

Carol Strausburg '62

Another home-grown product is Carol Strausburg, who graduated from Northridge High School in 1962. She was active in all sports playing hockey, volleyball, softball, and basketball all four years. She earned MVP honors in softball twice and in hockey once. She was a member of JCOWA, Pep Club, Bear Facts and Polaris staffs, Y-Teens, and Prom and Reception committees. At Bowling Green State University she earned a B.S. in Education, majoring in Health, Physical Education, and Dance, and minoring in Psychology. At BGSU she played four years of field hockey and basketball.

Upon her graduation from BGSU in 1966, Carol was employed to teach at Fountain Valley High School in Fountain Valley, California, where she spent her professional life. At Fountain Valley she taught Physical Education until her retirement in 2004. She also coached the Drill Team (1966-71), Gymnastics (1967-1980), and Basketball (1977-2003). She was named Department Chairman of Physical Education in 1976 and served in that capacity until her retirement. She took a leave of absence (1974-75) when she coached Gymnastics and taught at the University of Oregon. In 1973, she earned a Master's Degree in Physical Education from Long Beach State University.

Among the honors she received while at Fountain Valley, she was named Orange County Basketball Coach of the Year (1985), and she was inducted into the Southern California Basketball Coaches Hall of Fame and the Southern California Interscholastic Federation Hall of Fame (both in 2004).

When she was 11 years old, Carol discovered the wonderful world of archery. It must be wonderful because she competed for 45 years. In high school she won three straight National Intermediate girls titles and held 15 scoring records for her classification. In 1979 she was on the World Archery Team and participated in the Pan Am Games. She was an Olympic trials participant five times. She served on the Board of Governors of the National Archery Association for eight years.

Carol says that in addition to her family, her experiences, friends, and teachers at Northridge helped to form the philosophies that she attempts

to live by. They include: Speak kindly to and about people; Surround yourself with positive people; Reject negative vibrations; Set goals and strategies to reach those goals; Be active; Be involved; Contribute; Love yourself just the way you are and the way you are not; Have positive self-talk; Visualize what you want—you create your own experiences; Dream; Laugh; Always work to be good, better, best.