Mr. Nathan (Nate) Longcrier came to Cal State Fullerton from his hometown in Tehachapi, CA., after transferring from Antelope Valley College. His first semester was Fall 1994 and he enrolled in the Introduction to Athletic Training (taught by our very own Chris Mumaw). Upon his graduation in May of 1997, he passed his board exam and started working for his alma mater in the Student Health & Counseling Center (SHCC) three months later. Soon after that, he began his graduate studies while working in the SHCC and completed his MS in Kinesiology in January 2002.

When asked why he decided to study athletic training, Nathan explained that he sustained two knee injuries that required surgery, while playing high school basketball. He did his rehabilitation with an athletic trainer and fell in love (with the profession, not the AT). Nathan came to Cal State Fullerton because “Julie Max was District 8 Director and I wanted to be at Fullerton with her.”

After spending a few semesters learning from clinicians Julie, Chris, & Cathy, as well as from the faculty (including a semester or two with Dr. Smith in Human Anatomy), Nathan earned his BS degree in Spring 1997.

Today, Nate continues to works at the CSUF Physical Therapy & Sports Rehabilitation Center, officially opened August of 2007. He is married to his beautiful wife Monica and they have two children, Jake (7) and Montana (4).

When asked to describe himself in one word, Nate said “crazy”, actually that was the response of his co-workers and good friends - Cathy Carreiro and Heather Lightle. But, Nate agreed that “crazy” was the word that honestly came to mind for him as well. Isn’t that what you might call someone who just finished his 3rd 100 mile marathon and will run a 4th in March, with a goal to run Badwater (132 miles in Death Valley in the summer)? Nate is an inspiration to many. When asked, some of his current patients described Nate as “inspiring”, “encouraging”, “funny”, “thoughtful”, “sincere”, “professional”, “awesome clinician”, “inner strength”, and “upbeat”. Without doubt...these descriptions as true of Nate. He is a phenomenal person, who loves his family and his profession, as well as people and country music.

Nathan’s advice to young professionals is not to get so caught up in black and white. There is a great deal of gray area, so just treat each patient as a person rather than an injury. When you create a good rapport with a patient you have better results.

Barbie Gil-Alviso
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.

Corey Blashek-Miller presently works part-time at both Yuba College and Folsom High School in northern California.

Pablo Chung married Hyerin Ha on June 9, 2012. They recently returned from Paraguay where they visited family.

Living near Austin, TX, Lisa and Jamie Wilson just had #4—Lilah Anslee Wilson born on August 30 who joined Rylee, and twins Dax, and Avery.

Alicia Alamar-Roth recently started a new job as a PA at Pomona Valley Health Center, she is also a part-time instructor at Western University of Health Science.

Cornell University will have the pleasure of a new student enrolled in their PA program in downtown New York City, as Ms. Lorrie Clement is excited to begin classes in March.

Current Graduate Assistants - Sally Alway and Jordan de Gracia were feature in the NATA News for their athletic training services with actor George Hamilton and others in La Cage aux Folles while they were in southern California last summer.

Congratulations to current CSUF Department of Intercollegiate Athletics AT staff member and Titan alum - Amanda Rice and her fiance Chad Van Natta as they recently announced their engagement.

Future Titans?!? Congratulations to Heather Calkins-Lightle and her husband Andy, as they are pregnant and due in June 2013. Additionally, alum Charlie Ramos and his wife Lilly are also pregnant with their second one. The little one is due to arrive in March. Jayme (Burns) and Rusty Baker are also due with their first child this summer.

Jay Sedory and Anna August became husband and wife last September 3rd in Lake Tahoe. Alum Tina Flemming represented the Titan family. The Sedorys reside and work in the Washington DC area.

David Didlake and his family, including his wife and their three boys remain in OC, while David works at Gentiva as a physical therapist.

Dr. Jayme Burns-Baker graduated from Loma Linda with DPT and passed PT Board Exams. She lives in Riverside with husband (and alum) Rusty Baker.

Ms. Belinda Sanchez recently left San Diego to take the Clinical Coordinator position for Concordia University’s ATEP in Irvine, CA.

New roles: Smadar Bezalel moved and recently began her new position as the AT for a private high school Milken HS in LA. Rowland High School was fortunate to hire recent graduate Monica Cordova as their athletic trainer for the year, but she has accepted a GA position with Long Beach State for fall 2013.

Melissa (Denham) and Tom James recently introduced child #4 to the world, as she gave birth to Aaron Joseph on July 25.

Fresno State University recently hired Kyle Burnett who earned his MS in Kinesiology from CSUF in May. He is their AT for Men’s Basketball. His Titan GA side-kick Brittany Bauer presently works for Mt San Jacinto College.

Recent graduate Jeremy Cortez accepted a job as the Athletic Trainer for Norte Vista High School in Riverside, CA.

Kelly Wilson was recently hired as a new part-time Assistant AT with Mount San Antonio College.

More new Titans: Wil & Lauren (Castillo) Filamor became the parents of twins born on June 8th. Benjamin Noah (5lbs 11 oz) and Andrew Jacob (6lbs 3oz). Proud parents Kazuko and Hiro Nagai, along with big sister Ichika, welcomed their new addition, Kenshin born September 26th. Stephanie Wichman-Barney lives in Alaska and is working as an orthopedic PA. Her daughter Elise is almost 3 and baby Cambelle joined the family on December 29th.

Shannon Kaney traveled to Ukraine with Athletes in Action in June 2012.

Titan alum, AD Segura-Velez returned home for a while, as she began her Entry-Level Master’s program in Nursing at CSUF in August 2012.

Current Athletic Training Students remained active in the profession, with Kevinz Carpio serving on the FWATA Student Committee and Michael Gregory attending the NATA iLead Conference in Dallas, TX. (con’t on page 3)
Dr. Sandy Shultz recently gave the keynote address at the Athletic Trainers’ Education Conference in Dallas, TX, where she was honored as the countries top AT educator and received the Sayers “Bud” Miller Outstanding Educator Award.

Adam Cady and Christina Eisenberg announced their engaged with wedding plans for April 13. They have both also been accepted to Duke University where they will both begin graduate school to become Physician Assistants.

Also announcing wedding plans were Kelly Franks, as she and future–husband Jared Hill plan to marry sometime in 2014.

Last fall, alumnus Michelle Chiotti (Larson) was a finalist in the TV show “Wipeout” and represented the Titans with distinction (or as much distinction as possible given the scenario). Way to go Michelle.

Current ATS, Justin Hostert and his father (Craig) were highlighted multiple times in the SoCAL news for their unique and touching story. Justin donated one of his kidneys to his father to save his life, as his kidney failed. Years ago, Craig received a kidney from his wife (Kathleen). Everyone is now doing well.

After recently returning to Japan, Midori Matsumoto was recently hired in a new position as an AT for physician in Tokyo.

Lauren Forsyth presently serves as an AT Intern with Cal Berkeley, while she completes her on-line graduate work in AT with California University of Pennsylvania.

Mrs. Cathy (Turner) Dickson finished her studies at Saddleback College in southern Orange County to become a Registered Nurse.

Alumnus Mike Chisar will be honored at both the FWATA and NATA meetings this year, as his hard work and dedication have earned him the Most Distinguished Athletic Trainer awards for both organizations. Congratulations Mike...well done and much deserved.

MAXimum Exposure

Happy 2013 Titans. Wow...it seems that every time I prepare to write one of my “master piece articles” we are either ending a fatiguing year or “rejoicing” that another has come. The latter is the case today as we all prepare for the journeys of 2013. As I begin filling my plate for those successful moments for the new year, I seem to be inundated with one prevailing theme. One concept that appears to play a major role in either being successful or healthy or unsuccessful and potentially unprevailing theme. One concept that appears to play a major role in either being successful and healthy or unsuccessful and potentially unhealthy. Positive thinking!!!! Now...before you say “oh brother”, here she goes again, I did some homework that might help sway your negative thoughts.

Research has found that positive thinking can aid in stress management and even plays an important role in your overall health and well-being. Lord knows that Athletic Trainers can certainly benefit with any stress management techniques. So what exactly is positive thinking? You might assume that it implies seeing the world through rose-colored glasses or glossing over the negative aspects of life. However, positive thinking actually means approaching life and it’s challenges with a positive outlook. That simple!! Positive thinking doesn’t mean trying to ignore the pain we are experiencing or even that I can never feel down or think a negative thought. It means trying to find the best in every situation, even when the best is only a little less awful than the worst! It does not mean avoiding or ignoring the bad things; instead, it involves making the most of potentially bad situations, trying to see the best in other people, and looking at yourself and your abilities in a positive light.

We all know that positive thinking is NOT always easy. We also know how easy it is for negative thoughts to creep into our minds and then suddenly jump out of our mouths. The trick is not to fight them but identify when they are coming and manage the negative that escapes our lips!!! In addition to our embarrassing, negative moments, research also tells us that positive thinking is linked to a wide range of health benefits. Benefits such as longer life span, less stress, lower rates of depression, increased resistance to the common cold, better stress management and coping skills, lower risk of cardiovascular disease-related death, and better psychological health. Clearly, there are numerous benefits of positive thinking but why exactly does it have such a strong impact on physical and mental health? One thought is that people who think positively tend to be less affected by stress. Another potential theory is that people who think positively tend to live healthier lives in general; they may exercise more, eat better, avoid unhealthy behaviors, be more joyful!

So what does all of this mean? Let me challenge us all, as we begin the 2013 year, to think about how we deal with the bad or frustrating parts of our life. Do we sit and think about how much we hurt all the time, or do we do what we can to ease the pain and then think about other things that bring us joy? Do we think about all the things we don’t have, or do we think about the ones we do? Do we compare our life to the lives of the people who have bigger and better, or the ones that have less? Positive thinking is not looking at the world through rose-colored glasses and refusing to see or think about the bad. It is being realistic and doing what we CAN do and keeping our focus on the good things we have in life.

JMax
Congratulations 2013 ATEP Graduates

Six AT students completed their clinical rotations at Cal State Fullerton in December 2012. Three graduated on January 3rd and the other three graduate this May. All six have already taken and passed the BOC exam on the first attempt. They are now preparing for life in the real world. Here are some of their parting thoughts. Wishing you each all the best.

Go Titans!

After graduating earlier this month, Lyndsie Wynn will hopefully attend graduate school at Cal Poly SLO, Sonoma State, or University of Georgia. Her favorite ATEP memories was seminar nights; being able to spend time with the ATEP family. Lyndsie advises other students to “be open minded and when you are not feeling confident to remember you’re here for a reason.” If she were given a super power Lyndsie would like to have super strength, so she could rescue people who needed help, “closely followed by super vision.”

Yoichiro “Yo” Shimada’s favorite aspect of the ATEP was getting to know an awesome group of people, who have similar inspirations and life goals. Yo passed the BOC and hopes to continue his education to become a physician. His favorite rotation was his last with Men’s Soccer. “I enjoyed being around and working with the team. I have learned many things that are not in textbooks (thanks to Jordan!)” If given a chance to travel back in time he would study with Albert Einstein. His advice is “don’t forget your goals and inspirations wherever you are…be hungry for knowledge!”

“We don’t see things as they are; we see things as we are.”

Rebeca Riberio hopes to continue her education with a graduate degree in leadership or psychology. She hopes to work with her own team someday, whether it is at the college or professional level. She advises others to “know who you are and know your worth.” Rebeca’s favorite rotation was Women’s Tennis, as this time allowed her to gain confidence and grow on her own. She admires people who can be real and values authenticity. Rebeca also has a serious weakness for Kung Fu Panda.

Morgan Montalvo advises others to “be open minded, learn as much as you can, put yourself in a position to possibly make mistakes, and cherish your friendships.” Her favorite part about ATEP was the relationships she developed. Morgan already began working as an AT for Newport Orthopedics and plans to graduate school. Her favorite experience was her lead rotation with Women’s Soccer. “I had an unbelievable Preceptor and grew so much during those few months.” The most important thing she learned was, “not to lose who I am and the people who mean the most to me.”

After passing the BOC exam, Justin Hostert plans to pursue his master’s degree in Athletic Training. Rotations he especially enjoyed included the uniqueness of gymnastics and the testing of his clinical decision making (“with Chris’s support of course.”) during baseball. The most important thing Justin learned was the importance of family. Justin advises others to “never lose the desire to learn”. If you keep that, you will constantly improve yourself as an AT. His most memorable time was his Nerf gun attack with Brent on Lyndsie and Emma, while they were preparing for a volleyball match.

Since passing her BOC exam in November, Senait Berhe plans to continue with graduate school this fall, but is open to other possibilities. Her most memorable moment was the day of her interview and the call from Dr. K notifying her of her admission. The most important thing she learned was that “you will make mistakes, learn from them and move on.” Senait’s favorite part about ATEP was her group, as well as her mentors who picked the five perfect people to share the journey. If given a super power Senait wished she could heal people.

Jasmine Simental
3rd Annual TITAN ATEP GOLF TOURNAMENT: A TITANic SUCCESS

Last July, our 3rd annual ATEP golf tournament grew to include 34 participants who hit the greens at Coyote Hills Golf Course (Fullerton, Ca) in what was a highly successful event. We had many new and returning faces including golfers, volunteers, and other supporters. The group included a mix of ATEP students, alumni, parents, Titan faculty, staff, and administrators. The day was amazing and fun-filled, complete with a shotgun scramble tournament, various golf contests, dinner / social, awards ceremony, and a raffle.

With almost double the participants from the previous year; golfers arrived at the upscale venue ready to tackle the premier golf course. Participants submitted raffle tickets for some incredible items including free shoes from A Snail’s Pace, Titan clothing, LA Galaxy autographed jersey, gift cards to restaurants and amusement parks, golf items, and many other great items from local businesses and Titan supporters. Immediately following registration, golfers competed in a putting contest.

Teams got off to blazing starts with multiple birdies in the first few holes and even a few looks at eagle. The competition was stiff, although a few teams emerged as the leaders while the remaining teams played extremely well and battled all the way to the finish. Each foursome had memorable moments, but more importantly the contestants enjoyed an outstanding day on the links with great company. The overall team title came down to the final holes and ended incredibly with a tie. The championship was eventually determined via the Coyote Hills tie breaking rules, but clearly everyone left as a winner.

The on-course contests allowed for some fun competition with players taking extra risks to try and win the contests. During the day there were contests for the longest drive, as well as closest to the pin competition, on a short par 3 hole. In a “double down” contest, players could win double their wager if they hit it within a 10 foot circle. Although nobody successfully achieved this mark, a few shots were very close. All proceeds went to the ATEP scholarship account which totaled an amazing $6,000 this year—a significant increase from years past. The day concluded with a dinner social in which prizes were awarded to the contest and tournament champions, as well as the raffle winners. Congratulations to all; what an amazing day. We hope to see all of you at this year’s ATEP Golf Tournament on July 20, 2013 (tentatively scheduled for Coyote Hills again).

We would like to extend a special thank you to Rachel Beal, the Coyote Hills staff, all the sponsors, volunteers, donors. Your help and dedication is very much appreciated.

Mark your calendar for Saturday - July 20, 2013. Join a few of your Titan friends for a day of fun.

2013 Titan ATEP Golf Tournament
Fullerton, CA
Saturday – July 20, 2013

Daniel Vasquez
Jasmine Simental hales from Oxnard, California. Her inspiration in athletic training stems from her desire to help others. In the future, she wants to work and teach in a high school setting. She looks forward to the upcoming semesters and is thankful that the Titan family will always be there for her. Jasmine respects her parents as they have sacrificed so much to support their children’s dreams and goals.

From right here in Anaheim, Gerald Dwayne Phillips III chose to become a Titan because he valued the tight-knit atmosphere and program intimacy. He enjoyed his first semester getting to know the Preceptors and other ATS. “My first couple of weeks in the program was humbling because I started to see that there was still a lot that I truly had to learn.” Someday, Dwayne wants to work as a head athletic trainer in the NFL.

Pratik Patel, from Surat Gujarat, India, decided to join the Titan family after observing the quality of education, outstanding clinicians, and the family-like atmosphere. His goal is to work with a professional team, like Gary Vitti, or at a major university. Pratik most respects is his father; as he continually sacrifices for the family.

From Huntington Beach, Kirsten Marony applied to Cal State Fullerton because she wanted to “learn and gain all the knowledge that [she] can from the best.” She describes her first semester in the program “awesome” and is looking forward to learning much more. Kirsten’s inspiration is God, her family, and her close friends. She wants to work for a Division I university and is excited about what God has planned for her future.

Cole Hobson also joined the Titans from Huntington Beach, seeking the opportunity to learn from some of the best athletic trainers in the profession. He is inspired to help people achieve happy and healthy lives. “The adjustment to the ATEP demands was difficult at first, but the amount that I have learned this semester has definitely made up for it,” states Cole. One day, Cole wants to work with a U.S. national team and travel to the Olympics.

Marcy Griffitts, from Cypress, was fascinated by the close relationships within the Titan ATEP and decided to become a part of the family. She enjoyed her first rotation with women’s soccer team and learned about many new aspects of athletic training. Her inspiration is to become a positive influence in people’s lives. The people Marcy respect the most are her parents. She says, “I know it can’t be easy having me as their daughter, so I give them a lot of respect for dealing with me for the last 22 years.”

Hailing from Temple City, Michael Gregory has enjoyed the challenges and experiences during his first semester as a Titan. He applied to Cal State Fullerton because of the Program’s outstanding reputation. His “passion for learning and helping athletes succeed inspires [him] to keep working hard.” Michael’s professional goal is to become a head AT for a major collegiate athletic program.

Born in Frankfurt, Germany, Michelle Collins decided on Cal State Fullerton after working with her high school ATC, who happened to be a Titan alumnus (Shalina Johnson-Truglio). Michelle enjoys learning something new every day that is not found in textbooks. The person she admires most is her mom, who is also her number one supporter. After graduating Michelle strives to work with a college football team, like UCLA.

Justin Hostert & Yo Shimada
Michelle Larson-Chiotti a finalist on Wipeout

Mystery ATEP toes vacationing in Hawaii

Way back...can you name these folks?

Newport Ortho gang
Kirk, Jason, Marie, Derek, & Tim

ATS with Adam Nevala at Angels in Fall 2012

Kavin, Justin, Julie & RK after surgery

Pablo & Hyerin Chung

Elva & Jack under the lights
Marcella Matanis traveled from New Mexico State University in Las Cruces to join the Titan Family last August. Working in her first year, Marcella oversees the healthcare of the student-athletes on the Cross Country and Track and Field teams. Once she completes her graduate degree, Marcella hopes to continue in the athletic training profession in whatever opportunity best presents itself. When not in the athletic training clinic, Marcella loves exploring her new environment with her dog or keeping in touch with her family back home. As she continues her journey, Marcella wishes to be remembered as a positive smiling person. Marcella shares that her kryptonite is children; she finds them adorable, and they can get whatever they want from her.

Late last summer, Audrey O’Neill has joined the CSUF team for their great staff, academic options and location. Audrey is originally from Orange County and completed her undergraduate degree at Chapman University. Currently, she manages the well-being of the Titans Softball team. After earning her MS at CSUF, Audrey hopes to continue her employment at a college or university that has an athletic training education program. In addition to Khaki’s and polo’s, Audrey enjoys running and snowboarding with family and friends. Her favorite quote comes from Audrey Hepburn who said "For beautiful eyes, look for the good in others; for beautiful lips speak only words of kindness; and for poise, walk with the knowledge that you are never alone."
Although I appreciate the importance of history, I never did enjoy my history classes (and a few other classes if the truth be told). I remember studying US history and government in 8th grade and I believe it was the 4th grade when California history was the primary topic. California is where I was born and raised. I always remember being proud of being a Californian. Our state is unique and diverse in many ways – geography, ethnicity, economy to name a few. California is home to many firsts…some critical to history and others somewhat less critical.

The very first full-time, permanent, movie theater opened in 1902 in Los Angeles, California. The first US state to have a one trillion dollar annual economy was…California. The world’s first laser was successfully operated by Theodore Maiman in Malibu back in 1960, while the first fully-enclosed shopping mall is located in Fresno (that well-known shopping mecca). California was the site of the very first radio broadcast and 1927 was the year of the very first operational TV in San Francisco. The very first product of recumbent DNA technology to reach the market (human insulin) was from San Francisco’s Genetech Inc.

Rather than following, California often leads the rest of the nation in areas of agriculture, technology, and science among others. Californians like to think of themselves as on the cutting-edge or progressives. For me, living the majority of my 55+ years in this great state has been interesting and sometimes perplexing. My generally conservative disposition probably stems from my “history” of being raised in a very rural area with a modest family economic situation. My political nature tends toward less big government and more toward local leadership. But, with regards to the healthcare of Californians…our state has let us down and they must act.

California is one of only TWO states that do not regulate the athletic training profession (Alaska being the other). Currently, 39 states require a license to practice AT, while four require state certification and five mandate state registration. Presently, anyone in our state can claim to be an athletic trainer. Although our state requires certain employees to be certified by the BOC (those in the UC, CSU, and community college systems), they do not officially recognize athletic trainers by statute in any way (name protection, practice definition, etc.).

Last week, California Assembly member Nancy Skinner (D-Berkeley) introduced Assembly Bill (AB) 864 to the California legislators. AB 864, when passed, will regulate the athletic training profession in California, ensuring better healthcare for all. The Titan ATEP alumni have an obligation to support the profession. We have worked too long and hard to remain passive, allowing the uninformed and ill-willed to control our future. We need to support AB 864 by letting others, including your legislators, about the importance of protecting the citizens of our state.

The process has just begun. It will be a long tough fight, as it works through the various committees for a final vote and signature into law by the governor. Please commit to active participation in getting AB 864 passed. Let those people who represent you in Sacramento know your concerns. To determine your own legislator or track the status of AB 864, go to http://www.leginfo.ca.gov/ or visit the California Athletic Trainers’ Association web site at http://ca-at.org/ to read an overview. The CATA (through Mike West) will be sending instructions to members in the coming weeks and months. Please follow through for your profession and Californians. If each Titan alumnus gets ten friends or family members to support this bill, we would have almost 3,000 impactful statements for the great state of California.