Dear Alumni, Students, and Friends:

Where does the time go? It seems like I wrote my last letter last month. The years do pass swiftly. First of all, I would like to apologize for the length of time between newsletters. The delay was caused by the fact that, because of a Workers' Comp situation, Jill (Hollenbeck) DeMers has had no clerical help for the last 18 months. Although Jill can do a lot of things well, she can't be the sole support for a Department of 15 faculty, 450 students and still produce a 25 page newsletter. Because of the delay, this issue contains material from the last two years.

For the first time since we moved into the College of Science & Mathematics, one of our graduates was selected as the College's Honored Alumni. Lew Cryer (BS, 1966), the Commissioner of the Professional Rodeo Cowboys' Association, was selected as the honored alumni and was honored during the 1997 Homecoming weekend. Lew, who has worked in a variety of athletic fundraising and administrative positions, has been the Commissioner of the PRCA and Associated Enterprises since 1988. Lew and his wife, Sandy, annually fund a scholarship in the name of Bob Mott which pays the tuition of the President of our student CAHPERD unit.

In conjunction with the 1997 Homecoming weekend, we hosted an alumni reunion for students from the 1940's, '50's and '60's. Byron Culver (BS, 1950) was the driving force behind the reunion which attracted 100 alumni and friends. It was an extremely successful affair with nearly everyone commenting that they would like to do it again. In fact, Byron did organize another successful reunion in 1998 which was attended by about 75 graduates from the late '40s and early '50s.

We want to thank those of you who made a contribution to the Department this past year. With the money, we were able to send students and faculty to the state and national meetings and to buy some much needed equipment and software. Thank you for your outstanding support.

Professionally, during this last year I served as the Vice-President for Physical Education Southwest District of AAHPERD. I also served on a number of statewide committees dealing with physical education. Personally, we were blessed with two new grandchildren. My golf game is up and down. I think that if I live long enough I will be able to shoot my age!

This is the last note I will write as Department Head. If things go according to plans, I will retire during the summer of 1999. I have been at Cal Poly since 1966 and have been Department Head since 1984. When I retire, I will not miss the administrative minutiae associated with managing a department in higher education. I will miss, however, working with our magnificent faculty and staff. I will also very much miss interacting with a group of young people who have to be the best PE & Kinesiology majors in the State. I should also inform you that Drs. Pat Acord and Jim Webb will retire this year. Pat, who came to Cal Poly in 1980, retired last quarter. Jim, who joined the faculty in 1969, will retire in June. These two outstanding faculty members represent nearly 50 years of wisdom and experience, and we will miss them. I wish good health and an active retirement to both of them. All things considered, we may be retiring from some of the best jobs in the state.

Have a great year!!!

Sincerely,

Dwayne Head
Department Head

Visit the PE&K Web Page!
http://www.calpoly.edu/~pek/
Also, faculty e-mail addresses are listed in the Faculty News section of this issue.
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 during the 1996-1998 academic years. If we have left off your name in error, we apologize. Please let us know so we can correct our records.

Paul Ackerman  Anne Forrester  Patricia Mullen
Don Aguiar  Stacey Freier-Direzze  Nancy Negri
Lawrence Allen  Sharon Gagnier  Eddie Niederfrank
Barbara Anderson  Lisa Gagos  Katherine Niederfrank
Lee Angelich  Fulton Gee  Douglas Nix
Jacqueline Awbrey  Tom Ghiglia  James Oliveira
Michael Ayers  Roy Gilmore  Ann Peters
Michele Bailey  Jack Greer  Frank Pettas
Ralph Baldivez  Sarah Guglielmo  Edward Phillips
Manny Bautista  Holly Guntermann  Andy Proctor
Michael Bender  Armen Hairabedian  Gordon Ray
James Benkert  Margaret Hart  Lorissa Rulman
Rebecca Bonsall-Fletcher  Cynthia Hasbrook  David Runyan
Jimmy Book  Kelly Hazard  David Scott
Nancy Brown  Merwin & Delores Head  Anne Seelenfreund
Cheryl Brunk  Bill & Florence Head  Paul Shirley
Delores Head  Steve Homberger  Kimberly Shrode
John Buck  Glynis Inohara  Socorro Sigala
Bruce Butler  David Johnson  Alan Silver
Jamey Cairns  Susan Johnson  Cathleen Spindler
John Campbell  Jennafer Jones  Paul Starks
William Carroll  Jennifer Jones  Kelly Stella
Barbara Chagnon  Richard Jones  Clarlee Stevens
Roger Chagnon  Richard Kate  Susan Strain
Douglas Charchenko  Richard Kate, Sr.  Karen Sweeney
Jerry Clark  Steve Kolar  Claudia Trudeau
Mark Corella  David Lee  Richard Varner
Robert Crosson  Donna Lee  Alan Silver
Lewis & Sandy Cryer  Joe Lee  Cathleen Spindler
Alona Daudel  Julie Leidolf  Paul Shirley
Brent Daugaard-Hansen  Ronald Keith Leland
Lisa David  Amy Lindow  Kimberly Shrode
Roger Davis  John Lindow  Socorro Sigala
Brian Dermatoian  Annarae Luevano  Alan Silver
James Douglas  Alan Majewski  Cathleen Spindler
Richard Doyle  Robert Manchester  Paul Starks
Karen Edwards  Randy McCaslin  Kelly Stella
Melissa Emery  Lucy Mercurio  Clarlee Stevens
Heather Evers  William Meyer  Susan Strain
Douglas Federman  Marco Meyer, Jr.  Karen Sweeney
Anita Field  Terrie Morgan  Sandi Warren
Samuel Field, II  Todd Morgan  Joseph Weltner
Michael Fitzsimmons  Don & Jean Morris  Lesley White
Joy Flores  Michael Morris  Margaret Wickstrom

CAL POLY PE&K DEPARTMENT
Congratulations
to all Physical Education Graduates!

Bachelor of Science

1997
Alex Baroiant
Amy E. Beam
Christie M. Collier
Rodney P. Dingman
Jennifer A. Edell
Daniel L. Furtado
Kevin J. Hannigan
Patrick J. Hearne
Korie P. Hill
Richard D. Bacon Jr.
Amy R. Lucas
Eva M. Luna
Conrad Mendoza
John A. Payne
Kristina M. Salas
Jennifer L. Schumann
Jill D. Snider
Garrett C. Winchester

1998
Paula K. Ackerman
Angie E. Adams
David L. Alderete
Barbara A. Anderson
Amy M. Avakian
Michelle M. Backes
Tanya L. Baggett
Audra M. Bailey
April L. Baldwin
Jonathan C. Bedrosian
Tricia D. Biggs
Angelina R. Brooks
Troy R. Burley
Suzanne Capocefalo
Amy S. Chaffe
Jill C. Chaney
Gina T. Cheli
Dianna L. Clark
Todd E. Coburn
Kenith Robert Craig, III
Bryan L. Daudel
William F. Davenport Jr.
Meredith A. Dillon
Sean P. Dornan
Amy L. Earle
Monica M. Escudero
Angela R. Federico
Shannon M. Franzén

Fernando J. García
Victor V. Garduno
David A. Gilmore
Robyn H. Gold
Amiee M. Gomez
Michelle L. Gorgulho
Celeste E. Greenberg
Matthew M. Gutierrez
Jason R. Hall
Tara A. Hansen
Darren R. Hicks
Lee Ann Holt
Jennifer K. Ishii
Anthony E. Janiak
Jennifer F. Jarvis
Karen C. Jensen
James D. Pollard Jr.
Richard W. Pierce, Jr.
Deanna M. Kennedy
Donald P. Kinney
Jennifer M. Klier
Leslie Krimm
Jonas W. Kruckeberg
Jesse J. Legaspi
Krishno V. Linville
Christopher L. Litvinchuk
Brennan T. Lowery
Marika X. Low
Cassandra N. Marshall
Karmen B. Mckenzie
Todd P. McWheeter
Hallie A. Metz
Marisa S. Mijares
Kari S. Montano
Michelle A. Muench
Carrie L. Nentrup
Alison M. Nofrey
Sara B. O'Mohundro
Keith D. Peery
Jeremy C. Pettas
Reane M. Petty
Amy E. Piche
Samantha C. Plotner

Master's

1997
Jeffrey T. Fairbrother
Nancy L. Siegrist

1998
Todd O. Curran
Rhonda L. Gavert
Patrick V. Grant
Rachel A. Miles Hoopes
Daniel C. Lashley
Derek Wilkerson Marks
Diane Binén McKeague
Payam Saadat
Sherron L. Selter

GRADS ARE
SPECIAL PEOPLE!
CAHPERD Robert A. Mott
Deanna Kennedy
Jeremy Pettes

Cal Poly Alumni Central Coast Chapter
Jacqueline Parker

Green & Gold BBQ
Michelle Muench

Helen Sandercock
Marissa Desatoff
Christina Mountin

Herbert E. Collins
Melinda Adam
Kelli Boffman

Holtville Rotary
April Schoneman

Moon Ja Minn & Paul T. Suhr Music & Dance Award
Barbara Anderson

Robert Mott Memorial
Michael Lee
Kristen Simpson
Nicole Suel

ROTC
Travis Henry
Sean Svarc

Tomczak-Carter Dance Award
Katie Burch
Shannon Couch

Arroyo Grande High School
Erin Frederick
Matthew Quaresma

Charles Daum Memorial
Keith Washington

Jerry Lee Frederick
Mechelle Medhurst

Jon Robert Andrews Memorial
Joshua Porter

Lulu G. Bumphrey
Deri-Kaye Vaca

Mustang Booster Athletic
Sara Stockton

Pacific Egg & Poultry
Jeff Spiller
Visitations in Orange County

Last Spring, Steve Davis took his PE 536 class on a field trip to visit professionally related sites in Orange County. The group visited the Newport Diagnostic Center (alum—Amy Lindow) and "Workout 1 on 1 Private Personal Training Gym" (alum—Ann Salditos-Malzahn). They also got a guided tour of the "SportsClub Irvine" (alum-Diana Dill-Spinoglio).

From Left to Right: Eddie Salgado, Mei Pang, Masa Okajima, Genevieve Tregor, Allison Godbe, Aprill Sarkisian, David Lague, Judy Hobbieiefkin, Eric Willson

Crandall Gym Remembered

Students who graduated after 1962 will remember Crandall Gym either as the "women's gym" or the place where they suffered through their professional activity gymnastics class. However, prior to the construction of Mott Gym, Crandall Gym was the focal point for all physical education and athletic activities and the site for most of the big social activities on campus. Crandall Gym was built in 1928 for a cost of $50,000. The Crandall Pool addition was made in 1938. From the time of construction until the completion of Mott Gym, it served the campus in a variety of capacities, including physical education classes, athletic events, dances, concerts, and registration for classes. The first intercollegiate athletic contests for women were held there in the 1960's. It is one of the most historically significant buildings left on campus.

We are in the process of raising funds for a feasibility study to determine the structural integrity of the building, as we would like to renovate the gymnasium and natatorium. Our plans include a complete modernization of the inside facilities, while leaving the exterior historically accurate.

Initially, we need to raise $30,000. If you would like to be involved with this project, please contact our Director of Advancement, Cary Bowdich, by calling 805/756-5713, or you can e-mail her at cbowdich@calpoly.edu. You can also contact the Physical Education and Kinesiology Department directly by calling Dwayne Head at 805/756-2545. We hope to hear from you!


Sally ('68) & Jack Adam ('63)
Devoted to full-time triathlons. I tried to balance work and training, but it wasn't working out, so the job had to go. I thoroughly enjoyed the many teaching situations I had over the years, primarily PE for fourth to eighth graders, but I'm ready for new goals - longer trail runs, Olympic distance triathlons (not ending up in the medical tent after Wildflower). Have two children graduated from Cal Poly and one midway. They all are excited about our move to beautiful San Luis Obispo, where they can bring their families home.

Dede Auyong ('93) - Dave Svetich ('92)
Dede taught middle school PE for two years in Salinas after receiving her credential. In July 1996, she moved to Lodi and is currently teaching at Harriet Eddy Middle School. Dave went on to University of the Pacific after graduating in 1991. He has worked at Lodi Physical Therapy since receiving his MS at UOP. His official title is David Svetich M.S.P.T., A.T.C. Dede and Dave were married on September 6, 1997.

Dick Barrett ('70)
I am in my 12th year at Lompoc High School. I have been married for 11 years to Joan and have two daughters, Jessi Stephenson, a freshman at CP this year and Audrey, 4th grader. After five years as head football coach 1986-90, I am now settled into assistant coaching.

Sharon Barrett ('86)
Happy and thriving in Santa Cruz area. Have a small lovely town home (celebrating recent purchase) in Aptos - live with my two cats. Hobbies include playing tennis, walking on the beach, swimming, going to plays and musical events. I appreciate the beauty of the Santa Cruz area.

David Brown II ('96)
I just got back from playing American football in Switzerland (Feb-July 97). It was great!! Now I'm off to the football coaching position at Correll University in NY. Gotta keep movin'!

Clark Conover ('96)
Just received teaching credential from CSUH and voted outstanding student teacher of the year. Began graduate school and working as the assistant wrestling coach at Cal Poly.

Keith T. Cooper ('93)
He married Susanne M. Cooper (CE '96) in 1997. Susanne is working for Jensen Design and Survey in Ventura, a firm specializing in land development. The couple lives in Oxnard.

Thomas DeHollander ('77)
I've lived in Livermore for 18 years and been in Wastewater Treatment with three agencies. My wife Randi and I have a two-year old son (Keith Thomas) which complements our three daughters--Pam (13), Becky (11), and Ashley (8), wonderfully. We enjoy traveling, photography, brewing beer and gardening. “Learn by doing” still ingrained in my life - ask my kids!!

Marina Garza ('91)
I spent four years in Barcelona, Spain teaching English. I was lucky enough to be there for the Olympics. I watched Tour de France every year, and have seen such great athletes as Araxa Sanchez Vicario, Indurian, Romero & Sergi Brugera. Since I've been back in the states, I have taught PE in a residential treatment facility for dually diagnosed women. A great experience. I taught nutrition to a low income hispanic community - wonderful!! I'm currently living in SLO with my three-year old daughter Sophia. I'm working for Tri-Counties Regional Center doing case management for developmentally disabled, primarily hispanic.
- **Jeffrey P. Goodyear ('80)**
  Still Usher Coordinator at the Hult Center for the Performing Arts in Eugene, Oregon. Stay fit by running, lifting a little and playing basketball three days a week with the University of Oregon faculty. I am currently updating and redesigning the Hult Center Web site. Take a look at: http://www.ci.eugene.or.us/Hut

- **Steve Graybehl ('75)**
  Left 19 years of coaching football three years ago to pursue school administration. Look for our Monache Band (Porterville High School) to lead the Macy's parade this year.

- **Marty Growden ('70)**
  He competed on two national championship track and field teams while he attended Cal Poly. Since that time, he has taught and coached at schools such as Morro Bay and Central Valley High School. For more than 20 years, he has taught art, physical education and math, as well as coached track at Westwood High School near Susanville.

  Although Marty has made a number of significant contributions to the school and community and was recognized as the CIF North Section Girls' Honored Track Coach of 1977, perhaps the most visible contribution was the building of the F. Neil Growden Memorial Track at Westwood High School.

  The track project was funded by a memorial fund in honor of Marty's father, the school district, and by donations from a number of local businesses and individuals. The project involved moving more than 43,000 cubic feet of rocks and soil (see pictures) and resulted in a state-of-the-art track on which Westwood hosts a number of track meets. The new track is likely to ensure Westwood's continued success in track and field, which has won three section and nine consecutive league titles in girls' track and field.

The beginning of home stretch finish line!
Marty Growden (cont.)

Marty at work.

• **Jack Harper ('79)**
  Was selected Claremont Unified School District Teacher of the Year. He has been teaching science and coaching football at Claremont High School for 18 years. He lives with his wife and two children in Claremont.

• **Jennifer Horn Harrison ('93)**
  Moved back from the east coast and got married in August of 1996. My husband Jeff Harrison is a Poly grad 1990. Working as a program manager in senior health education (Secure Horizons/Pacific Care). Earning certificate in broadcasting - aim to become involved as a health and fitness reporter for CA station. Training with Leukemia Society for the Sacramento marathon to raise funds for cancer research.

• **Kelly Hart ('95)**
  I've been working at a pharmaceutical company (Inhale Therapeutic Systems, Palo Alto, CA) for just under three years now, doing accounting. Don't ask how I started accounting, I'm not even sure myself. It's all temporary though. I've been trying to save money to go to nursing school. I've applied at Cal State Long Beach to begin in January, 1998. I've wanted to go into nursing for quite some time now but finances kept me here. Building a future with Bill Davenport, a former Cal Poly athlete. We are both healthy and still very active in sports. I began doing Duathlons (run-bike-run). Fun!! Really pleased with the PEAK newsletter - great to hear what's going on in the people's lives who made us what we are today. Keep 'em coming!!

• **Stephanie Haynes-Carstens ('91)**
  Stephanie graduated from Cal Poly with a BS degree in PE/Health Education. She most recently worked for Paso Robles public school's P.R.Y.D.E., Paso Robles Youth Development and Enrichment Program. She married Julius Carstens in October 1996, and together they share a son Dylan Julius Haynes-Carstens. Julius was also a graduate from Cal Poly with his BS degree in soil science and biochemistry. He works for Cirrus Environmental.
• **Steve Hebert ('84)**

It has been 14 years--how times flies!!! I am finishing my 13th year of teaching and coaching. I am currently the Athletic Director and Head Boy's Basketball Coach at Don Lugo High School in Chino, California. I have been at Lugo for seven years. Before that I was at Monrovia High for three years, Dinuba High for two, and my first year out of Poly was in South Central LA, the Lynwood Unified District. My wife Paula of nine years, and I live in San Dimas, California. We have two daughters, Jessica 7, and Danielle 3. My wife is a Long Beach State graduate, and I received my Masters in '92, from Azusa Pacific University. I look forward to the next Cal Poly Newsletter in my mailbox.

• **Deborah Dale Hodgkin ('72)**

Have recently completed and become a certified EMT. I still have my broker's license for real estate and a standard teaching credential. I am also thinking of returning to Cal Poly to complete marriage counseling training.

• **Chrissy Hughart Lesicka ('79)**

I was one of the first girls to take athletic training & hand ball (I whipped the guys!), and have now been married to Donald Lesick (CP '80) for 20 years. We have designed & built four custom homes. In 1986, I ran in a National 10K at South Shore Lake Tahoe, placing 16th in the Nation, running on Wide World of Sports. (I got food poisoning the day before & spent the night after the race in the hospital on IV's after losing 11 pounds of body fluid! My normal weight was 102.) For two years I was Percussion Line Director and Asst. Marching Band Director at So. Utah Univ. in Cedar City, Utah. I've volunteered for the local schools in PE, Music, & Science, initiated AYSO soccer in our city & coached high school soccer for a year. The past two summers my family has traveled the Western U.S., including Canada & Alaska, leading Sunday worship services, Christian concerts, and retreats as the “SonShine Praise Singers.” Our son Travis just graduated 4th in his class (received awards from YALE, NASA, US Army, Navy & Marines, & National Science Merit Award), and daughter Tracey (a junior in high school) is also a high honor student & accomplished musician. We just finished renovating an old building, becoming Calvary Chapel Cedar City, Utah (a non-denominational church). We are worship leaders & team, and youth leaders for the “Hole in the Wall Gang!” e-mail: sonshine@pdqnet.net

• **Jeff Jordan ('93)**

Hello! I am coaching football and working on my Ed.D. Hope all is going well. In February, 1997 I left Chico State University as Defensive Coordinator with the football program to become a graduate assistant football coach at University of Pittsburgh.

• **Kristine Kent-Tom ('92)**

I am currently attending school to become a acupuncturist and have future plans to become a chiropractor. I have been massaging for five years and love it. I am also coaching martial arts.

• **Scott “Soup” Kjellesvig ('96)**

I am applying for Physical Therapy school this fall and am really enjoying the field!! I have become an avid fly fisherman and enjoy backpacking. I will be doing a lot of PT, as I tore my ACL water-skiing.

• **Steve Kolar (ED '53; MA, PE '54)**

Currently living in Keesport, PA
• **Craig Labistre ('88)**
I graduated from Loyola Law School in May 1998 and July 1998 took the California Bar Exam. I clerked this summer for the San Diego Public Defender’s office. I am entering my 9th and final year as a PE teacher.

• **Jennifer Lemes ('95)**
In 1997, I graduated with my master’s degree in Counseling & Educational Development from the University of North Carolina. Currently, I am working as a career counselor and loving my job. Living in the Bay Area is a treat because there are still lots of alumni around who all cherish our memories at Cal Poly.

• **Angelo F. Lucifora ('91)**
I got married November 9, 1996 to Tracy Ropa and we bought a house in Stratford, Ct. Currently the owner/operator of The Fitness Image in Greenwich, Ct.

• **Analicia “Annie” Martin ('92)**
I finished my Master’s at University of the Pacific, in Sport Sciences where I was a Grad Asst. in the Athletic Training Room. I worked with men’s baseball and women’s basketball where I traveled a lot and saw some great places in the US. I am currently interviewing for an Athletic Training position, any leads…

• **Linda “Sovie” Maxum ('86)**
White River School District
750 W. Main St.
Buckley WA 98321
“Choices” Instructor for five years.

• **Dyan (Murray) McIntosh ('85)**
I am busy working and raising my three children. Travis (who I was in labor with during graduation ceremonies from CP in ’85), Tyson (who I was pregnant with during my student teaching assignment in ’87) and my daughter Teale (who I took a year and a half maternity leave in ’91). My husband, Robert McIntosh, also a CP alumnus is working in Medical Sales and making a lot more money than us teachers!! I’ve been teaching health for two years and still love it!!

• **Christine (Iverson) McParland ('65)**
Competed for Cal Poly 1963-64 until 1966-67 when I left Poly to teach at Mt. Pleasant High School in San Jose. Events included the 100, 200, 400. Held DGWS record for a few years in the 440. Presently teach at Jessie Baker School in the Elk Grove Unified School District as an adapted PE Specialist. Co-founder, Director and Instructor for Project RIDE, a therapeutic horseback riding program taught though the Elk Grove School District. Married Ron McParland and have two children, Kellie and Brian.

• **Lou Montano ('86)**
I’m Head Wrestling Coach at Columbia University. It was great to see Dr. Head last summer, and I asked him to tell the whole gang I said hi. Take care and thanks for all the guidance—Cal Poly Phys. Ed. Program is the best!

• **Al Moriarty ('57)**
A life insurance salesperson and a member of the Million Dollar Round Table (MDRT) 1996 Honor Roll. To qualify, Moriarty exceeded the Round Table’s ethical and production requirements 15 or more times. He is a 38 year MDRT member and lives in Grover Beach.
• **Ann Larimer Noe ('90)**
A big hello to Andrea Brown and Thank You!! The Elk Grove School District that I work for is growing—at least one new school has opened every year since I have been here. Let your graduates know this!! We have also received many yearly raises (Yeah!!) Currently five years teaching PE at Samuel Jackman Middle School (approx. 75% minority students, 28 languages spoken) and coaching girls volleyball.

• **John O. Oakes ('60)**
Is a management consultant focusing on professional development and training and coaching organizational leadership. He also works with kids in the mainstream and at-risk. “This is a very gratifying experience, and I truly wish that I could spend more time with this population,” he says. Oakes resides in Palo Cedro with his wife, and they have five grandchildren.

• **Brook ('92) & Paul Oliver ('95)**
Married Paul and graduated with my MS in counseling 6/97. Specializing in higher education and career counseling.

• **Rusty Pagano ('94)**
I was surfing the web on my mom’s computer and I thought I would look you guys up. I have a great teaching and coaching position at Dobson High School in Mesa, Arizona. We have 3,500 students in grades 10-12 and are the biggest school in the state. My average class size is 28-37 students. My wife, Lee, and I are expecting our first child this August. If you want to write to me, you can reach me at ejpagano@sprintmail.com

• **Janette Rauch ('93)**
Hey, I finally made tenure!! My third year in this district. My son Aaron’s already an 8th grader and Troy is in 1st grade. Miss you all and see ya at the next CAHPERD Conference. (Congratulations, Janette, on your recent publication in JOHPERD. Well Done! -- from the PE&K Dept.)

• **Scott Ricardo ('77)**
Kudos to Scott, featured in the Fall ‘98 issue of Cal Poly Magazine. The article reviewed his work with at-risk youth in his youth mentorship program at Humboldt State University.

• **Richard B. Roche Jr. ('71)**
After 25 years of military service assignments in S.E. Asia, S.W. Asia, Germany, Netherlands, all over the US of A, now retired from US Army - Lieutenant Colonel (USA - Ret.). Looking forward to possibly coaching Cross-Country 98-99.

• **Lorissa Rullman ('92)**
Hi - My life is so crazy right now!! I am getting married this August ('97) in my home town, Susanville, California. My fiancé and I currently live in Austin, Texas. We just finished premed studies and are applying to medical school. We are both “returning students.” It has been interesting being an undergraduate again and this time in a much bigger and less friendly school. I finished a master’s program at the University of Texas in Kinesiology in 1995. I am working with UT student-athletes as a mentor. It is both challenging and rewarding encouraging the academic growth of young athletes. Hook ‘em Horns!

• **Nels C. Rydberg ('93)**
I am an assistant women’s volleyball coach at the University of Oregon and the head coach for Southside Volleyball club in Eugene. I recently bought a condo. U of O athletics is on the net: http://ducks.uoregon.edu and I have my own page on it under volleyball/coaches that proudly states I am a Cal Poly graduate.
• **Kari Knapp Sans** ('87)
  I have been working for four years now at Bay Networks, 4401 Great America Pkwy, Santa Clara CA, as Manufacturing Manager.
  E-Mail Address: Ksans@Baynetworks.com

• **Anne Campbell Seelenfreund** ('98)
  I got married in April of 1995 and I am working on getting my X-ray license through work. Working as a medical assistant in a private practice doctor's office. No kids yet, but have a great dog.

• **Julee M. Southworth** ('95)
  I married on August 2, 1997 and am currently a PE middle school teacher in Foster City, California.

• **Kim Stanley** ('82)
  You may remember me from the eight years I was around - probably during my master's stint in '84-'86? I have a long story, but I've been living and teaching overseas for the past five years in the international schools, Peru and Poland now - teaching P.E. and Health ... I am returning to California in June, and have been job hunting from my current home in Warsaw, Poland — it is a big task trying to do all this from here! (Note: Kim did get a job in Pacifica and attended one of our summer workshops. Welcome back to California!)

• **Paul A. Starks Jr.** ('92)
  I continue to work for Fritter & Schulz Physical Therapy in Gilroy as a Certified Athletic Trainer. I recently received my PT assistant license and am finishing my graduate thesis work at San Jose State University. I also recently married Rachel. I thank the Cal Poly professors in the PE dept. who academically prepared me for an enjoyable career in rehabilitation.

• **Erin (Harvey) Stone**
  Married Mike Stone (Soc Sci '93) in September of '94. We now have a one-year-old daughter, Lindsey. We are keeping active by running road races with the Pactel Corporate running team.

• **Jolene (Ahlers) Thompson** ('88)
  After graduating from Cal Poly, I taught one year in Cambria, then four years in Vacaville, CA. Also coached volleyball, basketball, track and club volleyball. When my husband John graduated from Vet School (Davis) we moved to Hollister, CA. Then coached volleyball for the high school there until I was expecting #2. Currently mom of Tiffany (2), Melissa (1) and #3 is due anytime!! Living in Oakdale, CA. Plan to return to teaching/coaching when the kids are in school. Husband John (grad CP-Animal Science, '90). Currently a Vet...primarily cows in Oakdale.

• **Shea D. Weber** ('94)
  I am currently the fitness and spinning director for Kennedy Club Fitness, of Arroyo Grande, SLO, and Atascadero. I am partner and owner of “Just Always Movin” (JAM) Sports and Fitness Training Co. JAM's main focus is to train athlete's and every day people in the most functional way possible. We are currently doing a lot of training and research with both medicine balls and swiss balls. We are working on a program to present to the health and fitness industry.
• Laura Wellington ('94)
I hope this letter finds you happy and healthy. I reflect back to those good ole’ days often. I’ve been teaching physical education and health for three years now and have found myself a teaching job in the Virgin Islands.

• Lesley White ('87)
The last few months have been hectic! I’ve been busy collecting data for my dissertation. My research has focused on evaluating muscle metabolism using magnetic resonance spectroscopy (MRS). In conjunction with MRS, I have been able to collect muscle biopsy information to confirm some of my findings. The experience has been tremendous; I have learned how to perform a muscle biopsy, operate a million dollar magnet, and use several different imaging and spectral analysis computer programs. The big news to report is that I’m moving to North Carolina. This time as a professor instead of a student. My teaching responsibilities are in the PE department and in their Sports Medicine program. The Human Performance Lab will be under my supervision. During the upcoming year I will be teaching a diverse set of courses which include exercise phys, exercise phys. lab, sports nutrition, applied kinesiology, motor learning, and test and measurements. Beyond the teaching experience, which I’m very excited about, I think living in another part of the country will be an invaluable experience.

• Dianne Wilson-Graham ('79, MS '86)
A 1997 high point was Dianne’s selection as the national middle school teacher of the year. This award is based on the quality of teaching demonstrated by the recipient and their contributions to the profession. Dianne teaches and coaches in the Newbury Park School District, and has been a long time supporter of the Department. If you see Dianne at a conference this year, please be sure to congratulate her.

• Beth Zeullner ('84)
I went back to Cal Poly to get my teaching credential in 1989-91. I have been teaching full-time in Paso Robles for the last five years, and I love it! I have two boys and we have a small ranch with cattle, chickens, and pigs. If you’re in the area, please stop by and say hello.

Special Event

Please mark your calendars for a retirement event for Dwayne Head. BBQ, golf & fun will be scheduled for August 7, 1999. Details to follow. If you would like to volunteer to help with this event, please let Sonja Glassmeyer know (805-756-2203).
Diana A vans (davans@calpoly.edu)

I was a new lecturer in the department last year, and I teach a variety of subjects. Whatever they need, I try to do! In the fall, I taught three sections of Safety and First Aid and the Orientation to PE&K class. In the winter and spring quarters I got to branch out a little and teach the Human Element in Sport classes and Officiating. The best thing about my time here so far has been the students. They keep me laughing and on my toes.

I am originally from the Santa Clarita Valley (Newhall), but have been away from California since finishing high school, until now. I attended Oral Roberts University in Tulsa (B.S.) then Oklahoma State (M.S.), and finally the University of Minnesota (Ph.D). After five years in Minnesota it is good to be back to where 50 degrees is considered cold! Minnesotans would be wearing shorts and laying out in 50 degree weather!

My specialization is in the Sociocultural Aspects of Physical Activity and Sport with a focus on gender and race issues in sports. My main research interest is in the recruitment of student-athletes. I have specifically worked with men’s football and basketball, but would like to branch out to non-revenue sports and women’s sports. So far, I have been trying to adjust to a new community, full-time teaching, and making new friends. Hopefully in the new year, I will be able to better manage my time and continue with my research efforts!

I look forward to working with the faculty, students, staff, and alumni in the upcoming year!

C. Andrea Brown (canbrown@calpoly.edu)

“Been there, done that!”
....true, but this year everything was just a little different.

My yard needed work, this time not design.
Just planting and weeding, the pleasure was mine.

Summer was busy, so what then is new?
Grant money was spent, a new proposal is due.

Greece for a vacation, I’d been there before.
This time an island. It was Athens no more.

To England my home, a funeral of fame.
but this time not family, twas Diana the name.

School yet again, but not as before.
A new man is aboard. Teacher Ed. has one more.

Many weekends were lost as I flew.
It was work - not excitement, but this isn’t new.
(Andrea Brown, Cont.)

Students are great, our program in line.
We passed our assessment, we made out just fine.

Credential the old way is now out of the door.
It's classes in schools where we are more and more.

To real teachers out there, continue the fight,
to bring health to our youth, and learning to light.

Thus to one and all who at Cal Poly did learn
remember new grads, and help in return!

Steve Davis (sdavis@calpoly.edu)

Greetings alumni and friends of the Cal Poly Physical Education & Kinesiology Department.
Hope you are all well, and making the most of the opportunities life brings you. I am beginning
my 12th year here as a faculty member, and it looks like it's going to be another busy one. During
the 1997-98 academic year I was delighted to see many of you at the Southwest Chapter Meeting
of the American College of Sports Medicine in Las Vegas, and many more of you at the AAHPERD
Meeting in Reno. It has also been wonderful to hear from you from time to time via the Internet.
Please continue to stay in touch. Thank you to all of you who responded to the Corporate/Commercial
Fitness and Exercise Science and Health Promotion alumni survey. Dr. Jankovitz and I
sent out the results to you soon. It was very gratifying to learn how successfully you left
us for "the real world." In addition to the usual classes in electrocardiography, sports nutrition,
exercise prescription, cardiopulmonary pathophysiology, health education, and tennis, I also
became the Chair of the Cal Poly Human Subjects Committee last year. I really enjoy being
involved in all the human subjects research, but it's a lot of responsibility. During the summer of
'98 I was fortunate to travel to Europe for a few weeks, and saw London, Dublin, lots of France,
and San Sebastian, Spain. The highlight of the trip was Wimbledon, and it was the fulfillment of
a lifelong aspiration to attend, though in my dreams I was always a player instead of a spectator!
I also cut another few seconds off my San Luis Obispo Triathlon time, and worked on several
home improvement projects. The coming school year will bring many changes. Dr. Acord is retir-
ing at the end of fall quarter, and I will miss her but wish her much happiness and congratula-
tions. The two "mossbacks" from the Dakotas, (Drs. Head and Webb), will also be retiring at the
end of the school year, and we will miss their leadership and their many talents. Dr. Jankovitz
and I will be presenting a tutorial at the next Southwest Chapter Meeting of ACSM in Las Vegas,
November 13-14, 1998, and I'm looking forward to visiting the bridge of the starship, "Enterprise"
at the Hilton Hotel. Hope many of you will also be onboard. Well, have a wonderful year. Remem-
ber, you have a right to be healthy, so exercise it!

Gerald DeMers (jdemers@calpoly.edu)

My, how time flies. I am celebrating my 10th year at Cal Poly and truly have enjoyed my
tenure here. As usual, these past 2 years have been busy. There are always new and challeng-
ing goals to reach. I had three manuscripts accepted for publication. These include: Spinal
Injuries in Surf: An Etiology of 258 Cervical Spine Injuries; Spinal Injuries in Surf: Is There a
Better Rescue Method; and Fecal Contamination in the Swimming Pool: This is not a Pretty
Thought, but Hey, It Happens!! Along with these publications, I was involved with revising
the YMCA of the USA progressive swimming program. The committee for the revisions made
major modifications to the Y's learn to swim progressions. A new textbook and instructor manual were a result of this endeavor and I was invited to be a consultant and commentator for the video that was produced for the program. I was also involved in developing a new course for the YMCA of the USA involving rescue training for swimming instructors. Revisions were also made to the lifeguard training text, *On the Guard II*, published in 1997.

Last September I was invited to present my research relating to spinal injury management techniques in surf at the International Lifesaving Federation Medical Rescues Conference. Attendees at the conference represented national agencies in over 20 countries. The presentation was well received and has resulted in a number of countries adopting surf rescue procedures I developed. The United States Lifesaving Association is also considering adoption of these techniques and several states have contacted me regarding adoption of these methods.

This past year United States Diving asked me to develop a rescue training program and texts for U.S. Diving Coaches. This was a pet project of mine and was fun writing. One text is entitled *Care and Prevention of Competitive Diving Injuries*. An instructor manual was written for the program also. The text includes risk management for diving facilities, common injuries associated with competitive diving, rescue procedures for divers with injuries, first aid treatment for diving-specific injuries, and spinal injury management. United States Diving adopted techniques I developed for deep-water spinal injury management. A video was also produced demonstrating the rescue skills.

In our leisure time, Jill and I enjoy doing projects around the house and exercising. We are both taking flying lessons and enjoying our time in the wild-blue-yonder. We took a well-deserved vacation during Christmas break, 11 days cruising the Caribbean and Panama Canal. We had so much fun on this cruise that we are planning to cruise the Mediterranean this summer.

Sonya S. Glassmeyer (sglassme@calpoly.edu)

Hi again, everybody! Here we go again with yet another year of challenges, super new students and great returning students! There are continuing changes in the department and on campus - if you have not been here for a while, you may not recognize the place! This will be a pivotal year in the department, with three retirements (NOT mine!) and the possibility of several other new faculty in the 1999-2000 school year.

I continue to be involved with the Commercial/Corporate Health Promotion concentration and really enjoy the association with the students as well as with the companies, corporations, and clinics where we regularly place students for their internships. I am still teaching in the First Aid/CPR area; Health Education, and the new multi-cultural Health Education class; the flexibility class; two classes in the exercise and Health Promotion Graduate Program; and I continue to coordinate the internship program for the C/C and the Graduate Program.

My schedule does not allow me to travel as much as I would like to on-site health promotion and cardiac-rehab. programs, but I do so when I can, usually with a few students coming along. I still present a variety of seminars, workshops and programs in the area of Stress/Life Management and Women's Health Issues both in and out of the community.
S. Glassmeyer (cont.)

Gary and I are still living in Southern Monterey County where the air is clean and it is so quiet you can hear your heart beating. I love to hike and walk out and about in the area surrounding our house and I usually see coyotes, deer and an occasional bobcat.

I hope that each and every one of you are doing something fun and challenging in your professional life and I would enjoy hearing from you and about what you are doing and where you are.

Kellie Green Hall (kghall@calpoly.edu)

Hello all y'all! I have much to report since the last newsletter!!! No, I'm not pregnant, why does everyone always jump to that conclusion? But I was awarded a one-quarter sabbatical, which I took last fall. We (Greg, myself, Ryan, 8, Jayme, 6, and Connor, 3) set out on our Sabbatical Trek on August 1st, 1997. We pulled a small tent trailer behind our van and camped whenever possible. Enroute we received tours of the Kinesiology and Athletic facilities at (in order) Northern Arizona at Flagstaff, Arizona State University in Tempe, University of Arizona in Tucson, Texas Tech University in Lubbock, University of Texas in Austin, Louisiana State University in Baton Rouge, Florida State University in Tallahassee, University of Florida in Gainesville, and the United States Sports Academy in Daphne, Alabama. We spent three delightful months at LSU in Baton Rouge (during football season, yea!). We lived in a two bedroom apartment on a golf course, just one block from an elementary school. It was within cycling distance of LSU and allowed us lots of time in the evening to hit golf balls. All of the kids had their own clubs and even Connor has developing quite a swing!! (Perhaps the next Tiger Woods!!)

At LSU, I was able to focus completely on research as opposed to teaching, committee work, etc. I think every professional needs an occasional sabbatical to get more current and re-energized about their subject matter. Working with Dr. Richard Magill and the other Professors at LSU was a wonderful and educational experience for me. Several publications have come out of that experience with a couple more in the works. A paper on the practical aspects of randomized learning has just been published in the Nov/Dec issue of Strategies (1998). Also, an article on rehabilitating the low back using motor learning concepts was just published in the Sept. issue of the Journal of Orthopedic and Sports Physical Therapy. I collaborated with Dr. Joel Stevans, a Physical Therapist, for that article. So, it's been a busy year professionally, but the sabbatical created a wonderful time when I could spend time with my family in a new environment and still get a lot of research and writing done.

So, we're all back in the grind this year with a very full calendar of events.

The kids are running us around with their many activities, mostly sports. Ryan is in soccer right now which he loves, but he also plays basketball, baseball and golf. He's very happy when participating in sports of any kind. Jayme is a dancer who plays soccer and softball to humor Mom and Dad. Connor wants to play everything and can't wait until he's five and can be on a team! They all continue to have advanced motor development as one would expect. Feel free to come back and assess them anytime. Have a great year, we love hearing from you, let us know what you're up to.
Ray Nakamura (rnakamur@calpoly.edu)

“Kon’nichi wa.” I hope the past two years have brought you good fortune and health. Time always seems to move so quickly. Since we communicated in our last newsletter, I have gone through some personal and professional changes. On a personal level, I still love the new recreation center, and my wife Connie and I work out on a pretty regular basis. My daughter, Lindy, after spending two years at Cal Poly, transferred to the University of Chicago. She is studying in the area of biological psychology while her mother and father are going through the “empty nest” syndrome. However, my son, Kyle returned from UC Santa Cruz and is presently living at home. So, things are not completely empty.

On a professional level, I’ve tried to keep busy. I just published a book titled Health in America: a multicultural perspective. The book was written to compliment a new multicultural health class that I just began teaching in the Fall quarter. The course has been a challenge and has forced me to re-evaluate some of my own personal prejudices and bias, as well as recognize and accept (but not always agreeing with) the philosophies of others concerning racial/ethnic issues. The course also stimulated me to develop some surveys to study the health habits and problems concerning different racial/ethnic groups in the United States. I should have some results early next year. I have also finished another textbook titled Classroom Management: creating healthy classrooms through motivation, communication, and discipline. I am presently completing some editorial changes and the book will hopefully go to press early next year. The health program continues to move forward and we will, hopefully, be hiring another health person in the Fall of 1999.

I do enjoy seeing old friends so “Mata yukkuri irasshai” (Come visit again and spend some time with us). Sayonara.

Andy Proctor (aproctor@calpoly.edu)

I would like to say that last year was the best year ever, but the truth is that every year is good – in its own way. We have always been fortunate to have a high quality of students in our major and our current students are as good as you were when you walked the halls of Cal Poly. I am once again teaching gymnastic classes (KINE 206 & 356) in Crandall Gym. With the leaks in the roof and termites eating the floor of Crandall, it is a pretty even bet on which will collapse first!! But the building does have a lot of character and I enjoy being in it. Wouldn’t it be nice if Crandall could be renovated? This was the ninth quarter that my KINE 319 class ran the “modified” Poly Canyon run and I managed to cut almost 1-1/2 minutes off my previous best time. This past summer my four boys and I did a lot of water skiing on a private lake near Bakersfield. The skiing conditions were perfect every day and all of us improved. I managed to make my 34 mph-22 off pass several times and my oldest son Ryan ran his 36 mph-28 off pass many times. Jason made the slalom course for the first time and Sean got up on one ski. Kevin also improved his skiing form and is close to making the course. If you do not know anything about slalom skiing, that probably made little sense to you. Have you seen our Home Page on the Web? All of us like to know what you are doing, so please write, e-mail, or stop by and visit.
Hello, I would like to introduce myself to you as one of the new faculty members within the PE&K Department at Cal Poly State University. My wife Cindy and I, along with our four young boys (Colin 7, Brandon 6, Taylor 4, and Patrick, 1) are very excited about being here. As many of you know, the faculty and staff within this department are outstanding, and I look forward to a long and wonderful career working with them. This is my third university and we finally feel at home here at Cal Poly. I will have the opportunity to work with Andrea Brown and Pat Acord in the Teacher Education Section of the Department. After working with urban university students in Los Angeles and conducting programs within its schools, I am excited about bringing a new twist to the teacher education program. One thing that will develop this winter quarter is a program that I am conducting with five physical education teacher education majors. We are developing a self and social responsibility model with at-risk youth at the continuation school in San Luis Obispo. Our majors will be working with both high school and junior high students. Each Cal Poly student and myself is very excited about this new program and I anticipate that numerous majors will benefit from the experience as I plan to conduct this program every quarter for the next several years. We are still seeking funding to gain outside support, but anticipation is high and we feel very confident that support will come soon. Well, that’s all for now. Please feel free to call, write or e-mail me if you would like to introduce yourself. I would really enjoy getting to know some PE&K Cal Poly alumni.
Mentor to City Firefighters Bids Farewell To Training
(Telegram-Tribune, Saturday, August 15, 1998)

All good things eventually come to an end. This year, for the San Luis Obispo City Fire Department, marks the end of a 15-year professional relationship with Dr. James "Scooter" Webb.

Dr. Webb obtained an undergraduate degree from the University of North Dakota. While there, he starred as a running back on the football team. This was followed by a Ph.D. in Exercise Physiology from the University of Oregon. For the past 29 years, he has taught Kinesiology and Corporate Fitness in the Physical Education Department at Cal Poly. Kinesiology is the study of human muscular movements as applied to Physical Education.

Students in Dr. Webb's class learned how to maintain proper function of muscles, bones, and tendons. Normal response of the heart and lungs to physical exertion is also stressed. Students are instructed in methods of improving and maintaining function of these vital structures. His well-equipped laboratory includes equipment to monitor muscle strength, body fat, and cardiovascular fitness. Treadmills and stationary bicycles are crucial for measurement of cardiac and pulmonary function as well as blood pressure.

Dr. Webb can most often be found at work in his lab. Commonly dressed in Bermuda shorts, he is the bandy-legged guy with knobby knees and a Michael Jordan hairstyle. Thin-rimmed glasses and a warm smile complete his description.

Twenty years ago, Chief Mike Dolder at the Fire Department became aware of Dr. Webb's fine capabilities and gentle manner. He knew that firemen require a high level of physical fitness in order to safely handle the sudden demands of fighting fires and responding to a wide variety of medical emergencies that occur around the clock. Jackie Wertz, a former graduate student of Dr. Webb's, was hired to direct the physical fitness program. For the final exam each year, a variety of fitness tests were scheduled in the Exercise Physiology Lab at the University.

Most important is a treadmill or bicycle test with monitoring of electrocardiogram and blood pressure response. A device placed in the mouth measures carbon dioxide and oxygen exchange during the procedure. Firemen participants are exercised to the point of exhaustion. They are asked to indicate their perceived degree of exertion by placing fingers in the air, starting with six for mild exertion to 19 for extreme exhaustion.

This combined year-round program has helped to turn the San Luis Obispo firemen into the most physically fit group of employees in our city government. Many of the firemen were stimulated to ride their bicycles up and down the Cuesta Grade as part of their training program. Others took up distance running and swimming. In 1990, Bob Newman became the new fire chief. He continued to support the physical fitness program and encouraged firemen to complete some of their workouts during their 24-hour shifts on duty.
Dr. Webb: Farewell to Training (cont.)

Dr. Webb maintains a year-round exercise program for himself. Each week, he uses a treadmill, an exercise bicycle, and a Stepmaster to maintain his physical fitness. He often undergoes a treadmill test with oxygen uptake measurement to monitor his progress. The high level of activity he achieves sets a standard at which many of the younger fire-men can only marvel.

This summer marks Dr. Webb’s last participation in the Firemen’s Training Program, as his retirement draws near. He deserves to feel pride in what he has accomplished on their behalf. In years to come, when he sees his former exercisers and asks how they are, he should not be surprised if they respond by raising fingers in the air to indicate their degree of physical fatigue.

Jim, all participants in the exercise program join together in wishing you many wonderful adventures in the years to come. We know you will continue to set a fine example for all of us as to the benefits of physical fitness.
MORE FAREWELLS!!

Now, the Firemen are not the only group of people who are going to miss Dr. Jim Webb upon his retirement in July. On the contrary, The University Community as a whole is losing a wonderful professional who has maintained and demanded a high level of excellence in everything he's done. The Cal Poly students over the past 30 years have benefited from his work in the area of Corporate and Commercial Fitness. He was responsible for starting the first student unit of The Association of Fitness Directors in Business & Industry in the country, here at Cal Poly. The club has evolved over time to be the Club for Exercise and Worksite Promotion. Through this student chapter, with the help of active alumni, students have networked into internships and jobs in the field of wellness. Dr. Webb designed and equipped (often through grants) one of the most up-to-date and usable Human Performance Laboratories in the state, when the new Recreation Center/Physical Education Building was completed in 1993. Master's students and undergraduate students alike have benefited from his direction of theses and senior projects, and his excellence in teaching. You may recall that Dr. Webb received the Cal Poly Distinguished Teacher Award in 1990-91. The faculty members he has worked with are another group of people who will miss the direction and influence of Dr. Webb. He has always led by example, and been instrumental in developing and maintaining a degree program known for its excellence.

Likewise, the Department and University are losing another wonderful leader and professional with the retirement of Dr. Head in August. He has also been instrumental in creating and maintaining the excellent degree program offered here at Cal Poly in Physical Education and Kinesiology. For the last 13 years, he has led the Department with fairness and wit, a fantastic sense of humor appreciated by all. In addition to teaching classes at both the graduate and undergraduate level, he too has advised many theses and senior projects for students over the last 32 years. Both of these professionals will be FERPing (teaching part-time) for a few years, to be sure we continue to maintain the same level of excellence they have established over their combined 62 years of service to the University. We are lucky to have them, and we will miss them when they finally take to golfing full-time!!! Thank you from all of us, for your leadership and excellent teaching.

Many thanks for all you've done...
We'll ALL miss you,
Drs. Webb & Head!
God bless & happy trails!!!
You're The Best!