Recently, Titan alumnus Jim Winn, MEd, ATC, PTA answered a few questions for us. He works as the Corona HS AT and manages the SPORT Clinic. Jim also is an adjunct faculty at Cal Baptist University and the Riverside County Office of Education.

**What are your best Titan ATEP memories?**
The way the AT staff embraced you as a family member and provided the opportunity to learn. They were always constructive and tried to make you better. The CSUF instructors wanted to see you succeed, while the seniors (Krystal Slover-Emig and Mike Chisar) encouraged your professional growth. FWATA meetings provided mentorship opportunities with leaders such as Bill Chambers. I was also able to interact with other students, many who are now my colleagues. Attending always made me proud to be a Titan, because of their strong leadership presence.

**Tell us about a typical day in your life.**
From about 6:00 am until around noon, I’m at the SPORT Clinic with our outreach program. The early hours involve managing the visiting high school student-athlete injuries. Later, I generally work on administrative responsibilities. I spend time marketing our program through community outreach, as well as other projects such as our Sport Concussion Clinic and the annual meeting – Practical Applications in Sports Medicine. My afternoons usually involve the typical AT duties while I am at Corona HS.

**Tell us your new AT facility.**
As a high school AT, one should understand your patient is a parent’s injured “little angel”. You reassure them with your presentation (yourself and your facilities), which allows you to do a better job. This ultimately leads to better health care. For others to visit our AT Clinic and say, “This is better than my physician’s office.” is a huge compliment. You can be the greatest at whatever you do, but without the proper presentation, it does not matter. It is great to have an AT facility that instills pride. Our principal brought in the district superintendent for a visit, because he is proud of how we represent the school.

**Who played the biggest role in your professional development?**
My mentors include Jerry Lloyd, Ky Kugler, Julie Max, Chris Mumaw, Jim Clover, and Al Boyd.

**What was the best advice you were ever given?**
As you move forward, there will be roadblocks, but do not let them stop you. There are always ways to get around or through them. In addition, you need to be sure that your administrators understand your worth…document your value and services on a daily basis.

**You sound like you truly enjoy your job.**
I encounter so many individuals with varied person-

(Continued on page 3)
Natallie Crum (Robello) and husband Joe are pregnant and expecting in March. Natallie works for Southwest Airlines and also does massage therapy on the side.

Robert and Tina Guzman (Fleming) gave birth to Carter Eugene Guzman on July 16, 2011. Carter weighed 6’ 5” and was 19.5” tall. Congratulations to the Guzmans.

The Milgrims - Derek & Melissa (Belandres) welcomed Madison Alexis into the world on October 9. She was 6 pounds and 18 inches tall.

Titan alumnus, Anna August recently began her new role as the Head AT for the DEA Academy in Quantico, Virginia. She did so after many years as the AT for American River College in Sacramento.

PJ Saighani is halfway through his last year at DO school and recently completed a rotation at UCI. PJ hopes to complete his residency in pathology.

In August, Mike Hoang began his first year on the athletic training staff at UCSB. Mike’s primary sport assignment is baseball.

Pablo Chung currently serves as the athletic trainer for Marymount College. Pablo also helps Armando Rivas and the medical staff of the LA Galaxy when he can.

Kavin Tsang will soon begin his tenure as a member of the NATA Convention Program Committee. Kavin also serves as the Chair of the FWATA Research and Grants Committee.

Stacy Camou (Diaz) recently stepped down as the athletic trainer at Diamond Bar HS. She now teaches ROP athletic training classes at Rolling Heights HS.

Lorrie Clement & Leslie Cardoza recently completed the San Francisco Marathon in October. Along these same lines, Nathan Longrier successfully completed another marathon in October.

Melinda and Allen Dumolien are the proud, first-time parents of little Brayden Allen Dumolien. Brayden entered the world on October 17th at 4:05 am.

He was 8 lbs 13 oz and 20 inches tall.

Julie and Tyler Hamilton are pregnant with baby boy #2 due in February. The Hamilton’s reside in Florida, where Tyler works at Palm Beach Atlantic University.

Cathy Dickson (Turner) is presently completing her first year of nursing school at Saddleback College in Mission Viejo, while being a wife and mom to two young kids.

Nina Hsieh recently returned to be the head athletic trainer for the Los Angeles Defenders, the D-League team for the Los Angeles Lakers.

Congratulations to Armando Rivas and his LA Galaxy who won the 2011 MLS Championship.

Ken Burns traveled for three weeks with USA Water Polo during the summer of 2011. The trip included stops in Montenegro and Greece.

Holli Vandeman and fiance Timothy Jackson became parents on October 21, when Alexander Timothy entered the world. He was 8 lbs 14 oz.

Alicia Roth (Alamar) passed her board exam for PA and practices in family medicine. She and husband Tim, also recently became a proud mother of Stephen Alamar (9 lbs 5 oz) born on December 27.

Wil and Lauren (Castillo) Filamor expect a big change in their lives next June, as Lauren is pregnant with twins.

Irene and Cesar Garza received a great Christmas present when their daughter Azalea Rose came into the world on Saturday—December 24th at 9:20 pm. She was 6 pounds 12 ounces and 18.75”.

Champs...the Titan ATS won the Fall 2011 ASI Intramural Softball Championship in November. Great job representing the ATEP.

Two ATS passed the BOC exam to become ATC as of their January graduation dates...congratulations to Monica Cordova and Vanessa Pai.

BJ Capili began work as a staff AT for UC Irvine. He returned to SoCal from a stint at UC Santa Cruz.
alities, cultural backgrounds, and athletic abilities. I appreciate that I can and do make a difference in their lives. We usually have a limited window to gain the athletes trust. Many times, we have a tendency to talk about the diagnosis or a special test, rather than getting the athlete to buy into us. At a high school, our role can be overwhelming with so many students needing your attention. Many student-athletes want to talk about what is going on with their lives. Although these talks may be time consuming, adolescence is such a pivotal age. During their season, you may interact with them more than their parents may. You just cannot put a price on that. I’ve been fortunate, for 20 years there has not been one day – and I can say this honestly, that I woke up saying “Man, I hate my job.” There are days where I say “I should have gone to bed earlier”. I love my job!

What are your biggest challenges? My primary challenge involves keeping family first. I have a wife of 18 years and a 9th grade daughter. Sometimes the commitments can be overwhelming. Stay true to your values and the challenges are easier. Consider ways to maximize family time (families on road trips or getting your daily exercise with the team, so you do can go home early). Another challenge is to dot my I’s and cross my T’s. Andy Paulin is great at this. My job is manageable, if I stay organized.

What are your professional goals? I hope to continue the

MAXimum Exposure

As we closeout an eventful 2011 and consider new beginnings for 2012, I could not help but hear all about “New Years Resolutions”. As I searched for a topic, I decided, that’s it...what ARE our New Year’s Resolutions?

“A New Year’s resolution is a commitment that a person makes to one or more personal goals, or the reforming of a habit. A key element to a New Year’s Resolution that sets it apart from other resolutions is that it is made in anticipation of the New Year and new beginnings. People committing themselves to a New Year’s resolution generally plan to do so for the following year. This lifestyle change is generally interpreted as advantageous”. For me, New Year’s Eve has always been a time for looking back to the past, but more importantly, forward to the coming year. It’s a time to reflect on the changes I want (or need) to make and resolve to follow through on those changes!

It’s a time for me to prioritize what EXACTLY is important in my life and what EXACTLY needs to be made better. My list is really quite simple (not necessarily easy, BUT simple). What about yours?

As we try to emphasize “evidence based practice” in the ATEP, (Robert and Kavin would be proud). I decided to research New Year’s Resolutions. Here are some findings. Recent research suggests while 52% of resolution study participants were confident of success, only 12% actually achieved their goals. A separate 2007 study indicated 78% of those with New Year resolutions failed, but successful individuals had some common traits. The rate 2007 study indicated 78% of those with New Year resolutions failed, but successful individuals had some common traits.

Dozens of “Top Ten Resolutions” can be found for every type of person...new age, old age, computer geeks, health nuts, fitness freaks, working moms, stay at home dads, poor college students, wealthy businessmen....and on and on. The most common that continued to surface were: 1. spend more time with family and friends; 2. fit in fitness; 3. tame the bulge; 4. quit smoking; 5. enjoy life more; 6. quit drinking; 7. get out of debt; 8. learn something new; 9. help others; and 10. get organized.

As I begin my 2012… I know my resolutions. I know the most important things in my life that need "resolved". I know every day is an opportunity for me to succeed with those changes. I know that MY life is about choices!!! What about YOU? Let 2012 be a year of "successful resolutions". Please take the "roots and love" of the Titan ATEP family on your journey this year. Whatever your successes OR failures may be… know you are loved!!

Jim Winn
Corona HS and the SPORT Clinic

What advice would you give young professionals? Remain passionate and the rewards will come. The key is “can you see yourself in this profession 3, 5, 10 years from now?” When you look in the mirror, see who is looking back...because that is whom the work is for...it is not for mom, dad, siblings, and mentors. Ultimately, it is for you and your future family. To do great things, you need to have great people around you. Let them do what they do best, which makes you look like you are doing your job well.

Any final thoughts for the AT students? Be proud to be a Titan. Continue to interact with other professionals. Keep moving forward. Remember, somethings you learn at CSUF may not really make sense until years from now. When you leave, you will interact with sour people from many professions, especially with this economy. But, if you think outside of the box, you will be much more successful. Do not become a clone of any single mentor... take bits and pieces from each one, to become the best AT.

Isabel Archuleta

Men achieved their goals 22% more often when they engaged in a system of implementing small measurable goals (i.e., a pound a week, instead of “lose weight”), while women succeeded 10% more often when they made their goals public and got support from their friends.

What are your biggest challenges? My primary challenge involves keeping family first. I have a wife of 18 years and a 9th grade daughter. Sometimes the commitments can be overwhelming. Stay true to your values and the challenges are easier. Consider ways to maximize family time (families on road trips or getting your daily exercise with the team, so you do can go home early). Another challenge is to dot my I’s and cross my T’s. Andy Paulin is great at this. My job is manageable, if I stay organized.

What are your professional goals? I hope to continue the

Continued from page 1
Since passing the BOC exam, Vanessa Pai is "eager to get her foot in the door, get her hands dirty, and to start a new chapter in her life." The most important thing that she has learned at CSUF is that the approach to dealing with a situation is just as important as the situation itself. Vanessa said, "Things will happen (controllable or uncontrollable) and how you deal with it, makes you who you are and more than likely, a stronger person."

Connie Kuei’s most memorable moment was getting praises from Julie, for a job well done while working with tennis. Connie is applying to graduate schools and hopes to eventually work in performing arts. Her advice for the students is: make mistakes now, because in the real world you are liable for everything.

Robert Kirkland’s most memorable times while at Cal State Fullerton involved travelling to Las Vegas for a men’s soccer tournament. He enjoyed the “road” experience of planning and learning from Brent. Robert believed communication was a major skill he learned at CSUF. He hopes to earn a graduate degree, get his CSCS certification, and work at a sports rehabilitation clinic.

Michael Kaufman’s advice for students is, “Find a balance, don’t get frustrated, keep on keeping on.” While at Fullerton, Mike learned the importance of balance, including work, school, clinical rotations, and life outside of athletic training. Mike plans to attend a graduate school with a sports medicine emphasis and someday work Division I athletics.

Evelyn Jaramillo learned that “sometimes you have to look outside the book.” After graduation, Evelyn hopes to work as an athletic trainer to gain some experience beyond CSUF. Someday, she hopes to go back to school, possibly studying orthopedic nursing. Memorable times for Evelyn included working with Kevin Derby at Mt SAC.

After graduation, Jessica Garnica hopes to study sports psychology in graduate school. She learned about who she is as a person, student, and clinician. Her most memorable moment was getting the acceptance phone call from Dr. Kersey…a pleasant surprise. If she had the opportunity to trade places with any fictional character, it would be House M.D.

Monica Cardova advises “Don’t be afraid. Take advantage of the safety net.” She learned its okay to acknowledge your weaknesses and ask for help as sometimes they have the answers. Monica recently passed the BOC exam and plans to attend graduate school studying sports psychology at SDSU, Tennessee, or Oregon State. The last book she read was *Pride and Prejudice*.

“Through my academic mentors and clinical experiences, I was able to grow into my own person.” Isabel Archuleta plans to attend graduate school to possibly study biomechanics, and also wants to do some missions work. Her advice for AT students is to “learn humility and learn from constructive criticism.”

Jordan de Gracia
On July 23rd, 2011 the Second Annual Cal State Fullerton Athletic Training Alumni Golf Tournament teed off at Meadowlark Golf Club in Huntington Beach. The day not only included great weather and golf, but also some healthy competition and excitement. It was a beautiful day, highlighted by Nick Walker (ATEP alumnus family member) who won both the longest drive contest ($100 Golf Mart gift card) and closest to the pin contest (Taylor Made putter). Wil Filamor won the longest putt contest ($50 Target gift card) with a slick putt on the 18th hole. The team of Wil Filamor, Lauren (Castillo) Filamor, Mike Kingsbury, & Alex Castillo shot a blistering 11-under par round to win the overall title. Their names will be etched in brass on our new tournament plaque. They also received a free round of golf at the prestigious Coyote Hills Golf Course in Fullerton. Zach Dumont, Joe Avitabile, Kavin Tsang, & Trevor Goodspeed finished second shooting 8-under par. The team of Mike Hoang, Khang Pham, Lorrie Clement, & TJ Roper tied the group including Daniel Vasquez, Amanda Rice, Dennis Reahle, & Nick Walker at 5-under par.

Once a Titan...Always a Titan!!!

Each contestant received a beautiful commemorative t-shirt and individual contest winners, as well as the winning team received great prizes at lunch. We had amazing contributions for our raffle and for the event. The generous donations included a LA Galaxy signed jersey, NIKE shoes from Snail’s Pace, Arbonne Beauty Products, free rounds of golf at Meadowlark and Coyote Hills, Dodger Tickets, a multitude of CSUF sports gear and ATEP gear, golf supplies and equipment, as well as various gift certificates. Thanks to those who donated these wonderful prizes. Congratulations to the winning team and to all of those who participated, but more importantly, our Titan family enjoyed the day while raising approximately $1700 to support the Titan ATEP (see “from the Soapbox page 10). We look forward to the 2012 event and hope you can join us (even if you do not play). Our goal is to increase the scholarship funds, so please consider what the ATEP meant to you...then and now. We welcome your ideas and/or suggestions and we NEED your help to make this a continued success. We will return for our 3rd Annual ATEP Golf Tournament on July 21, 2011 (Golf Course TBA). Watch for further information and sign-up sheets via email in the coming months. We hope to see you next year.

Call to action: We need volunteers to help with fundraising, obtaining gifts and prizes from local retail stores and golf facilities. We also would like to create a few reliable small committees to assist with tasks associated with the tournament. Contact Mike Hoang (mhoang79@yahoo.com), Daniel Vasquez (dvbust@yahoo.com) or Lauren Filamor (Putt124@aol.com) to help.

Mark your calendar to join us on Saturday - July 21, 2011 for fun and a good cause.

Daniel Vasquez
Welcome Fall 2011 ATEP Students!

**Jack Sessions** joined the Titan family all the way from Cambridge, England. He knew, after meeting with Dr. Kersey and Julie Max, he wanted to learn from them. “I heard of the reputation, the student to clinician ratio, and I knew that they [Fullerton] would best prepare me for getting a job.” To date, Jack learned to focus on his abilities, as opposed to worrying about what’s he doesn’t yet know. “I can’t be frustrated with what I can’t do, because there are people to help me with that. I can take a good history, so I need to focus on being able to do that.” Jack looks forward to the different perspectives of those at the off-campus rotations. He believes the most important part of a sandwich is the bread. “It has to be toasted.”

Born and raised in El Monte, **Elva Salcido** decided on Cal State Fullerton after others recommended it as one of the best area schools. She stated, “It just felt right [at Fullerton]. After touring the campus with Dr. Kersey, I knew this was the school for me.” So far, she learned the critical importance of setting a solid foundation. For Elva, family, loyalty, and responsibly representing the Titan name are critically important. If she were a Star Wars character, she would choose R2D2, because he’s blue and she likes blue. Also, “He’s small, but always bails out C3PO.”

From Bellflower, **Edgar Ortiz** came to Fullerton because of Titan alumnus, Keith Candalaria. Sharing the same high school alma mater, Saint John Bosco, Keith emphasized the family atmosphere and a positive personal experience, which drew Edgar to CSUF. So far, Edgar has learned the importance of the total sports healthcare team. “Athletic trainers work closely with athletes, but we’re only one part of the team.” Edgar looks forward to learning from advanced classes and greater responsibility.

**Micah Ohlen** recently moved from Santa Barbara, but was originally from Kauai, Hawaii. While investigating athletic training programs, he learned of the CSUF family atmosphere and good student-to-faculty ratio, to decide it was perfect for his learning style. In his first semester as a Titan, Micah realized that continual growth in his learning, not getting complacent, and stepping out of his comfort zone is important. Micah looks forward to the off-site rotations, national conventions, and improving his diagnostic skills. According to Micah, the love put into the making of the sandwich is the most important part.

**Matt Nielsen**, from nearby Yucaipa, applied to Cal State Fullerton because he heard about the small atmosphere and program intimacy. Having a semester under his belt, he learned to balance his clinical, academic, and extracurricular responsibilities. Matt looks forward to his 5th semester lead rotation, as well as the opportunity to work with and teach other students. If he could trade positions with anybody for a week, without hesitation, it would be Will Farrell.

**Continued on page 7**
Kelly Knaup hails from Irvine. Her father and sister are both Cal State Fullerton alumni, so naturally she wanted to become a Titan as well. While researching various ATEPs, those at Irvine Valley College commented positively about CSUF. In her first semester, she learned the importance of everyday attitude and its effects on outcomes. Kelly looks forward to working with the many other great clinical instructors in the coming semesters. The last book that she read was “The Help.”

Kevinz Carpio hails from Temple City. After weighing different options, he pursued Cal State Fullerton because of the clinical staff, academic program, and small group atmosphere. In his first semester, Kevinz learned the importance of communication from his ACI – Sally Alway. “You have to be direct, but careful with your word choice when dealing with your peers, athletes, and coaches.” Kevinz looks forward to growing as a professional by combining his classroom and clinical experiences. He believes the most important part of a sandwich is the cheese, because it separates the moisture from the bread.

From Pleasant Hill, in northern California, Rick Becker joined the Titans from Diablo Valley College. After researching UNLV, San Jose State, University of Nebraska, and CSUF, Rick decided that the individualized, small-group environment at CSUF was his best option. In his first semester, Rick learned the importance of communication. “I’ve learned different ways of communicating with various types of people,” said Rick. He looks forward to learning new preventative injury techniques and learning from different ACIs. If he could be any person, he would choose Doc Holiday because he was a smooth “business man.”

Jordan de Gracia
2011-12 Champions

Vanessa, Nelson with Donate Life family

Ken Burns in Greece

ATEP @ Donate Life Float

Go TITANS

Donate Life Float

Water Rescue Training

ATEP Donate Life Roses

Leslie, Morgan, & Isabel @ NATA

Matt & Justin Intramural SB

Christmas Bash

Blanket Drive: Evelyn, RK, & Connie
From Hayward, CA, Jordan deGracia a Titan alum, returned to Cal State Fullerton to serve as a Graduate Assistant for the ATEP faculty. In his first semester as a GA, Jordan worked closely with the AT students, holding open labs, assisting faculty, and guest lecturing. "It was a challenging semester, but I had a great time learning," replied Jordan. He returns in the spring to continue his work, as well as move forward with his graduate classes.

Sally Alway, of Salem, Oregon came to Fullerton as an ACI after graduating from George Fox University in Oregon. She then worked at Corban University in Salem, Oregon for two years. Having just finished her first season with women's soccer, Sally is working towards her MS with an exercise physiology emphasis. Eventually, she hopes to work abroad in either Spain or Australia, in the professional arena working soccer or basketball, or at an Olympic Training Center. She hopes to one day balance work with a family. When asked, if you could be any character, real or fictional, who would you be? With a smile on her face, Sally replied, “Carrie Bradshaw from Sex and City. She has a lot of shoes.”

Emma Garton, a native of Dana Point and Titan ATEP alumnus, hit the ground running working with Women's Volleyball this semester. Emma just returned from a trip to the Haiti, where she spent the start of her winter break helping at a children’s orphanage and spending time with the kids. She was able to partake of a Christmas feast with the kids, as well as assist in health screenings. Emma hopes to continue working with people of Haiti in the coming years. Like her two colleagues, Emma enjoyed her first semester of graduate school at Cal State Fullerton, by learning all there is to know about ANOVAs in the grad stats class.

Welcome and thanks to Jordan, Sally, and Emma for joining the Titan family (some for the second time). Enjoy the ride.
Now may or may not be the best time to share these thoughts, but after many years of contemplation, investigation, and conversation...it is my hope each of you consider the following as it relates you.

Julie Max came to CSUF as a Physical Education student (no Kinesiology or AT major back then). Julie remains, after 30+ years of employment and dedicated service. Thousands of student-athletes benefited from Julie's sports healthcare, leadership, knowledge, and caring ways. Hundreds of students learned from Julie's upbeat classroom teachings. Scores of athletic training students matured under her watchful eye during their clinical rotations. Over the years, certainly dozens of administrators, faculty, coaches, physicians, and staff profited from her insight and giving attitude. Although Julie is not Cal State Fullerton's first athletic trainer... she is Titan Athletic Training. Throughout her hall-of-fame career, JMax exhibited a true professionalism and compassion.

Julie touched many lives during her continuing career at CSUF...including my own and most likely yours. One of my early Cal State Fullerton goals included developing an endowed scholarship program for AT students. I propose we raise the required amount and name the annual scholarship to honor Julie Max. To continually award $1,000 in athletic training scholarships per year, we need to add about $20,000 to our CSUF Philanthropic Foundation account. Julie is not retiring (yet), but she is considering beginning the next phase of her life. Together we can make the Julie Max Athletic Training Endowed Scholarship a reality while she remains at CSUF.

I believe many are indebted to Julie. I challenge each of you. I challenge the CSUF administrators / faculty / staff: Julie probably assisted you with a great referral, an injury evaluation or treatment, or at the very least, some ice and a kind word. I challenge the Titan coaches: Julie most likely went “above and beyond” to get one of your student-athletes back to play much sooner than humanly possible. I challenge the team physicians and medical staff: Julie opened many doors for you and made scores of referrals. I challenge the athletic training student parents: Julie substituted as the mom for your child on many occasions. I challenge the current and previous Titan student-athletes: Julie probably patched you up at one time or another. Lastly, I challenge each ATEP alumnus: Julie most likely helped you to become the person you are today. Please help us reach our goal of establishing an endowed Julie Max AT Student Scholarship. There is no one more deserving at CSUF than Julie Max.

You can forever honor Julie and assist deserving athletic training students by writing a tax-deductible check to CSUFPF Julie Max Scholarship (indicate account # 80441 on memo line). You can use your credit card with a one-time payment or payment plan at http://www.fullerton.edu/foundation/direct/hhd/hhd-scholarships.asp. For further information, contact Rachel Beal Director of Development at (657) 278-5466. If you would like to get together with Julie, you are encouraged to participate in the 3rd Annual ATEP Golf Tournament this summer.

Thanks for considering giving to this worthy cause...we promise to utilize wisely the monies to assist deserving young students.

RK

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**From the Soapbox...**

From the Soapbox...

2012 FWATA @ San Diego, CA: April 11-14, 2012
2012 NATA @ Saint Louis, MO: June 26-29, 2012
2013 FWATA @ Sacramento, CA: April 10-14, 2013
2013 NATA @ Las Vegas, NV: June 2013