiar thought crosses my mind...as program administrators, are we doing too much? Are we making things harder than they need to be? Are we “reinventing the wheel” so to speak?

This is my answer as an administrator...being a Titan; the pride we have in our ATEP drives us to continually ensure we are providing the best possible education and clinical experiences...our students graduate on time (undergrad and grad)...our BOC exam pass rate is well above national levels...we are actively involved with community service projects (Fall Blanket Drive, NATA Athletic Training Month activities, Donate Life Run/Walk, etc.)...more students are participating in research projects...our undergrads have received 3 awards for research presentations over the last 4 years ...it would appear the “wheel is turning just fine”!

Please share your thoughts with us...how do you feel as alumni of the Titan ATEP? What makes you proud to be a Titan?

39 Titans @ 2011 NATA in New Orleans

Vanessa Pai
Morgan Montalvo
Leslie Cardoza
Isabel Archuleta
Monica Cordova
Mike Kaufman
Connie Kuei
Lauren Forsyth
Kavin Tsang
Adam Cady
Jill Seevers-Reuter
Stacey Ritter
Alex Bravo

Julie Max
Amanda Rice
Andy Paulin
Chris Mumaw
Kelly Franks
Alisha Smith
Kyle Burnett
Mike Chisar
Sandy Schultz
Anna August
Jose Gomez
Larnie Boquiren
Nina Hsieh

Evelyn Benitez
Jo Engel
Steve Cortez
Steve Zinder
Ky Kugler
David Oliphant
Charlie Ramos
Marni Barton (Shoger)
Sally Alway
Maggie Lacambra
Maria Castro
Chris Bates
Robert Kersey
2ND ANNUAL CAL STATE FULLERTON ATHLETIC TRAINING EDUCATION PROGRAM ALUMNI GOLF TOURNAMENT

Date: Saturday July 23, 2011 @ 10:30 am

Location: Meadowlark Golf Club
16782 Graham Street
Huntington Beach, CA 92649
Phone: (714) 846-1364

Registration Fees: $135
(includes: green & cart fees, breakfast & lunch, commemorative T-shirt, & gifts)

Help support the Titan Athletic Training Education Program. Proceeds from the event provide educational supplies and scholarships for ATEP students. As such, we ask you to consider participating as a golfer, making a monetary donation, sponsoring the tournament, or donating prizes for the various contests. These items may include gift certificates, golf related items, or team logo sportswear to name a few.

Sponsorship Opportunities:
- Tee Sponsor - $100 (tee box signage & T-shirt)
- Tournament Champion Sponsor - $100 (signage & T-shirt)
- Long Drive Sponsor - $50 (signage)
- Closest-to-the-Pin Sponsor - $50 (signage)
- Longest Putt Sponsor - $50 (signage)
- Breakfast Sponsor - $100 (signage & T-shirt)

Format: Best Ball/Scramble with Long Drive, Longest Putt, & Closest-to-Pin contests. Prizes to winners.

Come enjoy a great day and help make this event more successful than last year. We always love to see you and your family. If you cannot play golf, you can attend the lunch social immediately following. We look forward to seeing you on July 23rd.

Contacts

Mhoang79@yahoo.com          dvbust@yahoo.com
(310) 344-5144              (626) 780-2170

***NOTE
We need an accurate head count to finalize arrangements with the facility, so please contact Daniel or Mike ASAP. We will re-send registration forms in the coming weeks. We welcome any questions, suggestions, or ideas to improve the event.
Having recently finished another CSUF academic year, as well as just returning from “Nawlins” and the NATA Annual Meeting & Clinical Symposia, reflection was inevitable. It was amazing to listen to outstanding experts share the latest sports healthcare evidence. (Although, it seems like one never gets to all the presentations on the “must-see” list.)

To watch our current Titan students listen, learn, and interact with ~11,000 other like-minded individu-als was exciting. During the chaos of the return trip and ensuing days, recurring thoughts centered on the profession of athletic training.

Athletic trainers should be proud of their heritage and excited about the future. Athletic trainers helped others in sport, long before other healthcare professionals considered this unique niche of “patients”, (Whom everyone now seems to want as their patients...although not always for the right reasons.). Athletic trainers spend hours, days, weeks, and careers, because they truly care for others. Our expertise allows others to pursue their goals and dreams. Athletic trainers operate behind the scenes, so others can enjoy the accolades and compensation.

Athletic trainers serve others as they pursue excellence; often “to a fault”. We must continue to demand greater respect for our knowledge and unique skill-set. We generally need to seek improved salaries for our expertise. We should continue to fight for better working conditions and employment expectations. Those considering a career change or another related profession should do so for quality reasons and not simply for easy money or better working conditions. Rarely do others have the opportunities of athletic trainers to influence others, the positive way athletic trainers can.

Many would not consider attending four+ years of college to become a “servant” a good investment. In today’s “me first” world, athletic training does not seem like a glamorous profession. Remember, “Do nothing out of selfishness nor empty conceit, but with humility of mind, regard one another as more important than oneself.” (Philippians 2:3) Athletic training is an honorable profession and athletic trainers are honorable professionals, who must continue to mature with humble, confidence in their skills and expertise. Your rewards will come.

RK

From the “Soapbox”

68 Titan Attendees @ FWATA - Las Vegas