



## The FALL... Oregon St. Wrestling Booster Newsletter

Number 1, Edition I, 2009

### Upcoming Schedule:

Nov 13-14, Best of West, Ashland  
Nov 22<sup>nd</sup>, Double Dual, Wisconsin, Boise St.,  
Corvallis  
Nov 29 Simon Fraser & Pacific U, Corvallis  
Dec 4-5 Las Vegas Invitational, Primm Nevada

### Getting to know your 2009-2010 Booster Club Board:

Jana Iwasaki – President; Bachelor's Lehigh '02,  
MBA Willamette '09, after 7 years at Liberty Mutual Ins  
is transitioning to the Finance Dept at City of Hillsboro,  
Attended 5 of last 6 NCAA tournaments.

Craig Scharer – Co-President, Secretary; Bachelor's in  
Business OSU '95, Certificate of Pub Management Willamette,  
Supporting Beav wrestling for his 16<sup>th</sup> year.

Elizabeth DeAngelis – Membership Coord/Treasurer;  
Bachelor's OSU '76, Former florist and Oregon Dept of  
Agriculture Nursery/Christmas Tree Inspector. Present  
co-owner of LivingWithBugs.com with husband Jack,  
both rabid OS Wrestling fans.

Gary Westfjord – Events Coordinator; Instructor in Art and  
Art History at Linn-Benton Community College; Chair,  
Department of Fine and Performing Arts; Wrestled in High School  
and College: Placed 3<sup>rd</sup> at the Far West Open (Freestyle) at  
149.5 lbs in 1969. Exhibited my paintings of Olympic Wrestlers at  
Guistina Gallery (OSU) in Feb. 08.

Michael Denison – Marketing Coordinator; Bachelor's  
OSU '89, Have worked for CH2MHILL for 16 years in Corvallis.  
Proprietor of Pure-Orange.Net which keeps him very busy.

John Rich – Member at large; OSU '90, Orange Crush Club  
President, Attorney at Law.

### Where are they Now?

The FALL recently caught up with 4 year  
letter winner and 4 time NCAA qualifier  
Ben Richards ('97-'02). Here's what Ben had  
to say:

- TF: What are you doing now and are you still  
involved in the sport somehow?
- BR: I am a Freight Broker for a transportation  
company in Wilsonville, OR. Yes, I am still  
involved in wrestling. I am an assistant  
coach for Southridge High School in  
Beaverton. This will be my 5<sup>th</sup> year.
- TF: What are some of the things that you  
learned while competing and studying at  
OSU that you are using today?
- BR: One of the most important things I learned  
From studying and competing @ OSU, is  
there is no substitute for hard work.  
You have a problem, tackle it head on  
and work thru it. It has helped me  
jump ahead of my "competition" in the  
business world.
- TF: Do you still follow the program's results or  
attend dual meets?
- BR: Absolutely! Go BEAVS!
- TF: Any advice for student athletes on this  
year's team?
- BR: I would just like them to have an open  
mind to the coaches' technique. When  
you are a successful high school wrestler  
you feel like you have "your moves".  
Well college is a different ball game and  
the coaches know what they are talking  
about. Try to learn new moves and then  
personalize them.
- TF: Thanks Ben & Go Beavs!

## Where to Find Info on the Web:

(Official web site)

<http://www.osubeavers.com/sports/m-wrestl/archive/orst-m-wrestl-archive.html>

(Discuss Beaver Wrestling with other enthusiastic fans)

<http://www.pure-orange.net/bscwrestling/index.html>

(Video interviews and wrestling action with a west coast emphasis)

<http://www.leftcoastwrestling.com/>

(OSU school newspaper)

<http://media.barometer.orst.edu/>

(Corvallis Newspaper)

<http://www.gazettetimes.com/sports/>

(OSU Wrestling Booster Web Site)

<http://www.oregonstatewrestling.com/>

**Trivia Time:** T or F, The last three OSU All Americans were seniors? (Tell your answer to a board member at the check in table of the post meet social for extra door prize tickets!)

**Looking for Door Prize Donations!** Do you have extra Beaver gear, wrestling memorabilia, or anything that your fellow club members might enjoy? Consider donating your stuff as door prize items for our after meet socials. Contact Gary Wesford or one of The FALL board members today!

**Did you know?** All of your BASF donations can be earmarked to the Wrestling Endowment Fund. You will still receive your seating and parking privileges as if you donated to BASF without a stipulation on where it's applied. Call 1-800-GO BEAVS to donate today!

**Save Fullerton Wrestling!** One of our own is in a battle to save his program. Dan Hicks, head coach of Cal State Fullerton wrestling team, and NCAA champion for the Beavers could use your help. Coach Zalesky is not pleased with the situation, but at the same time is optimistic: "The program is savable and it's important that we keep (CSUF) in the PAC 10."

Read this article that appeared on ESPN.com over the summer:

<http://sports.espn.go.com/ncaa/news/story?id=4313320>

CSF must raise \$200,000 by May 1<sup>st</sup>, 2010. More information can be found at the web site:

<http://savefullertonwrestling.com/>

Or print a donation form and send what you can, any amount will help:

<http://savefullertonwrestling.com/wp-content/uploads/2009/07/wrestlingfund-3-1.pdf>

