

PEAK News

California Polytechnic State University, San Luis Obispo, Ca 93407

1999-2000

From the Department Chair...

Dear Alumni, Students, and Friends:

This past year has seen many changes within the Physical Education and Kinesiology Department. One of these changes consisted of a "Passing-of-the-Gavel" in the Department Chair position. After many years of dedicated service, Dr. Dwayne Head has retired, and we will miss his leadership and sense of humor. Though he is gone from the department, he'll be in our hearts and minds for many years to come. As the new Department Chair, I look forward to the many challenges I'll be facing during the year. It has already been quite a learning process, and I have developed an appreciation for the many problems and issues Dwayne had to deal with for numerous years. I only hope I can uphold the high standards set by my predecessor. Since Dwayne is FERPing (Faculty Early Retirement Program), it was comforting to know that he'd be close at hand for another quarter. When I need insight and wisdom regarding departmental issues, I still seek his advice. This, combined with the fact that my wife, Jill (my administrative assistant), has a vast amount of knowledge relating to the intricacies of the department, and is making my transition much easier.

Another retirement with which the department must contend is that of Dr. Jim Webb. Dr. Webb has worked diligently in promoting the Clinical and Worksite Health Promotion concentration, as well as developing one of the finest exercise physiology labs in the state. In honor of his dedication to the Physical Education and Kinesiology Department over the years, the lab has been named the James L. Webb Human Performance Lab. Retirement parties were held for Drs. Webb and Head during the spring and summer. It was nice to see so many current students, friends, family, and alumni attend these gatherings. There was much reminiscing and many entertaining stories told about these two icons. Needless to say, there is no way these two can be replaced. We can only hope that our department will continue the legacy they have created.

Last year we were very busy advertising vacant positions within the department. We advertised five positions including Health, Exercise Physiology, Pedagogy, Psycho/Social Aspects of Physical Activity, and Department Chair. After screening numerous applicants and conducting 16 interviews, we hired four new faculty. They include Dr. Kris Jankovitz (Health), Dr. Camille O'Bryant (Psycho/Social Aspects of Physical Activity), Dr. Susan Puhl (Exercise Physiology), and Dr. Kevin Taylor (Pedagogy). We are excited about the prospect that these new faculty will continue the tradition of excellence, and maintain the reputation the department has developed within the state and region.

Professionally, this past year has been as busy as ever, and it doesn't look like it will slow down in the near future. Revisions of the YMCA USA progressive swimming program resulted in seven books and three video productions. I helped introduce these new materials to YMCA faculty and Aquatics Directors at a six-day training program in Houston, TX, February, 1999. The people attending this training are in the process of training YMCA professionals throughout the nation in the new program. I have several presentations planned at national conferences in Chicago, San Antonio, and Orlando. The presentations are on a variety of topics in aquatics. In December, 1998 I was also appointed Director of AAHPERD Aquatics Council Instruction and Credentialing Program. I am in the process of making major revisions to this national aquatic education curriculum. I will be involved with the production of a new video for the YMCA USA. This video is in conjunction with revisions to the "Y" Lifeguarding program that is currently taking place.

All of this, along with being the Chair of the department should keep this year very interesting, to say the least. I hope you have a great year! I plan to.

Sincerely,



Gerald DeMers, Department Chair

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Many Thanks for Your Donations!

The Physical Education & Kinesiology Department wishes to thank all of the following alumni, friends, and corporations who have helped to support our Department (Fall, 1998 through Fall, 1999). If we have left off your name in error, we apologize. Please let us know so we can correct our records.



Lee Angelich
Raymond Arjo
Patricia Auyong
Michele Bailey
Gary Ball
Timothy Barkas
Thomas Boland
Linda Bradford
Victoria Bray
Hugh Bream
Jim Brown
Cheryl Brunk
John Buck III
Meggan Bunce
Bruce Butler
Samuel Caldwell
Diane Campagna
Geoffrey Capell
Mark Capritto
William Carll
Leigh Cole
Glenn & Rae Cooper
Michael Coulson
Carol Cox
Lisa David
Robert Davila Jr.
Kristan Davis
Cynthia DerMatoian
Brian DerMatoian
Lynn Dyche
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R. Joe Garrett
Richard Gatlin
Thomas Ghiglia
Michael Gilmore
Jeffrey Goodyear
Jack Greer
Cheryl Gregory
Kathy Hajopoulos
Daniel Haley Jr.

Constance Halfaker
Thomas Hall
Kristy Hall
Clayton Hall
James Hargrove
Nancy Harper
Gale Harrold
Cynthia Hasbrook
Kathy Hausler
Dwayne Head
Jonathan Head
William Head
Linda Hurley
Darlene Jackson
Kristine Jankovitz
David Johnson
Michelle Johnson
Jennafer Jones
Wendy Jones
Jack Jordan
Janice Jordan
Jean Kent
Nadine Krebs
Barry Lant
Donna Lee
Joe Lee
Julie Leidolf
Ronald Leland
Amy Lindow
Gerald Linnell
Valene Lucio
D'Ann Luckey
Doug Lynch
Sheila Maher
Alan Majewski
Marian Medical Center
Dawn Marmo
Ellen Marshall
Daniel McLaughlin
Lucy Mercurio
Patricia Milstead
Edara Mitchell
Terrie Morgan
Don Morris

Patricia Mullen
Cynthia Nalepa-Nelson
Nancy Negri
Robert Nessel
Katherine Niederfrank
Douglas Nix
Alan Panovich
Diane Park
Edward Phillips
Susan Qualseth
Gordon Ray
Tanya Raymond
Loretta Reed
Nels Rydberg
Sharyn Schmidt
Anne Seelenfreund
Paul & Patricia Shirley
Alan Silver
William Smith
Charlene Spencer
Cathleen Spindler
Diana Spinoglio
Paul Starks Jr.
Clarlee Stevens
Barbara Wright Stilwell
Tim Stimpfel
Susan Strain
Jon Talbott
Floyd Thionnet
Leslie Thompson
Claudia Trudeau
Marian Vanzee
Kenneth Verheyen
Mary Volker
Eugene Wais
Michael Walitsch
Lee Walters
Dr. Terry Ward
Sandi Warren
Steven Welch
Don Weller
Janet Williams
Darla Williams
Dianne Wilson-Graham

Congratulations to all Physical Education Graduates!

Bachelor of Science

Melinda S. Adam
Lorraine D. Alvarez
Nicole D. Baggett
Rama Behymer
Connie A. Bernardo
Stephanie L. Blackwood
Brian M. Bouck
Curtis J. Brawner
Jamie S. Brown
Janine S. Byer
Jennifer L. Clark
Darek T. Cliff
Shannon C. Couch
Racquel L. Couto
Casey L. Cowell
Lisse Daugaard-Hansen
Rebecca J. de Ruyter
Jeffrey S. Dickerson
Melissa A. Diebert
Amber C. Fielding
Michael L. Fisher
Socorro Segura Franco
David M. Gabriel
Brent M. Glonchak
Andrew J. Gonzales
Olga A. Grabiell
Kathleen E. Gugat
Leahastar E. Haas

Larry W. Heslin
Steven W. Hodgson
Molly A. Hoover
Amanda A. Jayne
Wendy A. Keefe
David A. Lague
Timothy J. Landry
Audrey T. Lemstra
Diane M. Letts
Augusta B. Lind
Michael H. Love
Robin C. Maes
Alejandro Magallon
Jason A. Magee
Stacey J. Mallouf
Brooke E. Manchester
Maureen F. Mangosong
Jeffrey P. Marks
Valerie A. Martin
Marcelino Martinez Jr.
Peter J. McNamee
Jeffrey R. Moreno
Stephen M. Morris
Nicola N. Nakase
Taimay D. North
Nicole M. Noutary
Michelle L. Nuesca

Jennifer K. Nystrom
Marie E. Paige
Stacy N. Pascual
Sebastian Passanisi
Regina M. Pavlovich
Maile A. Pepper
Moises G. Perez
Jason E. Porto
Christopher A. Rainey
Margaret E. Ramos
Hilary Riley
Michael D. Rosander
Carissa C. Runyan
Heidi Salisbury
Laura L. Schulz
Thomas W. Scott
Debra Sherwood-Schlemmer
Sara E. Stockton
Christine M. Szymanski
Patricia J. Teal
Jeff Trainor
Jana J. Treur
Gretchen L. Vandenberg
Bernardine Wilkinson
Bryan G. Yops
Lonnie A. Zavala
Jerry Zinman

Master of Science

Darren K. Avrit
Jodi L. Brawley
Krista D. Goss

Melissa R. Kohout
Monique L. Schaefer
David M. White

Scholarships

Arroyo Grande High School
Erin Frederick
Matthew Quaresma

Jon Robert Andrews Memorial
Joshua Porter

RW Andrews
Carrie Dettmer
Christopher Ellis
Cathy Lauritzen
Kelli Thorp

Lulu G. Bumphrey
Deri-Kaye Vaca

Burke-Weber Memorial
Melody Meyers

CAHPERD Robert A. Mott
Amy Bauer
Deanna Kennedy

CIEF Federation of Societies for Coatings Technology
Kristopher Mack

Herbert E. Collins
Melinda Adam
Molly McCormick

Charles Daum Memorial
Keith Washington

Bill Evans
Jason Wood

Jerry Lee Frederick
Mechelle Medhurst

Robert Mott
John Malinowski

Musselman Wrestling
James Gross

Mustang Booster Athletic
Sara Stockton

Pacific Egg & Poultry
Jeff Spiller

Terry Ramirez-Fichthorn Memorial
Christina Mountin

ROTC
Travis Henry
Sean Svarc

Helen Sandercock
Heidi Owens

State Council of Cabrillo Civic Clubs
Stephanie Camara

Tomczak-Carter Dance Award
Catherine Agrimis

J.W. Van Dyke
Christina Lusich

Leopold Edward Wrasse
Brittany Adams

Congratulations

and

Good Job!



Come join us in beautiful San Luis Obispo for PEACH Workshop 2000, which promises to be our best workshop yet. We are in our 54th year of providing a professional growth experience for educators. The curriculum, instructors and facilities are outstanding. I encourage you to take this opportunity to grow professionally, renew your teaching skills and share with others. This is your opportunity to become a part of something special. If you have been here before, bring someone new with you, so they too, can become a part of this unique and rewarding workshop.

The future is now! Reach for the stars and achieve your highest expectations in this new millennium. Hope to see you this summer.

Kimberly Selepec
PEACH Director 2000

For more information, call Jill DeMers in the PEK office:
(805) 756-2545



Human Performance Lab Dedicated To Dr. Webb

October 28, 1999 marked a special day for the PEK Department, when the Human Performance Lab was dedicated to Dr. Jim Webb, who helped create the lab.

The Human Performance Lab, originally housed in Mott Gym in 1970, was moved to the Physical Education and Kinesiology building in 1993. It serves many purposes, providing hands-on work experience for advanced student classes, senior project research, thesis research at a graduate level, and individual faculty research.

"It isn't very often people have a facility named after them on a university campus," Dr. Webb said. "Any time people recognize your efforts through a 30-year period of time, it makes you feel appreciated."

In a special ribbon-cutting ceremony conducted by the student Exercise Science and Health Promotion Club and Dr. Sonja Glassmeyer, Dr. Webb was presented with a plaque, which will be on display as a reminder of his dedication to the department and the students. There is also a new sign outside of the lab designating it as the "James L. Webb Human Performance Laboratory."

About 50 people attended the ceremony, which was held outside of the entrance to the second floor lab in the PEK building.



Rachel Robinson (past president of the club), Dr. Webb, and Dr. Glassmeyer, at the entrance to the lab.



Dr. Webb, Dr. Glassmeyer, Dr. DeMers (PEK Department Chair), and Mrs. Webb enjoy a few stories while Dr. Webb anticipates cutting the ribbon at the entrance to the lab.

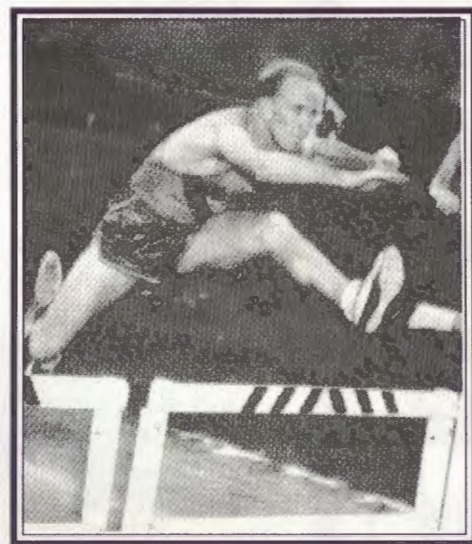
The Don and Jean Morris Physical Education and Kinesiology Department Endowment

Fifty years ago, Dr. Don Morris (PE '53) graduated from Mt. San Antonio College. The campus in 1948-1949 had been around for only a few semesters and bore little resemblance to the College that stands in Walnut today. Morris was heavily involved in campus activities—including track team captain and member of the mile relay team, halfback for the football team, the Altruist Club, cheerleading squad, the A Cappella Choir, and the Rally Commission. He went on in track to place third in both the 120 yard high hurdles and the 220 yard low hurdles at the National Junior College Championships. That led to another national championship meet at which he placed second to the world record holder in the 440 yard intermediate hurdles.

After Mt. SAC, he went on to earn his bachelor's and master's degrees from Cal Poly, rose to the rank of Commander in the U.S. Navy, served as a school principal in San Luis Obispo and Simi Valley, earned his doctorate from UCLA, served as Dean for Moorpark College, and retired in 1992 as the Dean of Extended Education and Professor at Cal Poly. The Morris's currently reside in Shell Beach, California.

This past year Dr. Morris and his wife Jean established a \$10,000 endowment. The income which the PE & K Department receives from this endowment will provide an annual stipend to a student who is chosen as the Director of the Exercise Science and Health Promotion (ESHP) Club Body Fat Testing Program, and to pay for 20 free body fat tests for retired faculty and staff, members of the Athletic Hall of Fame, ROTC, and Honored Alumni.

This endowment will continue to accrue interest which will be utilized in the manner mentioned above. The Department of Physical Education and Kinesiology is very thankful for the generous gift the Morris family has contributed to the department. This endowment will help sustain the body fat testing program and will assist students financially in the future.



Don Morris as a track athlete

Dwayne Head Scholarship--Supporting Professional and Extra-Curricular Development

A scholarship endowment has been established in honor of Dwayne Head, recently retired Department Head of Physical Education and Kinesiology. In recognition of Dr. Head, family members established the Dwayne Head Scholarship Endowment to support students' professional and extra-curricular development. The scholarship will be awarded to a qualified undergraduate student based on financial need. First priority will be to an officer of the California Association of Health, Physical Education, Recreation and Dance (CAHPERD) Club; second priority to an officer of the Association for Worksite Health Promotion (AWHP) Club; and third priority to a student in the Teacher or Corporate Fitness concentration who is a member of either CAHPERD or AWHP at Cal Poly. Since Dr. Head's retirement in August, 1999, alumni, faculty, and friends have kindly donated to the fund.

Creating Your Endowment

Creating an endowment is the greatest investment that can be made in the future of our students. An endowment provides a five percent return annually, and the Cal Poly Foundation reinvests the remaining growth on the principal so the endowment continues to grow. Your tax-deductible gift can establish an endowment that will provide funding for programs, equipment, scholarships, undergraduate research, or many other activities. An endowment can be funded through a single contribution, pledged contributions set up over a multi-year schedule, or combined gifts from many sources. An endowment benefits the department in perpetuity and provides a way for you to give back to PE&K and its students. If you are interested in learning more, please contact Cary Bowdich, Director of Advancement, College of Science and Mathematics, Cal Poly State University, San Luis Obispo, CA 93407, E-mail cbowdich@calpoly.edu, or call (805) 756-5713.

- ❖ David Alderete ('98)
He is in the Cal Poly teacher education program and athletic trainer at Santa Maria High School. He lives in San Luis Obispo.
- ❖ Steve Arellano ('83)
Married in 1989 and moved to Solvang to start his own car dealership, Tri-County Auto. He lives there with his wife, child, and three stepchildren.
- ❖ Amy Avakian ('98)
She has been accepted into the master's program for physical therapy at Long Beach State.
- ❖ Tori (Barnum) Willits ('86)
I'm Athletic Director for Greenville Junior / Senior High School, in Greenville, California, and teach two periods of high school P.E., one of leadership, and three as Vice Principal! Personally, doing great! Married to Michael, have two children, Tucker (four years old) and Marissa (two). Northeastern California mountains are a great place to live and enjoy outdoor activities. E-mail: Twillits@PCOE.K12.CA.US
- ❖ Tricia D. Biggs ('98)
I attended PT school for one month, when APTA decided not to accredit APU, so I withdrew. Now I am a Clinical Research Associate at a pharmaceutical company in Irvine. I am, however, re-applying to PT & OT school.
- ❖ Fred Brown ('62)
Retired from Merritt College as an instructor, football coach, and women's basketball coach. He was inducted into the Women's Coaches Association Hall of Fame in 1998. He's now the men's basketball coach at Merritt College and 1998-99 Co-Coach of the Year.
- ❖ Steven E. Brummer ('72)
Retired from the Bakersfield Police Department, after being Chief there for 26 years. E-mail: Pbrum3518@aol.com
- ❖ Samuel Caldwell ('96)
He is working as a middle-school physical education teacher in Danville.
- ❖ Tony Caviglig ('84)
I'm Instructor of P.E. and Head Football Coach at Fresno City College. Kristi (Heronemus-Diet. Nutrition '84) and I had our third boy on June 24th!
- ❖ Michael Coffman ('75)
Retired from Intel Corporation after working there for 20 years. He is living in Folsom with his wife and his two young children.
- ❖ Christopher Conner ('93)
He received his master's in athletic training at San Jose State and has accepted a job at Southern California College in Costa Mesa. He lives in Huntington Beach with his wife, Christy (Dominic, LS '94), and their young child. Chris is the son of Terry Conner (Jour '71) and grandson of E. Wesely Conner (OH '56).
- ❖ G. Sherree Cossaart-DeWitt ('86)
I'm now a single mom of three kids, busy coaching their softball teams! Received my dental hygiene license in November of 1998, and recently relocated to Sacramento.
- ❖ Joshua James D'Acquisto ('95)
Living in Red Bluff, California, married to Shannon Snow, and District Manager for Northern California Taco Bell.

- ❖ **Kecia Davis ('87)**
She is an athletic trainer and spoke at the 1998 West Athletic Training Association's annual meeting. She lives in Thousand Oaks with her two young children.
- ❖ **Kristan Davis ('90)**
I'm currently attending the Physician Assistant program at Western University of Health Services. Graduation: May, 2000! E-mail: Kristand@earthlink.net
- ❖ **Maqsud Dean (Undergrad '85 / Grad '93)**
Happily attending UC Davis Medical School Physician Assistant training program.
- ❖ **Marty Dillon ('78)**
Was Athletic Director for seven years at San Benito High School, Football five years, and Wrestling Head Coach 14 years (3 section titles, 10 league titles). I've been Head Softball Coach (after 10 years in the classroom teaching History, returned to P.E. in 1994) for five years now. My oldest daughter, Jordan, is currently a Division I recruit as softball catcher, and also involved in varsity volleyball (junior). My other daughter is now in 9th grade.
- ❖ **Meredith Dillon ('98)**
She has been accepted into the graduate program in athletic training at San Jose University.
- ❖ **Julie A. (Fagrell) Leidolf ('79, '81 MBA Bus)**
Currently living in Tustin, California, married to Gary. Worked for Nordstrom for 15 years as Manager/Buyer. Currently Store Manager of Santa Ana Nordstrom.
- ❖ **Michael B. Ferguson ('64)**
Three years of teaching, and I'm in my 30th year with Jostens, Inc. (the college/school ring, graduation announcement, cap/gown, and diploma people) as a sales representative. Climbed Mt. Kilimanjaro (Africa), Mt. Rainier (Washington), Mt. Shasta (Northern California) and made attempts of Mt. McKinley (Alaska) and Mt. Blanc (France).
- ❖ **Paul Gabrielson ('93)**
He earned a master's degree from San Diego State and is the team athletic trainer for the Piedmont Boll Weevils, the class-A farm team of the Philadelphia Phillies.
- ❖ **Robyn H. (Gold) Cohen ('98-finally! Left school in '91!)**
Have been teaching group fitness for over 13 years. Was a Fitness Director for Foster City Athletic Club, and resigned in 1995 for full-time private business. Married Bruce Cohen, have a new baby, Zachary Noah (7 1/2 months), so now only substitute teaching various classes: pre/post natal, step, low-impact.
- ❖ **Daniel T. Haley, Jr. (BS '59, MS '62)**
Now semi-retired! Still working in Los Altos with gifted children in the areas of history and geography. Representing the school district on city and county committees where needed. Enjoying the golf course (gme needs work), and my five grandchildren, ages 2 to 8. Also enjoyed Homecoming '99, and look forward to seeing more of you in the near future.
- ❖ **Dr. Cynthia A. Hasbrook ('70)**
Living in Muskego, Wisconsin. In August, 1998, was named Chair of the Department of Human Kinetics at the University of Wisconsin-Milwaukee.
- ❖ **Korie Hill Newman ('97)**
Lead P.E. teacher at Harloe and Ocean View elementary schools in Arroyo Grande. Junior varsity volleyball coach at Arroyo Grande High, and training for Wildflower in May! I married Todd Newman (owns San Luis Sport Therapy in SLO) in July, 1998.

- ❖ Josie Hobby-Long ('93)
Living in Shell Beach with my husband, Steve, where we both teach for Arroyo Grande High, and for the University of San Diego. I'm coaching varsity volleyball there, and completing my Masters in Health, P.E. & Rec. Administration at St. Mary's. E-mail: SLONGSURF@aol.com
- ❖ Steve Hodgson ('99)
Was Outstanding PE&K major 1998-99, now attending MSPT program in Long Beach.
- ❖ David Kline ('72)
Played semi-professional baseball in the Bay Area, did part-time assistant coaching, even played in the San Francisco Giants farm club for a short time. Now, after 20 years of coaching at Willits High School, he has retired as head baseball coach, where his successes were not only on the baseball field, but as a teacher and assistant wrestling coach as well.
- ❖ John Lee ('66)
Retired from Foothill College, where he was an athletic trainer and physical education instructor. He lives in Arizona and volunteers at a local hospital emergency room.
- ❖ Mike Lee ('97)
Living in Simi Valley. Teaching P.E. at middle school, coaching girls' basketball & boys' baseball at the high school, and working towards Master's degree in Educational Administration at C.S.U. Northridge. E-mail: Mtleee36@aol.com
- ❖ Richard "Dick" Mannini ('59)
Retired after 38 years of coaching/teaching, including Santa Maria High School, Alan Hancock & Rio Hondo Colleges, San Francisco State University, San Jose State, St. Mary's College and Stanford University. Also Associate Athletic Director at St. Mary's and San Francisco State. Very happy to have moved to the beautiful mountain community of Twain Harte, California. Sandra and I just celebrated our 41st anniversary, and have eight grandchildren!
- ❖ Jennifer Martel ('97)
She is attending the University of Pacific graduate physical therapy program.
- ❖ Rachel Miles Hoopes ('98)
Bert and I bought a condo in downtown Austin, Texas—we feel like real adults now! I'm Fitness Specialist PRN at St. David's Health & Fitness Center, and do lots of stress tests on the Austin Fire Department. Hope everyone is well! Congratulations on retirement to Drs. Head & Webb! E-mail: jrhoopes@hotmail.com
- ❖ Dale Owens ('64)
Currently living in Moorpark, California. Married to Pamela, Owner-President of own business. E-mail: OWENSIV@aol.com
- ❖ Maureen Quinn Korby ('90)
After leaving Cal Poly, I obtained a degree in Nursing. I am an Operating Room Supervisor in Newport Beach, California, and love my work. I have a husband, Mike, who is a firefighter, and a beautiful daughter, Emily, who is three.
- ❖ Jim Ramirez ('95)
He is a physical education teacher at Lawrence Middle School in Chatsworth, where he has implemented an intramural sports program that includes traveling tournament teams. He is currently living in North Hills.
- ❖ Loretta J. Reed ('88)
Married Dirk Reed in 1989, and has three daughters: Nicole (9), Jennifer (5), and Michelle (2). Living in Whittier, and coaching track and cross-country at Pioneer High School.

- ❖ Tolentino Reyes Jr. ('84)
He is assistant men's volleyball coach at the University of Hawaii.
- ❖ Nels Rydberg ('93)
Living in El Paso, Texas. Coaching, Strength and Conditioning for U.T.E.P. Women's Volleyball. I'm getting married May 7, to Julie Thompson (from Springfield, Oregon)! E-mail: nrydberg@yahoo.com
- ❖ Laura L. Schulz ('99)
Outstanding PE&K major 1998-99, now working on Master's degree here at Cal Poly. Working at Cal Poly Recreational Sports.
- ❖ David S. Sellers ('76)
Board of Directors Arizona Petroleum Marketers Association since 1989, President of Sellers Petroleum since 1992 (employee since 1976), and President of Yuma Golf & Country Club in 1997 & 1998, President of Yuma Regional Medical Center from 1993-1995, Chairman of the State of Arizona Agricultural Employment Relations Board from 1995-1997, and President of Unocal 76 Marketers Association in 1997. Has three sons whose golf handicaps are 0, 4, and 8!
- ❖ Karen A. Servas ('85)
I'm in my 14th year professionally with the YMCA, and am active in Modesto, currently serving on the Board of Directors for the 270 member Modesto Rotary Club. I have a five-year old son named Trevor, and enjoy running, golf, and teaching Senior Aerobics. E-mail: kservas@aol.com
- ❖ Suzanne Skeeters ('79)
She is a DC-10 captain, and flew on the first all-female DC-10 trans-Pacific flight. She lives on the Kona coast in Hawaii with her son.
- ❖ Jim (James T.) Sorensen ('95)
Currently substitute teaching in San Lorenzo USD in Bay Area. Working towards M.S. in Kinesiology at Cal State Hayward & training for 2000 Olympic Trials (held in Sacramento). Will compete in men's 1500 meters (track & field).
- ❖ Todd Sperber ('84)
He is the assistant athletic trainer for the Seattle Seahawks.
- ❖ Paul Starks ('89)
He is the acting head athletic trainer at West Valley College in Saratoga, and lives in Salinas.
- ❖ Jeffery Tanaka ('94)
He is the assistant athletic trainer at UC Berkeley.
- ❖ Ron Thomson ('77)
Collegiate Strength Coach for 16 years, High School Strength Coach for 7 years. 1989 Regional Strength Coach of the Year. 1990 National Collegiate Strength Coach Finalist. 1997 National High School Strength Coach of the Year. 1996 Atlanta Olympic Games Weightlifting Staff member. E-mail: ThomsJL@mail.Auburn.edu
- ❖ Kenneth H. Trigueiro ('57)
For the past 5 years, have been working for City of San Diego Park & Recreation Disabled Services Program as a Recreation Leader. Still enjoying all sports except aquatics, and advocacy for physical education and leisure. Living in Alpine (San Diego County), generally in the boondocks, but beautiful here in the foothills. It's only 17 miles from our previous address of 24 years! Our congratulations to all our sports people at Cal Poly and to a successful year.

- ❖ Jim Tucker ('89)
Moved to Aptos, California in 1996. Currently Director of Rehabilitation and Wellness Services, Physical Therapist at Watsonville Community Hospital. E-mail: Scooby-dog@worldnet.ATT.NET
- ❖ Sandi Lou Tyler Warren ('61)
As owner-builder, recently completed a new home in Lincoln, California. Coach and instructor in P.E. at Sierra College, and was voted Community College Coach of the Year in swimming.
- ❖ Jill Vaughn ('88)
Lawrence Cook Middle School girls' basketball coach, girls' track & field coach, women's rugby coach. Pursuing Master's degree in Counseling (Pupil Personnel Services). Also, currently racing for the Kendal-Jackson cycling team. E-mail: jvaughn@eahs.srscs.k12.ca.us
- ❖ Chantal Vella ('97)
Living in Redwood City. Teach health-related fitness and wellness, exercise prescription, and exercise physiology courses at San Francisco State University. E-mail: cvella@sfsu.edu
- ❖ Lester B. Waddel, D.C. ('72)
In 1989 I was hit from behind by a van going 50+ MPH while bicycling. It took a year to recover, using my P.E. knowledge and chiropractic care. That stimulated me to go back to school, and now I'm a Doctor of Chiropractic with the goal of helping others to recover faster through chiropractic care. Now 50 years old, residing in Seaside, California, I will be competing in the U.S. Tri-Nationals World Short and Long course Tri-Championships in Europe! E-mail: drles@redshift.com
- ❖ Michael West ('92)
He is the head athletic trainer at Ayala High School in Chino. He also serves the Far West Athletic Trainers Association as chair of the Secondary School Athletic Trainers Committee.
- ❖ Steve Wheeler (Undergrad '89/Grad '95)
Living in Visalia. Gives employment assistance to the "ex-offender" population, a combination of case management and clerical support with various other duties thrown in! The big news is that he & his wife, Nora, bought a house. As Steve puts it, property values are great there, but "the only drawback to buying in Visalia is that you have to live there."

In Memorium

Boyd E. Frame ('57) passed away on July 19, 1998, in Salem, Oregon. Boyd was a member of the Cal Poly Football Team, and had retired from Harrah's Tahoe. He is survived by two children and four grandchildren, and will be missed by all who knew him.

❖ Robert Clark (rdclark@calpoly.edu)

Greetings! After spending nearly 10 years straight in school, it feels great to have a real job. Especially since I'm basically doing the same thing as when I was in grad school, plus a whole lot more. During graduate school, I was starving, existing on handouts and loans, working everyday, but I knew it would pay off. Now, I work everyday (some things don't change), but actually have some money in the bank. I still have problems realizing that I'm here at Cal Poly where I earned my undergraduate degree. I feel extremely lucky to be back here--Good things do happen to people who are devoted and work hard (I just hope this isn't some dream and I wake up back in Louisiana). I made some great friends in the South. They helped me out when things were tough and I'll never forget them. However, this is my home. I grew up here and have strong attachments with the surroundings (the mountains, the surf, all that hedonistic outdoor stuff).

Some things have changed. Some haven't. San Luis Obispo still has that same small town feeling (OK, it's gotten a little bit bigger). The new Rec Center is open (yes, it's been open, but I was paying for its construction when I was a student here; then I leave, and they open it!) and the facilities in our new PE& K tower are just great. And of course the people in our department. That hasn't changed. It's great to be working with people I admired as a student (that would include everyone from the faculty to office staff). My experience as a student here was fantastic. Now, I am very privileged to be in a position to give back to the department and university what I have learned over the years. It's an honor to be part of such a strong program and to work with the students here. I hope I can inspire them in some small way to be the best they can be. Sounds like what happened to me!

❖ Steve Davis (sdavis@calpoly.edu)

Greetings Sports Fans! Hope you're all doing well, and making the best of life no matter what comes your way. I'm working hard here at Cal Poly (and yes, my desk is as full as ever.) 1998-99 was an eventful year. The Human Performance Lab was renamed in honor of Dr. Webb, who retired in June, but who will (we hope) continue teaching each fall quarter for as long as it's fun for him. Dr. Head has also recently retired, and we hope the two "mossbacks" will spend more time on the golf course, but come back to visit and teach often. We were very fortunate to hire Dr. Susan Puhl as our new exercise physiologist, who we were able to lure away from the State University of New York at Cortland with our beautiful weather and low pay. We have also been able to collaborate with Dr. Ann Maliszewski, another expert exercise physiologist. Cal Poly will continue to serve as a site for ACSM "Health/Fitness Instructor" certification on Sunday, May 21, 2000, and this year we hope to add the ACSM "Exercise Specialist" clinical certification on Sunday, June 18, 2000. It was wonderful seeing many of you at the Southwest Chapter Meeting of ACSM in San Jose last November, and I hope to see many of you in San Diego for SW-ACSM in November of 2000. Marian Medical Center in Santa Maria just donated an ultrasound machine to our program, and I'm looking forward to teaching my first echocardiography class this spring. (Additional donations gratefully accepted!)

On a personal note, I became engaged to Miss July, and we'll be married in June. Still working on the grass tennis court, but hope to be ready to use it right after spring commencement. I really enjoy collaborating with Dr.'s Glassmeyer, Jankovitz, Puhl, Maliszewski, and all of the terrific students here at Cal Poly. Hope to see many of you at the Exercise Science and Health Promotion Club (formerly "Corporate Fitness") Spring Banquet this year. Remember, "You Have a Right to be Healthy, So Exercise It!" P.S. I was only kidding about Miss July, but there will be a quiz at the end of this newsletter. Dr. D....

- ❖ Sonja S. Glassmeyer (sglassme@calpoly.edu)

Well, another school year is a third over already! It certainly has been an interesting and challenging year so far, with all of the changes that have occurred in the Department. It has been nice to have Dr. Webb and Dr. Head on board during this quarter to help with the transition, but I just know that we will miss both of them when Winter Quarter arrives.

We had a fabulous retirement banquet / party for Dr. Webb in May. We wish that more of you could have come, but we did have over 100 people attend, with former students coming from as far as Colorado for this special event. The ESHP Board did a great job in the organizing and planning of the event and all of the work paid off. We also honored Dr. Webb with the re-naming of the Human Performance Lab to the James L. Webb Human Performance Laboratory. We dedicated the lab on October 28th with a ribbon cutting. The local TV station was there and we had great coverage from KSBY and from the Mustang Daily. There is a beautiful plaque and a picture of Dr. Webb displayed in the lab in recognition of his 30+ years at Cal Poly. When you come to campus next time, be sure to check it out!

We have several great new faculty in the Department. Dr. Susan Puhl has replaced Dr. Webb, and the students are finding out that she is just as tough and demanding. She is a wonderful addition to our concentration and to the Department.

I am still serving as the Coordinator of the Clinical / Worksite Health Promotion (formerly Commercial / Corporate Fitness) Concentration, and I have promised Dr. Webb that I will try my best to maintain the integrity of the program.

Now, what is happening with some of you?? It is becoming increasingly difficult to get off campus to do on-site visitations, due to the lack of travel money, so you will have to let us know how and what you are doing. I believe that it is so important to keep in touch! So, write, email, or call and let us know if and when you move or change jobs, and other things you are doing, both on and off the job. We have lost contact with a number of our former students so if you know of anyone who is out there, let them know we want to hear from them! Best wishes to all of you, Sonja Glassmeyer ("Dr. G.")

- ❖ Kellie Green Hall (kghall@calpoly.edu)

A great year was 1999!!! How exciting 2000 seems. We've experienced many changes here in the Department of Physical Education and Kinesiology. Certainly, the retirements of Dr. Webb and Dr. Head are the most significant events of the year for those of us who have been here a while. My first year here at Cal Poly was 1990/91 and I was pregnant with Jayme then; she will turn 9 in June. My youngest, Connor, is 5, while Ryan will be turning 11 in June. You may remember them from the videos in 404 J. It's funny how once you have children you measure time by what year they were born!

I am now the Graduate Coordinator for the Department of Kinesiology. Though I'm still learning the responsibilities of the position, I really enjoy the close interaction with the graduate students. We have such fun students here. Last year, I attended conferences in both Boston and Tucson, presenting papers at each. I will be attending conferences this year in Orlando, San Diego, and Hawaii this spring. It's a tough life!!! We plan to take the whole family to Hawaii, and following the conference, stay and play for a while. I am currently chairperson of the College and University Physical Education Council, which is a board within the AAHPERD structure. Thus, AAHPERD has flown me to Reston, Virginia twice for meetings (these are definitely working trips). It's been very educational learning how the national structure works, and exciting being a part of the decisions made at that level. Have a wonderful 2000!

❖ Kristine Jankovitz (kjankovi@calpoly.edu)

Hi All! What a year! So many changes and new faces here in the P.E. and Kinesiology Department. Again, we have a phenomenal group of students. The quality of Cal Poly students never ceases to amaze me. As a faculty member, it is such a blessing to work with such bright and talented people. As a health promotion professional, it is gratifying to know that in the next century the profession will be so well served by the many outstanding graduates from our programs.

I'm starting my fourth year as a faculty member in the P.E. and Kinesiology Department. I still teach in the general education health education program, and the exercise science and health promotion graduate program. I'm really excited about teaching a new course for students in the Health Education, Pre-PT, and the Clinical and Worksite Health Promotion concentrations. It's called Contemporary Approaches to Health Promotion. I'm looking forward to it and working with a variety of Kinesiology students to develop their skills to create effective programs to promote healthy behaviors. This year, I am serving as the advisor to the Society of Future Physical Therapists Club. It's an interesting assignment and I'm learning so much about the physical therapy profession and the challenges of getting into extremely competitive graduate programs in the health professions. The club members are working hard this year to provide as much information and resources to the many Kinesiology majors who are following the Pre-PT concentration. The students and the club really benefit from hearing from alumni who are enrolled in PT programs or are practicing PT professionals. We would love to invite Pre-PT alumni to come back and share their experiences with our students. If you would be interested in speaking to the club or making a visit to SLO, please let us know.

I've had the opportunity to present at several conferences the past few years, and I must tell you that the presentations that Dr. Davis and I did related to the survey we conducted of Commercial/Corporate Fitness Alumni were extremely well received by students and professionals. Dr. Davis is now expanding the study to focus on matters specific to those in the clinical settings...so look for another questionnaire coming soon. On the home front, Ted and I celebrated our 13th wedding anniversary just days before Annie and Ben celebrated their 4th birthday. I'm not sure how, but so far we have been able to maintain our home as a Pokemon-free zone. I'm not sure how long it will last - but at this point, Rug Rats rule at our house. We are enjoying the opportunity for so many more activities with our kids now that they are older. Annie and Ben already know how important it is for us to get our exercise and they both have fun chasing me around the track at Laguna Middle School. It's really cute to watch them run a lap and take their pulse. Of course, they then argue about whose heart is pounding harder - but it's still cute. Among our favorite activities are riding bikes, walks at the beach, and watching Nebraska Cornhusker Football (GO BIG RED). Even though the Cornhuskers aren't headed for the "Big Dance" this year, we're hopeful for another National Championship in 2000. With Dr. Davis and Dr. Puhl both from Penn State, it could get real ugly around here when the Nittany Lions end up back on the Nebraska schedule.

It's always great to hear from alumni and friends. Please let us know what you're up to and come and visit when you can.

- ❖ Ray Nakamura (rnakamur@calpoly.edu)

"Kon'nichi wa" (Good afternoon)! It's hard for me to believe that I am finishing my twentieth year at Cal Poly. With our recent retirements, I find myself being one of the "old timers" and one of the oldest faculty members. However, I'm still young-at-heart and haven't lost my passion for teaching. I'm really enjoying teaching multicultural health. It has given me the opportunity to learn so much more about different cultures and people. It is true that you are never too old to learn and change. Not much else has happened since the last newsletter. I did manage to have another book published in November. It is titled *Healthy Classroom Management: Motivation, Communication and Discipline*. The unique aspect of the book is that it includes a multicultural perspective. It was a fun project to write and, of course, I hope someone out in the real world will eventually read it. I'm still physically active and thoroughly enjoy exercising in the Recreation Center. My kids are all grown up now, so my immediate priorities in life are shifting. I have a lot more time to play. Finally, one really neat thing about teaching is having graduates come back to campus. Please plan on visiting so we can all find out what wonderful things are happening in your lives. "Jaa mata" (See you again). Ray

- ❖ Camille O'Bryant (cobryant@calpoly.edu)

Originally born and raised in Boston, MA, I arrived most recently from The Ohio State University (Columbus, OH). Here at Cal Poly, I'm Assistant Professor, Psychosocial Aspects of Sport and Physical Activity; Aquatics. I was recently asked if I was attracted to Cal Poly for their football program. Somehow, someway, once a person is affiliated with a Big-10 athletic program, they often find themselves exposed to football jokes and related banter. No. I did not come to Cal Poly for their football program. I was eager to leave behind the hallowed halls of a Big-10 university and come to Cal Poly because faculty are expected to teach, and teach well. The environment at Cal Poly felt like a natural fit with my praxis-oriented teaching and scholarship style. An added bonus is (of course) the weather. San Luis Obispo does have the potential to be a little more temperate climate than the weather in Columbus, OH. I am happy to be here. In the first few weeks of my first quarter on campus, my students have helped me understand the diversity of cultural contexts within the great state of California. I hope I am leaving them with a taste of life from a northeastern, city woman's perspective. My students and I are working hard in our classes. Many of my colleagues in Ohio and other states along the eastern seaboard were sorry to see me go, but most are offering to come and visit – I wonder why.

- ❖ Andy Proctor (aproctor@calpoly.edu)

I hope you enjoy reading these newsletters as much as I enjoy hearing from you. I think dropping the PE 318 (Statistical Applications) class and adding the KINE 317 (Computer Applications) class is working out well. I have had some very encouraging feedback from students who are working in the real world about how valuable computer skills are in their job. I also enjoy teaching gymnastics again. It is amazing how many students have the same comments about their gymnastics class! Which pro act class do you remember and talk about the most? Rec Sports started a competitive water ski team this Fall and my oldest son, Ryan, who is a freshman, is on the team. I am president of our local water ski club, and 1999 was a great year of competition for me. I also bought into a private water ski lake near Bakersfield and plan to spend much of my summers skiing in perfect conditions. No more public lakes in the summer for me! If you get a chance, please drop me a line and tell me what you are doing.

❖ Susan Puhl (spuhl@calpoly.edu)

Hi! I'm a new faculty member here in the department. I came onboard in September, moving across the country from Ithaca, NY. My specialization is in exercise physiology – a degree obtained way back when from Penn State. In fact, Dr. Davis and I were at Penn State at the same time! Fitness development, sport nutrition, and exercise across the lifespan are my interests. The department's strong commitment to aligning itself with the best among the professional organizations in our field was one of the things that drew me to Cal Poly. I currently serve as chair of the ACSM examinations subcommittee, and hope to use that expertise to ensure that Cal Poly students continue to be recognized for their knowledge, skill, and ability in our discipline.

I believe in balance in life – my recent move is one example. The Finger Lakes region of central New York averages about 310 overcast days per year (really!). Since the San Luis Obispo area averages about that many days of SUNSHINE, I've obviously moved to the exact place needed to balance my sunshine allotment! Calling friends on the East Coast during one of their snowstorms is fast becoming one of my favorite activities. So far I've learned to boogie bob (I can't call what I do boogie boarding), and look forward to taking advantage of all the recreational activities the Central Coast offers.

❖ Michael Sutliff (msutliff@calpoly.edu)

Hello! It's nice to get a note out to everyone. As a third year faculty member, I can attest to the positive experience I have had at Cal Poly. My family has settled into the Central Coast life and is living it to the fullest! Surfing and soccer have dominated our family since our arrival, and will continue to be a big part of our lives as long as we remain in the area. My wife Cindy and our four young boys have enjoyed an especially wonderful year.

Work has been challenging and productive. The at-risk youth program I began when I arrived has flourished, and will continue to be a big part of the Central Coast.

I am associated with a group of people who have just completed an application for a three-year \$177,000 grant to support the program. Keep your fingers crossed. In addition, I have also been very involved with CAHPERD this year, serving as Vice President for Physical Education. This role has enabled me to meet many educators in the state, as well as do some good work in promoting positive developmentally appropriate physical education for all.

Working with Cal Poly students is always a joy. The bright, energetic nature of many of my students enables them to accomplish wonderful tasks. For undergraduates (who I predominately work with), this is a great blessing for me as a teacher educator. This last year I have worked with undergraduates on writing grants, publishing papers, and presenting at conferences. Most of this work has centered on working with at-risk youth. To see the fruits of their labor presented on the state and national levels, and to see them present themselves in a professional manner makes my efforts at Cal Poly very meaningful.

Well, that is all for now. I hope all of you have a tremendous and productive year!

❖ Kevin Taylor (jktaylor@calpoly.edu)

My wife and I feel very privileged to have been able to move to San Luis Obispo. What a wonderful place this is! For Michelle this is something of a homecoming, since she was born in California, and grew up in Sacramento and Mill Valley. I am from England originally; I came to the United States eleven years ago seeking adventure. After stops in Washington state, South Carolina, and most recently six years in northern Colorado, I am very excited about moving to California.

My last professional appointment was at the University of Northern Colorado where Michelle taught Sport Psychology and I taught in the physical education teacher preparation program. At Cal Poly I will be working with Drs. Brown and Sutliff in the teaching concentration, and I'm looking forward to joining an already strong program which seems to be going from strength to strength. I will also be teaching Adapted Physical Education, which I have never taught before, so I'll have to do some "adapting" of my own!

I have had the opportunity to adapt in other ways as well, as Michelle gave birth to our first child on January 2nd! As the millennium draws to a close, many people are trying to find a memorable way to celebrate; I think Michelle and I have that base covered! Well, I'm looking forward to the prospect of many wonderful years here at Cal Poly. I hope I'll have the opportunity to meet some of you, and I'll close by wishing you the "Best of British" (a.k.a. Good luck) for the new millennium!



Jerry DeMers
PE&K Department
Cal Poly - SLO
San Luis Obispo CA 93407

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Questionnaire

We would like to hear from you concerning the effectiveness of our curriculum in preparing you for your career. Please take a couple of minutes to complete the questionnaire below and return it to us ASAP.

1. What kind of coursework or experiences should be added to the curriculum in order for it to become more effective?
2. What courses or experiences have you found particularly useful in your career?
3. Please suggest future directions or initiatives which the department should consider undertaking.

Degree/Graduation Year _____

Concentration _____

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Alumni Update

Years and Activities within the PE Department:

Current PE Activities:

Personal News for Friends:

If this isn't enough space, don't hesitate to write us a letter.

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