Russell “Rusty” Baker, clinical director at CBU since 2007, and his wife Jayme, adjunct professor, have left California and are beginning a new chapter of their lives. With a baby on the way, Rusty and Jayme headed to Idaho to accept a position at the University of Idaho. Rusty completed his doctorate (DAT) at the University of Idaho in June and has been offered a position there that will allow him to direct clinical rotations and teach/mentor doctoral students. He has felt like God is leading him in this direction which will help him continue his commitment to the AT profession and educating future clinicians.

The students were able to express their gratitude and say farewell at the party held at Dr. Heinen’s home in May by making and wearing shirts in Rusty’s honor.

They will be greatly missed, but we wish them well as they increase their family. Always remember, “once a Lancer, always a Lancer.”

“Good bye may seem forever. Farewell is like the end, but in my heart is the memory and there you will always be.”

— Walt Disney Company

We want to give a big thank you to Dr. Heinen and his wife Judy for welcoming the CBU Family into their home in May for the ATEP End of the Year Party. It was a huge success.

Many students, Preceptors, family members and alumni attended for a Mexican fiesta by the pool overlooking Riverside. Students enjoyed taking crazy pictures in the photo booth, challenging preceptors to games of pool and foosball, and receiving paper plate awards from the first years.

A special thank you to Alyssa Wheeler and her fellow classmates for their overall planning of the event.

Another thank you to all in the CBU family and beyond that helped to compile the documents for the CAATE Self-Study report that was due this year. The 800+ page document was completed and received by the CAATE on July 1.

It is not over yet, though. The CAATE meets in August to review self-studies and assigns Site Visitors in September. Once we receive notification of the Site Visitors assigned to us, we can schedule the actual Site Visit for the fall semester. We received the maximum initial accreditation period of 5 years in 2009 and pray for the maximum of 10 years for reaccreditation this year.
Stephanie Perez (GA ‘10-’12) is now working as a Physician Extender and is an adjunct professor at LMU.

Tiffany Duran (‘11) is serving as adjunct professor for the CBU AT program this summer and will be returning to her position at Brewer High School in Fort Worth, TX.

Lindsay Warren (‘11) accepted the Clinical Coordinator and Lecturer position for the CBU AT Program.

Karissa Scherer (‘11) accepted a position at Pepperdine University.

Brian Enriquez (‘12) accepted a position with Select Physical Therapy working at Disneyland.

James Gonzales (‘12) accepted a position with Select Physical Therapy working at Disneyland.

Krystle Celis (‘13) accepted a position with Select Physical Therapy working at Disneyland.

Mark Van Riper (Adjunct Professor) accepted a full time position with Select Physical Therapy working at Disneyland.

Scottie Parker (‘12) is now working with the Seattle Seahawks.

Kendra Mason (‘13) accepted a position at Desert Hot Springs High School.

Natalie Caudio (‘13) just accepted a position at Warner University in central Florida.

Nicole Burnett (‘13) accepted a position at Long Beach State.

Jilian Christian (‘13) accepted a position at Torrey Pines High School in San Diego.

Heather Mau (‘13) accepted a position at UC Riverside.

Arnold Lee (‘13) accepted a position in Illinois at Accelerated Rehabilitation Center.

Russell and Jayme Baker are expecting their first child in August.

Congratulations to the following Lancer alumni and family for their accomplishments. Our apologies in advance for any person or event we have missed... it was not done purposely.

Tiffany (Rhea) Bobo (‘09) and husband, Felix, are expecting their first baby in October.

Julian Navarro (‘13) married Cookie Vu.

Laujwinae Preacey (‘12) married Colby.

Daphne Paramo (KIN Dept. Secretary) has had a busy year. Her two oldest children got married (Alex in April and Mitch in July) and she just found out that she is going to be a grandma.

Valerie Calderon (‘12) passed the BOC exam in April.

Lamar Innes (‘13) passed the BOC exam in April.

Rachel Purcell (‘13) passed the BOC exam in April.

Jilian Christian (‘13) passed the BOC exam in April.

Igor Nosovitskiy (‘13) passed the BOC exam in April.

Natalie Caudio (‘13) passed the BOC exam in April.

Santana Ruiz (‘13) passed the BOC exam in April.

Kendra Mason (‘13) passed the BOC exam in April.

Krystle Celis (‘13) passed the BOC exam in April.

Heather Mau (‘13) passed the BOC exam in April.

McKaela Laverty (‘13) passed the BOC in June.

Jackie Davidson (‘13) passed the BOC in June.

Julian Navarro (‘13) passed the BOC in June.

Liana Hernandez (‘13) passed the BOC in June.

Arnold Lee (‘13) passed the BOC in June.

Esther Ferguson (‘13) passed the BOC in June.

Jackie Chan (‘13) passed the BOC in June.

Natalie Caudio (‘13) passed the BOC in June.
“15 But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body’s growth in building itself up in love.” – Ephesians 4:15,16

Dislocation means to be put out of place, and typically in the world of Athletic Training, we are usually referring to a bone being dislocated. However, there is a different dislocation:

The dislocation of our lives.

If you are like me, your commitment to CBU required you to be dislocated, or “to be put out of place.” Maybe like me, you lived in a different city, state, or country. Or maybe you had people you knew well and saw often. Perhaps you frequented your favorite coffee shop or restaurant and you were well connected with friends, family, and neighbors. But then “POP!” Your life was dislocated. You were put out of place. Coming to CBU and beginning a journey towards certification may have hurt, or is still hurting to some degree. I’ve observed in others, as well as from science literature, that there is typically a great deal of pain associated with dislocations. The ligaments and tendons are stretched and torn, and in extreme cases ruptured. The pain usually lasts until the dislocation is reduced. Once the dislocation is reduced, the involved joint becomes less stable, therefore putting that joint at greater risk of dislocating again. Life dislocations are no different.

Are you dealing with the pain and instability of a life dislocation?

I have observed God offer great care through his team of caregivers, who look like your fellow classmates, professors, faculty, and staff, to assist in “reducing” life’s dislocations. Sometimes the “reduction process” is quick and easy, and other times it’s long and laborious. To re-establish stability, new ligaments and tendons of relationships are made and strengthened. New routines and rhythms of life created. A new community emerges for you to belong to and be a part of. All of these factors are used by God to ease the pain, and provide the strength for your life to be active and impactful. I believe that is why you are here! You are a valuable member to this community of students, educators, practitioners, and staff. So I pray that you would know the stability that God desires to establish for you post-dislocation. I pray that you would find comfort in the extended family that Christ has provided you with for the next two years. May God give you strength to face the challenges of regaining strength and stability through new disciplines, habits, and perspectives. And may God encourage you to live your purpose to “work properly”, honoring Christ as you contend for excellence!

“44 All who believed were together and had all things in common; 45 they would sell their possessions and goods and distribute the proceeds to all, as any had need. 46 Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, 47 praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.” – Acts 2:44-47

Peace,
Christopher Bates, ATC, CSCS

Differential Diagnosis

Dislocations, Reductions, & Rehab

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Alum Focus: Scottie Parker, MS, ATC, NASM-CES, NASM-PES

For this addition of the Lancer Alum Focus, we caught up with Scottie Parker. Scott received his BS Degree from Northwestern College and graduated from the CBU ATEP in May 2012. He is just finishing his seasonal internship with the Portland Trailblazers and is sharing his experience for those who may be considering such a venture.

**Why did you become an Athletic Trainer?**
I really enjoyed sports and wanted to work in that environment. I like working with my hands and the change of pace that a sports schedule presents. Also, I love helping people and it is very rewarding to help people be restored physically from injury.

**How did you get where you are now?**
Upon graduating from CBU I started working part time for the Ontario Warriors – a professional arena league football team. The team folded after a couple months from lack of revenue. Following that experience I was hired as the seasonal athletic training intern for the Portland Trail Blazers. My responsibilities in Portland conclude at the end of May and I will be moving north to join the Seattle Seahawks for their seasonal athletic training intern position. It will be my last year in the intern circuit, so if you are hiring next February, March, April, etc., give me a call!

**Describe your current position/job responsibilities:**
Athletic Training Seasonal Intern – Portland Trail Blazers
I do all the set up for practice and assist our other two athletic trainers’ with assessment, treatment, and rehabilitation of all players and staff. I am also responsible for the ordering of all supplies for our practice facility and our arena training room. I am implement all the rehabs, treatments, and strength and conditioning programs for players who do not travel due to injury.

**What do you love about your job? What keeps you coming back?**
I love making a difference in people lives and helping people get from a place of devastation with injury to a place of joy when they can return to play.

**What is the toughest part of job/least favorite?**
Always being on call is the worst, especially with a wife and little baby girl.

**What is a typical day like for you?**
Open training room 2 hours before practice. Do treatments all the way up until practices starts and then cover practice. After practice I do all the injury documentation and administrative work that I am responsible for. On game days it is similar, but we have an hour long shoot-around in the morning and after that I go home for a couple hours. I have to be at the arena at 3:30 and usually finish up all the game duties around 11:30pm.

**What is your favorite professional highlight from your career so far?**
Getting players to believe and buy into our treatment and rehab plan. And beating the Miami Heat at home with a game winning three in the final seconds.

**Who are your mentors?**
Guido Sendowsky- Athletic Trainer at RCC
Jim Clover/Jimmy Winn- the SPORT clinic
Geoff Clark- Head Athletic Trainer at Portland Trail Blazers
Marco Nunez – Assistant Athletic Trainer at Los Angeles Lakers

**What is the best piece of advice you have received during your career?**
Don’t sacrifice your family for the profession. It is a great profession, but not more important than your family. If you have to choose between the two – choose your family.

**What is your fondest memory of your time in the CBU ATEP?**
Forging meal tickets to get a free meal in the cafeteria at the end of our second year when we were all starving and broke. It was a great CBU ATEP family bonding experience. There are two kinds of broke – broke and college broke. I also really enjoyed seeing my classmates every single day either in class or at rotations. I love all of them and consider them family.

**What was the toughest part of your academic experience in the ATEP and how did this benefit you?**
Therapeutic Modalities – I had no idea what was going on in there, but it was very beneficial because we used a lot of expensive and diverse modalities in the NBA.

**What was the best learning experience or most difficult moment of your clinical field experience in the ATEP?**
The best learning experience was probably covering high school football games for the SPORT clinic as a first responder. That was the only time you had to make decisions without the safety net of your ACI. So you had to think quick and be and effective decision maker and communicator.

**Is there any advice you would share for current ATS/young professionals?**
Always continue to learn and grow and get better in your skills. Don’t be cocky or entitled, you can always get better.

**Anything else you would like to share/say to the ATEP Family?**
Love you all and hope to see you soon!
ATEP/ATSO Fundraising Challenge

Amongst the community service outreach this year we participated in the Mission Inn Run, the Lancer 5k, March Gladness, Goodwill Drive, and much more.

The ATSO made our first appearance in the “Athletic Training Student Challenge”. This competition was hosted by the NATA in efforts to provide monetary support to NATA Research & Education. We were able to achieve our goal of raising $5,000 through the encouragement and support from all of you, our family. This money will be designated to the Jack Rockwell Scholarship which will be awarded annually to a qualified athletic training student from District 8. We were announced 2 awards “Highest Contribution to an Endowment” and “Highest Overall contribution from a First-Time Participant”. We will be receiving 2 plaques at the Pinky Newell Breakfast in Las Vegas for NATA.

We would like to thank everyone for being a part of the journey because we definitely would not have been able to raise that money without you all. Because of you, the athletic training profession will continue to grow, as more students are able to afford to go to school. Thank you from the bottom of our hearts.

Jackie Chan, ATSO President
We are excited about the addition of two new faculty members to the CBU Athletic Training Family. In an effort to get to know them a little better, we asked them a few very important questions. Welcome to CBU!

**Which do you prefer?**
- White or wheat?  
  Sourdough
- Dog or cat?  
  Neither
- Drive or fly?  
  Both
- PBJ or tuna?  
  PBJ
- Mountains or beach?  
  Beach
- Paperback or hardback?  
  Paperback
- Flip flops or tennis shoes?  
  Flip Flops
- Pen or pencil?  
  Pen
- Mac or PC?  
  Mac
- Coffee or tea?  
  Coffee
- Night owl or early riser?  
  Night Owl
- Coke or Pepsi or Dr. Pepper?  
  Dr. Pepper
- City or country?  
  Both
- Baseball or football?  
  Football
- Cat Woman or Wonder Woman?  
  Wonder Woman
- Superman or Batman?  
  Superman
- Email or Text?  
  Text
- Summer or winter?  
  Summer
- Cheetos or Doritos?  
  Doritos

**ATEP School and Year of certification:**  
Whitworth University, 1997

**Brief Hx of career - How did you get where you are now?**
I began as a clinic and high school athletic trainer from fall 1997 – fall 2000; left that job to take a graduate assistantship at San Diego State and completed my master’s degree from 2000 – 2002; after the completion of my master’s degree I took the Assistant Director of Athletic Training position at the University of the Pacific in 2002. I was promoted to the Associate Director of Athletic Training in 2004 and continued to work in the Athletic Training facility with Women’s Volleyball, Men’s and Women’s swimming, Women’s Soccer, and Softball until May 2007. I took over as the Interim Athletic Training Education Program Director in August 2007 and continued as the PD until May 2013. I completed my educational doctorate at University of the Pacific in May 2012.

**Why did you become an Athletic Trainer?**
I became an Athletic Trainer because I have always loved sports and have a very caring spirit and have always wanted to help others. The more I learned about Athletic Training the more I realized that this was my mission field and one of the areas where God was calling me to serve His people.

**What do you love about your athletic training?**
One of my mentors taught me that as an Athletic Trainer you get to meet and help people at their greatest moment of need and you can effect their life at this pivotal moment in their life. This is what I love most about Athletic Training.

**What is your favorite professional highlight from your career?**
From a clinical perspective it was watching our freshman All-American centerfielder rehabilitate her ACL and return to the line-up and continue to be a two-time All-American after that season.

Since working with Athletic Training students it has been seeing so many former students who are now influencing the lives of so many patients throughout the years. I love seeing them be successful in their own careers and know that they are changing the lives of them they come in contact with.

**Who were your mentors?**
- Russ Richardson, who was my head athletic trainer at Whitworth College  
- Sara Williamson, assistant athletic trainer at San Diego State University  
- Christopher Pond, Director of Athletic Training at University of Pacific

**What is the best piece of advice you have received during your career?**
Always be prepared; anytime you go out to cover an event, play the worst possible scenario in your mind and go through each step that you would do in that situation. If you are prepared for the worst you will be prepared for most situations.

**Is there any advice you would share for current ATS/young professionals?**
“The choices you make today will define who you become tomorrow.” It is always important to think through our choices both professionally and personally because they have a great influence on who we will become in the future.

**What are you most excited about in being a part of the CBU ATEP?**
I am truly excited to be able to integrate my faith and my passion for Athletic Training and share that with future professionals who share my same love for Athletic Training. I am also very excited to have the opportunity to teach graduate students and to be a part of their development as young professionals.
New Faculty Focus: Lindsay Warren, MS, ATC, CSCS, PRT-C

We are proud to welcome back one of our very own. Lindsay Warren will be joining the Athletic Training faculty at CBU and will serve as Clinical Coordinator as well.

Which do you prefer?
- White or wheat?
  Neither—GLUTEN FREE!
- Dog or cat?
  Both, but only if the cat can fetch
- Drive or fly?
  Drive with the top down, its like flying
- PBJ or tuna?
  Depends on the day
- Mountains or beach?
  Mountains
- Paperback or hardback?
  Hardback
- Flip flops or tennis shoes?
  Flips for sure!
- Pen or pencil?
  Pen
- Mac or PC?
  Mac
- Coffee or tea?
  Coffee
- Night owl or early riser?
  Early riser
- Coke or Pepsi or Dr. Pepper?
  Coke
- City or country?
  Country
- Baseball or football?
  Baseball
- Cat Woman or Wonder Woman?
  Wonder woman
- Superman or Batman?
  Batman
- Email or Text?
  Text
- Summer or winter?
  Fall :)
- Cheetos or Doritos?
  Doritos

ATEP School and Year of certification:
California Baptist University, 2011

Brief Hx of career - How did you get where you are now?
From CBU I was given an opportunity to work with Dr. Heinen, our awesome Medical Director, as the first ATC hired in the history of his 13 physician owned clinic. It was a great experience and I learned a lot. About 8 months in, I received a call from Pepperdine University asking me to come on board with them as an Assistant Athletic Trainer. I moved out to the beach and had a great time back in D1 athletics. Coming back to CBU is an honor and I am excited to uphold the standard that was set for me during my time here.

Why did you become an Athletic Trainer?
Typical injured-athlete-turned-athletic trainer. You all know the story I am sure.

What do you love about your athletic training?
I love a lot about our profession, but I think I love the potential we have the most.

What is your favorite professional highlight from your career?
Every day that I get to treat patients is a highlight.

Who were your mentors?
Dr. Russell Baker and Dr. Heinen.

What is the best piece of advice you have received during your career?
Life is about choices.

Is there any advice you would share for current ATS/young professionals?
Life is about choices. Hah!

What are you most excited about in being a part of the CBU ATEP?
Passing along some of the really cool skills that I have learned to all of these future clinicians!
PRT, Inc. Courses

2013 Graduation
End of the Year Party @ the Heinen House
Tiffany Rhea
Jennifer Parker
Todd Conger
Chase Paulson
Ashley Musick
Caitlyn Ratcliffe
Natalie Caudio
Krystle Celis
Jackie Chan

Jilian Christian
Esther Ferguson
Lamar Innes
Arnold Lee
Liana Martin-Hernandez
Kendra Mason
Heather Mau
Julian Navarro
Igor Nosvitsky

Jacqueline Remigio
Santana Ruiz
Raffy Carpio
Domanique Peretti
Christi Brooks
Corrie Bober
Kelsie Gartner
Naclaysia McGee
Steven Silversparre

Ashlie Newara
Adee Schoffman
Jamie Skipper
Isabel Archuleta
Jillian Helvey
Belinda Sanchez
Mark Van Riper
Nicole MacDonald
Russell Baker

2013 FWATA Quiz Bowl Winners
CBU Scholars at FWATA
FWATA Student Presenters

LANCERS @ 2013 CATA Hit the Hill / FWATA Meeting in Sacramento