Alum Focus: Lorita Granger

We recently contacted ATEP alum, Lorita Granger (Saunders) to gain some insight into her post-Titan life. For over 30 years, she has served the athletic training profession, as well as the student-athletes at UCLA. Lorita was gracious enough to answer a few questions about her life journey.

What are your fondest memories from your Titan years?

I treasure my Cal State Fullerton roots and the instruction / mentoring I received from Jerry Lloyd, Julie Max, and the crazy upper class of athletic training students (Mike & Cindy Norris, Vance Manakas and Andy Paulin). The program was recommended to me by Cindy Norris and although I knew little about the profession, I quickly felt called to the profession and have loved it ever since. The early 80s were very different times; we learned a lot by practical application in the “training room”, practice fields, and competitions. My fondest memories would have to be time spent with my fellow AT students. We developed some great friendships. One highlight that stands out was a road trip to St Louis to attend the NATA national convention. There were about 10 of us in a motor home for the trip. It is amazing…we all remained friends after that.

Where did your AT first job? How did you get to where you are today?

I graduated from Cal State Fullerton in June of 1981 and passed my certification test that same month. I began working in a Huntington Beach physical therapy clinic shortly afterwards. It was not the right fit for my career goals, so I continued looking for a position in a more traditional setting. In November of 1981, I was hired as an assistant ATC at UCLA. I suppose the rest is history. I was promoted to the Head Women’s Athletic Trainer (back in the day of completely separate Men’s and Women’s programs) position in January 1982. In August of 1982, I married Jim Granger (CSUF Offensive Lineman ’82) who was and continues to be very supportive of my athletic training career. He is currently the president of Contemporary Services Corporation, an event management company. We have 2 children Jenny (age 25, graduate of Westmont College with a Kinesiology degree) and Eric (age 21, a recent Azusa Pacific University graduate with a degree in business administration and finance). In an attempt to balance my family and career I diminished my workload to 55% when Eric was born.

How and when did you decide to become an AT?

I really feel I have been called to this profession, because when I am working in athletic training I believe I am able to utilize my skill set to its fullest. As a Christian, I believe God has directed and continues to direct my path. My job is just to listen and follow. Athletic training is more of a ministry than an occupation. I love interacting with 18-22 year olds and seeing them develop and mature separate from their family systems. Hopefully I provide a positive impact on their collegiate experience.

What do you love most about your current job?

UCLA currently has 13 staff ATCs. In addition to our specific sport responsibilities, we also have different administrative roles. One of my admin-
As I constantly reflect on the blessings in my life, I have been impacted lately by the job situation in our country, which makes me incredibly thankful for my Cal State Fullerton job. While too many people deal with being out of work, I continue to be so grateful that I not only have a wonderful job, but that I love doing what I do for 30+ years. I firmly believe my job is a “gift” to me and that I need to approach it every day with excellence and enthusiasm. At the end of every day I need to decide if I was successful or if I was significant! Did I do what I was supposed to do to “significantly” make a difference, impact someone’s life, affect a necessary change, listen when I wanted to talk, teach when I wanted to learn or was I simply successful in completing “my list” of things? As an Athletic Trainer, I believe that “my purpose” is to be significant! I am encouraged EVERY DAY to work with the 4 E’s that I recently heard in a church sermon.

Work with a heart of Enthusiasm, Excellence, Energy and Ethics. Daily I challenge myself to bring the 4 E's to the Athletic Training Clinic.

When we love what we do, we should strive to show it. Our work Ethic should always be above reproach. Hard work is the byproduct of good Energy. Gratitude for our jobs should always be displayed with the highest standards of ethics, never wavering or losing sight of the importance of giving back to others what has been given to us.

When you become frustrated with your work, and it will happen, remember that your job is a gift from God and working hard each day with Enthusiasm, Excellence, Energy and Ethics is a way to express gratitude for it. As Titans, I hope and pray that we ALL strive to live daily with the 4 E’s. Challenge yourself and be grateful for “your gift”. Remember you are loved!!

JMax

Titans To Shine in Saint Louis

A few Titans will present at the NATA Annual Meeting and Clinical Symposia in St Louis. Please support them as they share with colleagues from around the world. Plan to attend. Apologies if we missed you.

**Feature Presentation**
Strategies for ACL Injury Prevention: Successes and Challenges - Sandy Shultz

**Special Topics Oral Presentation**
NIH NRSA Fellowship Grants: Keys to Submitting a Competitive Application - Sandy Shultz
All the “Roid Rage” What every AT Should Know about Anabolic-Androgenic Steroids - Robert Kersey

**Free Communications Oral Presentation**
The Effectiveness of 2 Forms of Cryotherapy Through Various Common Barriers - Kavin Tsang & Shalina Truglio (Johnson)

**Free Communications Poster Presentations**
Performance Technology: Effects of EFX® on Static & Dynamic Balance (Finalist for Outstanding Student Poster) - Leslie Cardoza, Kavin Tsang, Derek Boroian, & Michael Kaufman

The Impact of EFX® on ImPACT™ - Mike Kaufman, Kavin Tsang, & Leslie Cardoza

The Influence of EFX® on Isokinetic Strength - Derek Boroian & Kavin Tsang

The Effectiveness of OTC Pain Relieving Creams on Delayed Onset Muscle Soreness - Jordan de Gracia, Ashley Bingham, Leslie Cardoza, & Kavin Tsang
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 athtrngedprg@fullerton.edu.

Go Titans!!

Congratulations to Dr. Sandy Shultz, who is the 2012 NATA Sayers “Bud” Miller Distinguished Educator. Way to go Sandy...well deserved. Sandy will get her award on Thursday - June 28th at the NATA Annual Meeting & Clinical Symposia in St. Louis.

Derek Bororian recently accepted a new job as an AT for the Newport Orthopedic Institute, where he joins Jason Cashio, Tim Dubransky, and Marie Regino

Isabel Archuleta, a May 2012 graduate, accepted a graduate assistantship at Cal Baptist University, where she replaces Miodori Matsumoto, who completed her MS in May.

Spring 2012 graduate, Robert Kirkland recently competed in the American Ninja Warrior competition, televised on G4 Monday May 21.

New Titan...Gabriel Joseph Hamilton joined the Hamilton family: (Tyler, Julie, & Zachary) on Feb. 10, 2012 in Palm Beach, FL.

Congratulations are in order, because on February 11th Timothy Jackson married Holli (Vandeman) in Fountain Valley.

In addition to earning a NATA Foundation Scholarship for 2012-13, current Titan ATS, Rebeca Ribiero recently began her summer internship with the MLS Champions - LA Galaxy and Armando Rivas (Head AT).

PJ Sighani returns back home following four years of medical school in Arizona to begin his residency at UCI in pathology.

This summer, Lauren Forsyth begins her two-year internship with the Golden Bears of UC Berkeley, while she attends CSU East Bay (formerly CSU Hayward) to earn her graduate degree in Kinesiology.

Congratulations to Bill Ito and Holli Vandeman, who both received their Masters Degree in Human Movement with an Emphasis in Sports Conditioning from A.T. Still University.

Recent Titan graduates, Mike Kaufman and Monica Cordova spent much of their spring assisting as interns with the Men’s and Women’s National Volleyball teams as they prepared for the 2012 Summer Olympic Games in London.

Larnie Boquiren travels with USA National Women’s Volleyball to Mexico this summer for the Pan Am Cup. Koral Nevin-Hartung will spend her summer completing an internship with the San Diego Padres major league team.

Connie Kuei recently completed her spring internship with ESPN in Orlando, FL and leaves soon to start as a graduate assistant AT for the University of Oregon Ducks.

Recent Titan graduate, Vanessa Pai just completed her first semester as Head AT for Geary High School in Pomona, CA.

Justin Hostert, who learned all spring from Chris Mumaw with the Titan Baseball team, has accepted an internship with LA Angels of Anaheim.

Everett and Kristen (Bruce) Courter had a baby boy on April 1st. His name is Brayden Everett Courter and he was 8lbs 9oz and 19 1/2 inches.

A number of recent graduates passed their BOC exams this spring to become Certified Athletic Trainers, including: Lauren Forsyth, Ricardo Padilla, Isabel Archuleta, Evelyn Jaramillo, and Michael Kaufman.

Congratulations to Jordan de Gracia, Shalina Truglio (Johnson), Leslie Cardova, Mike Kaufman, Derek Bororian, Ashley Bingham, Dr. Kavin Tsang and Dr. Robert Kersey who are all scheduled to present in St Louis for the NATA attendees. See page 10 of the Update for details. Hope you can attend and support their efforts.

This month, Dr. Tsang begins his official term as a member of the NATA Convention Program Committee. These are the folks who plan all the educational sessions for the Annual Meeting and Clinical Symposia. Congratulations to Dr. Tsang.

The Far West Athletic Trainers’ Association recently honored Titan alum, Keith Candelaria with a graduate scholarship. Keith currently attends La Verne where he works under the tutelage of Head AT and Titan alum - Jo Engel.

Titan alum, Shannon Kaney is on the move once again this summer. Currently she is in the Ukraine with the Women’s Athletes in Action Basketball team.

Jennifer (Rieger) and Dom Carilli are expecting their first child in August. Jennifer is the AT for College Park HS.

In August, Walnut HS athletic trainer, Nelson Chen, begins his first year as a clinical instructor for the Titan ATEP, and spring semester brought Ned Bergert back to CSUF for his second stint of teaching in the ATEP. We also welcomed Stacy Camou (Diaz) back to campus as she also taught a class for us. Both Ned and Stacy will return this fall.
Thanks & Best Wishes to GA Grads!

In the Fall of 2010, Cal State Fullerton welcomed Brittany Bauer and Kyle Burnett to the Titan Family as Graduate Assistants. For two years, we’ve had the opportunity to work alongside and learn from these diligent professionals. These are their parting thoughts.

Brittany Bauer shared: “I have learned it is important to challenge yourself and always try to see projects through to the end. Don’t be afraid (or too stubborn) to continue if the stress it places on your life is too much, and the end result isn’t worth the suffering you place on yourself. Also, don’t do things because other people tell you it is what you should do. Do it because you want to and you know it is the right thing to do.”

Brittany will work part time at Mt. San Jacinto Junior College in Menifee starting in June, but is still looking for full time work. She is excited to gain experience at the junior college level and hopes this opens doors in the future. Brittany’s advice to current and future Titan AT students – both graduate and undergraduate was to “work hard and be passionate about what you do, but always make sure to take time for yourself, and have a good life balance. Athletic training, work, and school are all important, but so are friends, family, and fun. Find a good balance, and you will live a happy and successful life.” Her last words to all of the AT staff and fellow grad assistants included: “You are such a great support system and I don’t know how I would have gotten through these crazy two years without you. Thank you!”

As if he had not been asked to write enough in graduate school, we recently asked Kyle Burnett to give us his parting thoughts. He wrote…”sitting down to write this farewell statement brings closure to a wonderful two years. It is sad to think it is over, but I am ready to move on. Coming to Cal State Fullerton has been a blessing. I have grown both professionally and personally. The challenges, including student-athletes, coaches and athletic training students, made my Titan experiences stressful at times, but worth it in the long run.” Kyle wanted to thank all of these individuals for the challenges they provided throughout his stint at CSUF, because it made me better. Since coming to graduate school as at Titan, Kyle developed a new found love for the profession of athletic training…even though there were days “it appeared as though I hated life”. He hoped the students were able to learn as much from him, as he learned from them. “Cal State Fullerton is a very special place and I hope the students realize they are very fortunate. It was a definite pleasure watching the AT students mature, as they moved through the program.” Kyle will miss many things upon his departure, but two especially critical things were Chris Mumaw’s cooking and the countless conversations with Julie. “Everything else just seems to be a blur. I am so very appreciative for all the advice, support, and mentorship that all the staff has given me. I cannot thank everyone enough.” Kyle leaves with a few words of wisdom...”have confidence, trust your decisions, ask questions and enjoy what you do!! Lastly, for summer fun I recommend visiting Happy Camp, CA. Definitely a place you’ll never forget. Remember: Once a Titan, Always a Titan!!”

Future AT Meetings

2012 NATA @ Saint Louis, MO: June 2012
2013 FWATA @ Sacramento, CA: April 10-14, 1013
2013 NATA @ Las Vegas, NV: June 2013
Congratulations Spring 2012 Graduates

With the closing of another academic year, Cal State Fullerton’s Spring 2010 ATEP cohort (Jeremy, Kelly, Koral, & Brittany) also finished their final clinical rotations. This class of four leaves us with a few words concerning their time in the ATEP.

The favorite clinical rotation for **Brittany Menchaca (Pergl)** was Women’s Basketball, because she was able to apply all she had learned. “Everything just clicked. I felt comfortable and confident in my abilities.” She also enjoyed working with Amanda Rice and Julie Max, because they encouraged her to learn outside of her comfort zone. Brittany added, “They knew I had a greater capacity for growth.”

Brittany takes her BOC exam this month and hopes to work as a high school athletic trainer. Words of wisdom for her remaining athletic training student friends: “Don’t be afraid to make mistakes, because this is the place to make them. You have a good support team.”

**Koral Nevin-Hartung** returns to Cal State Fullerton to complete her remaining classes before her planned May 2013 graduation. She especially enjoyed learning with Alisha Smith, the AT supervising the Titan Wrestling Team. “I was fortunate to attend the PAC-10 championship in Oregon where I met some amazing people and gained a lot of athletic training experience.” Koral plans to get her massage therapy certification and hopes to further her education as a graduate student someday. Koral’s advice for the current AT students was to “Cherish every moment you have. Two and a half years fly by faster than you think. Dive in, push yourself, push others, and represent the Titans proudly.”

As a graduating senior, **Kelly Wilson** recalls her favorite clinical rotations being Track & Field and Women’s Softball, because of the learning and traveling opportunities. She added, “I had the opportunity to combine all the skills I’ve learned over the last four semesters and really develop who I want to be as a Certified Athletic Trainer.” After taking her BOC exam this month, Kelly hopes to work at a local community college and is also considering graduate school.

**Jeremy Cortez** graduates with fond memories of Diamond Bar High School and his time with Stacy Camou. It was during this clinical rotation that he felt his injury evaluation skills and rehabilitation procedures solidified. Jeremy also found Stacy’s methods and her student-athlete interactions to be invaluable. Jeremy plans on working in the profession since his graduation. His advice for returning students is: “Realize that times will get tough and you will be faced with challenges. Whether they are school, program, or personal - you are able overcome these obstacles… these are the situations that will make you stronger.”

The whole Cal State Fullerton Titan family - past and present - wish the best for Brittany, Koral, Kelly, & Jeremy.

“Once a Titan...always a Titan.”

Jordan de Gracia
Albert & Stacy Camou, Mark & Michelle Chiotti (Larson), along with Mark's sister Jill @ the Mud Run.
I recently came across an article regarding commencement speakers and really enjoyed the message delivered by Eric Greitens (U.S. Navy SEAL) to the 2012 graduating class of Tufts University…here are a few excerpts from his speech.

- “… through the years, the focus of education, particularly higher education, has shifted from selflessness to self-obsession. Many commencement speakers today tell students to “Dream big” and “Do what you love.” It may be feel-good career advice, but it’s incomplete life advice.
- “…think above and beyond their own dreams, their own desires, and to be strong. Aristotle called this megalopsychia, greatness of soul, and considered it one of the greatest moral virtues.
- What kind of service can I provide? What kind of positive difference can I make in the lives of others?” If you work every day to live an answer to that question, then you will be stronger.
- The more I thought about myself, the weaker I became. The more I recognized that I was serving a purpose larger than myself, the stronger I became.
- We ask our students, what do you want to do when you grow up? Instead, we should ask them, whom or Whom, and what ideals do you want to serve when you grow up?”

These words apply to our lives as athletic trainers, educators, and students. I am reminded of those who have taken on the purpose of making a difference in our profession…scholarships, financial aid & work-study, equality, licensure, quality of life…I hope we follow their lead and “live an answer to making a positive difference in the lives of others”.

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**65 Titans @ 2012 FWATA in San Diego**

Julie Max  
Chris Mumaw  
Brent Smedley  
Amanda Rice  
Sally Alway  
Kyle Burnett  
Emma Garton  
Jordan de Gracia  
Kavin Tsang  
Barbie Gil-Alviso  
Andy Paulin  
Stacy Camou (Diaz)  
Ned Bergert  
Jayme Baker (Burns)  
Rusty Baker  
Midori Matsumoto  
Hisano Tasedan  
Stacy Ritter  
Belinda Sanchez  
Sarah Ibanez  
Leslie Cardoza  
Crystal Emig  
Ricardo Padilla  
Isabel Archuleta  
Evelyn Jaramillo  
Jessica Garnica  
Monica Cordova  
Connie Kuei  
Mike Kaufman  
Jeremey Cortez  
Kelly Wilson  
Brittany Menchaca (Pergl)  
Kelly Knaup  
Matt Nielsen  
Jack Sessions  
Kevinz Carpio  
Senait Berhe  
Morgan Montalvo  
Lyndsie Wynn  
Yo Shimada  
Rebeca Rebeiro  
Jose Gomez  
David Oliphant  
Corrie Blaschek-Miller  
Vance Manakas  
Derek Boroian  
Lauren Forsyth  
Alisha Smith  
Cindi Coury (Chu)  
Kevin Sells  
Pablo Chung  
Ivan Pierra  
Chris Bates  
Keith Candelaria  
Charlie Ramos  
Magie Lacambra  
Ken Burns  
Max Kikolenko  
Ky Kugler  
Jo Engel  
Mark Van Riper  
Ali Lacayo  
Mike Chisar  
Steve Teubner  
Robert Kersey  

Our apologies if we missed you.
3RD ANNUAL
CAL STATE FULLERTON
ATHLETIC TRAINING EDUCATION PROGRAM
ALUMNI GOLF TOURNAMENT
SATURDAY - JULY 21, 2012 @ 1:00

Location: Coyote Hills Golf Club
1440 E. Bastanchury Road Fullerton, CA 92835

Registration: www.fullerton.edu/ATEPgolf

Fees: $135 (includes: green & GPS cart fees, lunch & dinner, commemorative T-shirt, gifts & donation to ATEP Scholarship Fund)

Please help support the Titan Athletic Training Education Program. Net proceeds from go to the endowment of the Julie Max Scholarship for Titan AT students. Please consider participating as a golfer or sponsoring an AT student to golf, 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:
Titan Sponsor - $1000
Eagle Sponsor - $750
Mulligan Sponsor - $500
Tee Sponsor - $100
Lunch or Dinner Sponsor - $500
Long Drive or Closest to the Pin Sponsor - $250
T-Shirt Sponsor - $100

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

Come enjoy a great day and help future Titan students, while honoring Julie with your tax-deductible donation. If you do not play golf...pay for your spouse or someone else (AT student), become a sponsor, or make a cash donation.
We look forward to seeing you and your family on July 21st.

Contact
Michael Hoang (05) mhoang79@yahoo.com
Daniel Vasquez (06) dvbust@yahoo.com
Lauren Filamor (02) puttl24@aol.com

***NOTE*** This year we are at a new and outstanding new golf venue. Make this an annual family event...a time of fun and fellowship with “old” friends. If you cannot play golf, you can always volunteer by contacting the alum leaders (above), making a donation, or becoming a sponsor. We look forward to seeing you at Coyote Hills on Saturday - July 21st. Remember your roots...Go Titans!!
From the “Soapbox”

I hope your spring was outstanding and that you are looking forward to a restful, but enjoyable summer. The Titan ATEP had another strong year. The AT students, faculty, staff, and alum continue to amaze. I have been so fortunate over the years to share my time with such quality individuals.

I thank all the students, both current and past, for pushing me every day. It is the struggle that makes us stronger. I thank the CSUF clinical staff - Julie, Chris, Brent, Amanda, Cathy, Nathan, & Heather, along with all our affiliated site practitioners. When I see your genuine care for your patients and our AT students...I am encouraged and happy with my decision to come to Cal State Fullerton. I thank the AT faculty - Kavin and Barbie - for their patience with me and their true desire to teach our students with understanding, passion, and character. Each of you establish the character of the Titan ATEP. Character is vital.

As we approach Father’s Day of 2012, I want to publically thank my father - Austin Kersey, who grew up during the Great Depression. At 17, he served overseas in the Army Air Force at the end of WW II. As an adult, he worked long and hard to provide for his wife and four kids. We never had a lot of “things”, but we always were loved. I never once heard him complain. His family and others were always more important to him, than he was. There are many around the glove with more worldly riches, but I do not know another man with such genuine integrity.

Few of you have met my father and none of you really know him well, but hopefully some small reflection of him is in me. Thank you Dad, for teaching me about character and integrity. Happy Father’s Day.

“Let us not say, Every man is the architect of his own fortune; but let us say, Every man is the architect of his own character.” George Boardman

What can be said of your character? RK

Titan Alum: Lorita Granger

-istrative tasks involves the management of our high risk athletes, including those with eating disorders, depression, anxiety, substance abuse etc. I chair a committee of physicians, psychologists, psychiatrists, dieticians and athletic trainers that develops comprehensive treatment plans implemented by our multi-disciplinary team. The psychological / interpersonal aspect of my work is my passion and the aspect I love the most. I also enjoy being an advisor for the UCLA SAMS (Student Athlete Mentor Program) and of course working with my amazing Women’s Gymnastics team. I have worked with them since I became part time and found them to be a tremendous source of encouragement, laughter and motivation.

To what do you attribute your success at UCLA?

Any success I have achieved at UCLA has been a direct result of God’s influence on my decision making.

If you could only take one thing with you to an event, what would it be and why?

If I could only take one thing to an athletic competition (assuming that all emergency medical supplies were on site) I would have to say Leukotape. I love it and use it for everything including hemming my pants on meet day! It is a quick fix for everything and enhances/stabilizes any tape job. I asked my current gymnastics students what they thought my most essential thing I need on meet day and at the same time they both said “espresso”!

What make a great leader?

A great leader is one that is able to empathize with subordinates, but is able to make the difficult decision when necessary. I think humility and lack of ego is a huge component of being able to discern the best course of action when leading and/or influencing others.

What advice do you have for the current Titan AT students?

My advice for students would be to remain true to yourself. Popular opinion is fickle and can change with the wind through no fault of your own. It is important to develop an internal gauge of measuring your own personal success. Coach Wooden said it best “Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.” You must also have the stamina to do that on a daily basis. I have a good number of NCAA championships in my UCLS career, but I don’t feel they are a measure of my success. I measure my success by the meaningful relationships I have developed over the years with student athletes, student interns and colleagues.

Barbie Gil-Alviso