SDSU ENDOWED SCHOLARSHIPS IN EXERCISE AND NUTRITIONAL SCIENCES

2016

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Introduction

In May 2016, San Diego State University (SDSU) Professor Emeritus Roger Simmons, Interim Director of Exercise and Nutritional Sciences (ENS), and Professor Emeritus Lindsay Carter discussed the limited information available to faculty and students about student scholarships in ENS. Could questions be answered about the donors, funding and purposes of current scholarships? What happened to some scholarships that were no longer offered? Not all scholarships were named after former faculty! Who was George William Ellis? Who were the people named in the scholarships and what was their relationship with ENS (formerly Physical Education)?

The aim of this report is to answer these questions and make it available on the SDSU-ENS web page. Biographies of former faculty, and the history of ENS, are already on a DVD “Celebrating100+ Years – Exercise and Nutritional Sciences” created by Ronald V. Josephson, Margo Kasch, and J.E. Lindsay Carter (2015). Therefore the three of us agreed to work on the background “History” of ENS Scholarships.

Information, as well as copies of some original documents about early and current scholarships in ENS, was provided by Rebecca Williamson, Development Officer, College of Health & Human Services, SDSU, for which we thank her very much. Our thanks also to colleagues and donors who provided other useful information. We have included a brief listing of Sources used in our research at the end of this document.

Our document provides historical background about each of the ENS scholarships available through the SDSU Student Affairs Office (Financial Aid and Scholarships). ENS students apply for ENS scholarships through the website: http://go.sdsu.edu/student_affairs/financialaid/sdsuscholarshipshowtosearch.aspx

The funding for some scholarships was intermittent, and some were combined into a new category. Therefore, the scholarships are presented in approximate chronological order from inception.
# Table of Contents

<table>
<thead>
<tr>
<th>Front Cover</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Table of Contents</td>
<td>3</td>
</tr>
<tr>
<td>Miriam Paine Memorial Scholarship</td>
<td>4</td>
</tr>
<tr>
<td>George Ellis Memorial Scholarship</td>
<td>5</td>
</tr>
<tr>
<td>Barbara Rosenblatt Memorial Scholarship</td>
<td>6</td>
</tr>
<tr>
<td>Mary Quam Hawkins Memorial Scholarship</td>
<td>7</td>
</tr>
<tr>
<td>Margaret “Robin” Murphy Memorial Scholarship</td>
<td>8</td>
</tr>
<tr>
<td>ENS Emeritus Professors’ Scholarship</td>
<td>9</td>
</tr>
<tr>
<td>Reet Howell Memorial Scholarship</td>
<td>10</td>
</tr>
<tr>
<td>William H. Schutte Memorial Scholarship</td>
<td>11-12</td>
</tr>
<tr>
<td>Mary Cave Scholarship</td>
<td>13</td>
</tr>
<tr>
<td>Frederick W. Kasch and John L. Boyer Endowed Scholarship</td>
<td>14-15</td>
</tr>
<tr>
<td>J.E. Lindsay Carter Endowed Scholarship</td>
<td>16</td>
</tr>
<tr>
<td>Sources</td>
<td>17</td>
</tr>
</tbody>
</table>
Miriam Paine Memorial Scholarship

Sarah Miriam Paine was born in Peoria, Illinois on October 9, 1904. She received her Bachelor’s degree from the University of California, Los Angeles and her Master of Arts degree from Columbia University Teachers College. She became a public school teacher specializing in teaching physical education in San Diego, California. Miriam taught 17 years at San Diego High School and lived in Point Loma. She ended her career as a physical education supervisor of San Diego City Schools. She served three years during World War II as a Navy Wave lieutenant.

She was the 1962-63 president of the Southern California Physical Education Administrators Association and a past president of the San Diego chapter of Delta Kappa Gamma honorary society.

In 1963 Miriam co-authored a book with Doris Schaefer published by San Diego City Schools titled “A guide for teaching girls’ physical education in the secondary schools.”

In 2016 the Miriam Paine Scholarship is open to all upper division majors in Kinesiology (formerly Physical Education).

The endowment was created by Carolyn Kutzke, a mentee of Miriam Paine. Carolyn says it was her way of “giving back.” Miriam Paine had been responsible for many students, including Carolyn, being able to attend college. Carolyn Kutzke is a graduate of San Diego State and completed her Masters degree (1965) in Physical Education under noted exercise physiologist and researcher Dr. Fred Kasch. Her thesis was titled “Pulmonary function in high school girls determined by maximum breathing and vital capacity tests.” Carolyn taught and was an administrator in San Diego City Schools for many years. She currently (2016) owns a property management business.

Scholarships granted and amount given vary each year.
George Ellis Memorial Scholarship

This scholarship was established in 1964 through donations by relatives of George William Ellis in his memory. George was born, March 17, 1930, and raised in San Diego, California.

George was a graduate of San Diego State College and received his Masters degree in Physical Education in 1958. His thesis was titled “The effect of specific physiological warm-up on the performance of distance runners.” His thesis advisor was noted exercise physiologist and researcher Dr. Fred Kasch.

George became a teacher and track coach at Helix High School. His life was cut short at age 32 when he died of cancer on September 6, 1962. He is buried at Fort Rosecrans National Cemetery.

Initially, the scholarship was offered to majors in Physical Education. In 2016 it is available to all undergraduate and graduate students enrolled in the School of Exercise and Nutritional Sciences at SDSU. Scholarships granted and amount given vary each year.
Barbara Rosenblatt Memorial Scholarship

Barbara K. Rosenblatt was a prominent Registered Dietitian in the San Diego Dietetics Community prior to her untimely death in 1985.

The scholarship was established in the late 1980s in the area of Nutritional Sciences at San Diego State University by Barbara’s widower husband, Dr. Richard Rosenblatt, a world-renowned professor of marine biology at Scripps Institution of Oceanography. Dr. Rosenblatt passed away at the age of 83 in 2014.

The scholarship is intended primarily for full-time graduate students in the M.S. program in Nutritional Sciences or the dual M.S. programs of Nutritional Sciences and Exercise Physiology. Typically three scholarships are granted at $1000 each per year.
Mary Quam Hawkins Memorial Scholarships

Mary Quam was born and raised in Danville, Illinois. She graduated from Iowa State University where she received her B.S. degree (1957) in Institutional Management. She became a Registered Dietitian (R.D.) in 1959. She worked as a Food Supervisor at Stouffer Restaurant Corporation between 1958 and 1961. She received her M.S. degree (Institution Administration) at Michigan State University in 1962. She was hired as an instructor at Purdue University in Institution Management and completed her Ph.D. degree there in 1966. She continued her teaching career as Associate Professor at Purdue until 1971.

In 1971, Mary was appointed Associate Professor in The Human Nutrition and Foods Department at Virginia Polytechnic Institute and State University. She taught there until 1976. Mary married Charles (Chuck) E. Hawkins, and they moved to San Diego, California. Chuck had adopted a son, Charlie, a Vietnamese refugee. Mary, Chuck and Charlie settled in Solana Beach, a coastal town north of San Diego.

Mary Quam Hawkins (married name) was hired as a lecturer at San Diego State University in the School of Family Studies and Consumer Sciences, where she taught students in the areas of food and nutritional sciences. She was promoted to Associate Professor in 1978. She taught in the areas of food service and food management and developed special studies field experiences for students interested in clinical and management strategies in hospital dietetics.

(1935-1987)

Dr. Hawkins served as thesis advisor and participated in grants/contracts funded by the California State Department of Education and was a co-investigator of a contract funded project for the U.S. Army Natick Research and Development Command. She was an active member of the American Dietetic Association (ADA) and was elected to the ADA Council of Education National Committee.

Mary’s productive professional life was cut short by her untimely death in May of 1987 at the age of 51. Mary’s husband Charles E. Hawkins passed away in 2007.

As a memorial to their daughter, Mary’s parents, Sidney and Marvine Quam, gave $250,000 to establish an endowment which funds Mary Quam Hawkins Memorial Scholarships (undergraduate & graduate). As a result, Mary’s family left a lasting legacy for students in food and nutritional sciences (Foods & Nutrition, Nutritional Sciences) at San Diego State University.

The Mary Quam Hawkins Memorial Scholarship typically grants 3-4 scholarships in the amount of $1,000-$2,000 each year.
Margaret “Robin” Murphy Memorial Scholarship

Margaret L. (McCulloch) Murphy was born (1922) and raised in Alameda County, California.

Margaret graduated with a B.A. degree from the University of California, Berkeley. She went on to graduate school at the University of Oregon where she earned her M.S. and Ed.D. degrees.

Margaret was appointed to the faculty of San Diego State as Assistant Professor of Physical Education in 1955. She was married to Seward Murphy in December of 1956 in Alameda, California. They were both in their mid-thirties and resided in the San Diego area for their entire married life.

Margaret taught and was a productive faculty member in Physical Education for over 25 years. Among her duties was serving as Chair of the Women’s Physical Education Department from 1961 to 1965. She was rewarded with a promotion to the rank of Professor. She retired in 1981 and was given the title of Emeritus Professor of Physical Education.

Margaret Murphy had a relatively short retirement, as she died in 1988 at the age of 65. In December 1988 her husband Seward Murphy and friends and colleagues of Margaret helped establish the Margaret M. “Robin” Murphy Scholarship at SDSU in her memory for undergraduate students in Physical Education (Kinesiology) with aspirations to teach physical education. Typically one scholarship is granted and the amount given varies each year.

Her husband Seward lived on until 2001 when he died at the age of 79.
ENS Emeritus Professors’ Scholarship

This scholarship is a consolidation of various scholarship funds (likely with limited remaining balances) previously created in the Department of Physical Education (PE), now known as the School of Exercise and Nutritional Sciences. Most of these scholarships were established to honor specific emeritus faculty members. Emeriti faculty are those living retired faculty who retain the honorary title status of “Emeritus” at San Diego State University for a lifetime.

Recently found records from the SDSU Scholarship Office identified consolidation of scholarship funds for William Terry, Dorothy Tollefson, Lou Mozzini, and Fred Kasch (not the same as the Kasch-Boyer Scholarship) into what is now known as the “ENS Emeritus Professors’ Scholarship Fund.”

Lou Mozzini was the only one not an emeritus faculty member. He was a retired Physical Education Consultant for the San Diego County School System. The scholarship in his name was created by ENS faculty in collaboration with the San Diego Chapter of the California Association of Health, Physical Education, Recreation and Dance to honor Lou’s professional contributions.

Review of ENS (PE) Newsletters from 1989 to 2000 shows other individual scholarships were awarded in the department during that time in the names of other faculty: Carl Benton, Patricia Cullen, Albert Olsen, George Ziegenfuss, and Kathleen Fox, all of whom were emeritus faculty. It is not known whether these scholarships were funded separately or from one fund and whether the fund(s) was endowed. Endowed funds are those that have reached a level of principal in the account that will sustain the fund and provide scholarships for many years to come.

For years up to 2002-03 under Financial Aid and Scholarships, the SDSU General Catalog listed scholarships for ENS (PE). Among those listed was the “Physical Education Fund.” This fund could have been used to honor individual emeritus faculty members.

One or more of these funds could also have been consolidated into the ENS Emeritus Professors’ Scholarship Fund.

In 2016 all undergraduate majors (Kinesiology, Athletic Training, Foods & Nutrition) at all class levels and students in ENS graduate programs (Exercise Physiology and/or Nutritional Sciences, and Physical Therapy DPT) are eligible to apply to the ENS Emeritus Professors’ Scholarship. Scholarships granted and the amount given vary each year.
Reet and Maxwell Howell Memorial Scholarship

Reet Ann (Nurmberg) Howell served on the Physical Education faculty as Assistant Professor at San Diego State from 1974 to 1978. Her husband was Maxwell Leo Howell who served as Dean of the SDSU College of Professional Studies (1972-76) and as Professor of Physical Education (1974-78).

Reet and Maxwell Howell were both internationally recognized scholars on the history of sports and collaborated on numerous books and articles. Both became prominent in the international scene until Reet succumbed to cancer in 1993.

The Reet Howell Memorial Scholarship was created by her husband Maxwell Howell in December 1993. He stipulated that after his death (2014) the endowment would be re-named the Reet and Maxwell Howell Scholarship. In 2016 this scholarship is offered to graduating seniors in the School of Exercise and Nutritional Sciences who are pursuing graduate degrees in ENS in the next academic year. Typically one scholarship is granted and the amount given varies each year.

Tributes to Reet & Max Howell can be found on these internet links:

http://library.la84.org/SportsLibrary/ASSH%20Bulletins/No%2019/ASSHBulletin19m.pdf
http://www.nassh.org/NASSH/content/maxwell-l-howell-1927-2014

William H. Schutte Memorial Scholarship

**William Henry Schutte** was born in Galveston, Texas on 7 May, 1910. His family moved to San Diego, California in 1924 when young William was 14. Bill graduated from San Diego High School in 1929. Later in life (1982) he was interviewed about his remembrances of his life experiences (Sports at San Diego High School). The full interview can be found on the internet: http://www.sandiegohistory.org/journal/1982/april/oral/

Bill Schutte went on to college at the University of Idaho where he played football. He received his Bachelor’s degree in Education. He returned to San Diego where he found employment as a custodian at San Diego High School during depression times until a teaching job was offered to him at the school in 1935.

He taught at San Diego High until he left to be Assistant Football Coach at Kansas State College. Then came WW II and Bill joined the Navy in 1941. He served in the South Pacific until early 1945. He was Lieutenant Commander.

Bill was first appointed to a faculty position at San Diego State in 1947. He was Assistant Professor and Head Football Coach. He served as Head Coach for 9 years until Paul Governali took over as Head Coach in 1956. Bill's Head Coaching highlights included a winning record (48W-36L-4T) and bowl games in 1948 and 1951. The “Bill Schutte Era” as Coach is highlighted on the SDSU Aztec website.

![Bill Schutte](image)

(1910-1994)

Bill Schutte continued his teaching career in Physical Education and also served as Department Chair of Physical Education for Men between 1964 and 1969. During his career, he was promoted twice, finally to the rank of Professor.

Bill married Lucille E. Daney in 1962. He was age 52 and Lucille was age 43. Bill retired from San Diego State in 1975. He had already lost his wife Lucille, who passed away at age 54 in 1973. Bill later married wife Fran and they lived in Los Angeles and Orange Counties. At the time of his death in 1994 Bill and Fran lived in Orange County, California.

In 1994, Bill was elected to the San Diego State Hall of Fame for his accomplishments at SDSU.

The William H. Schutte Memorial Scholarship Award was established at SDSU in his memory in 1994 through the efforts of a committee, headed by Carl Benton, that included Rob Carlson, Leon Parma, Dick Mitchell, and Fred Bates. George Schutte, Bill’s brother,
served as a family contact. Bill’s family, former colleagues (professors and coaches), students/athletes and friends contributed to the fund. Bill’s wife Fran made the initial family contribution to the endowment.

The William H. Schutte Scholarship was first offered to Physical Education (Kinesiology) Majors with teaching and coaching career aspirations. In 2016 it is offered to undergraduate students in Kinesiology and Athletic Training and for graduate students in Exercise Physiology, and the dual M.S. degree in Exercise Physiology and Nutritional Sciences. Scholarships granted and amounts awarded vary each year.
Mary Cave Scholarship

Mary F. Cave was born in Montana and raised in North Dakota. She graduated from the University of North Dakota and attended Bennington College School of Dance. She received her M.A. degree from San Diego State where she taught ballroom and modern dance for over 30 years, served as Department Chairperson of Women’s Physical Education (1965-69), and was Advisor/Sponsor to campus women student organizations.

Mary also taught golf and was the first Women’s Golf Coach at San Diego State. She was an advocate and volunteer for youth golf in San Diego. She was elected to the Women’s Golf Coaches Association Hall of Fame in 1987 and to the San Diego Junior Golf Association Hall of Fame in 2001. A golf event called “The Mary Cave Cup” was established in 2003.

Mary retired in 1977 as Emeritus Associate Professor of Physical Education and spent her retirement years in San Diego.

The Mary F. Cave Scholarship established in her honor at San Diego State has been offered since 1998-99. In 2016 it is open to upper division undergraduate majors in the School of Exercise and Nutritional Sciences. One scholarship is awarded and the amount given varies each year.

Mary Cave passed away at age 97 in October 2008 in San Diego.
This endowed scholarship was developed to honor **Dr. Frederick W. Kasch**, Professor Emeritus of the School of Exercise and Nutritional Sciences and **Dr. John L. Boyer**, former Medical Director of both the Exercise Physiology Laboratory and the Adult Fitness Program at San Diego State University. Dr. Kasch was a faculty member from 1948 to 1981. Drs. Kasch and Boyer were mavericks who challenged conventional wisdom and were at the forefront of changing the face of health, fitness and exercise science. In the early 1950s, Dr. Kasch developed the exercise physiology laboratory at San Diego State University that now bears his name. He also established the world-renowned Adult Fitness Program (AFP). Later Dr. Kasch met and teamed up with Dr. Boyer and together they became one of the first exercise physiologist-physician teams in the country. Dr. Boyer was traditionally trained in internal medicine and clinical cardiology, but rather than conforming to the decades-old prescription of limited activity for patients with heart disease, he recommended that patients incorporate exercise in their rehabilitation. Dr. Boyer's medical expertise enhanced AFP's credibility and enabled the program to establish the Adult Fitness-Cardiac Rehabilitation Program. It was the first in San Diego and one of the first university-organized cardiac rehabilitation programs in the country.
In 1999, working through San Diego State University's College of Professional Studies and Fine Arts, a consortium of former colleagues, Adult Fitness Program participants and students established the Frederick W. Kasch Endowment for Graduate Students in Exercise Science. The Dr. John L. Boyer Endowment for the Specialized Education of Graduate Students with an Interest in Health and Wellness was created in 2008 with founding gifts from members of Dr. Kasch's family, thus fulfilling Dr. Kasch's wish posthumously to honor his dear friend and colleague. Because both the Kasch Endowment and the Boyer Endowment were similar in spirit, focus and purpose, the two endowments were merged in 2012 for simplification and practicality.

The purpose of these scholarships is to encourage and support research and academic growth of graduate students in the School of Exercise and Nutritional Sciences at San Diego State University, who have completed at least 6 ENS graduate units with a minimum graduate GPA of 3.5.

Each of the four categories of awards prioritized below require the scholarship applicant to submit a narrative of up to 1,000 words describing commitment to the field of study through past research, internship, community and volunteer projects, and/or observational experiences related to professional development. Also, each application must provide an itemized budget clearly describing how the funds will be used.

• Graduate research scholarship applicants must submit an abstract of their research project limited to no more than 500 words, in addition to the 1,000 word essay for the scholarship. The awards cover up to 50% of direct research expenses, such as lab supplies, special equipment or its repair, medical supervision. No personal or travel expenses are supported.

• Graduate tuition fee scholarship has a value of up to 50% of the standard graduate in-state basic tuition and fees, or 50% of actual out-of-pocket in-state graduate tuition fees. Published (online) schedule of fees are used for the award amount. Items not eligible for support include books, room and board, and miscellaneous expenses.

• Professional meeting attendance award has a value of up to 50% of eligible professional expenses and out-of-town travel expenses. Qualified items include travel, hotel accommodations, registration fees, ground transportation to/from hotel, and presentation materials if applicant is presenting research. Only the most economical or practical mode of travel will be considered. The university-approved mileage rate will determine reimbursement for personal vehicle use. Items not supported include meals, car rental, and incidental costs.

• Study or research at another university must be related to a Master's Degree in ENS at SDSU and has a value of up to $1,000 for travel and/or housing accommodation expenses.

Scholarships granted and amounts given vary each year.
J.E. Lindsay Carter Endowed Scholarship

J.E. Lindsay Carter, Ph.D., Dr.H.C., was born in and grew up in New Zealand. After graduating from the University of Otago (1950-1952) and Auckland Teachers College (1953), he held teaching and research positions at the School of Physical Education (UO) in 1954-55, and again in 1960-62. From 1956-59 he was a Fulbright Scholar at the University of Iowa, Iowa City, where he obtained his M.A and Ph.D. degrees. From 1962 to 1992 he was a professor in the Department of Physical Education at San Diego State University, San Diego, California, U.S.A., where he taught Applied Anatomy and Kinesiology, Biomechanics, Adaptive Physical Education, Growth and Development, and Kinanthropometry. He received the Outstanding Faculty Award (1983), and the Exceptional Merit Service Award (1984). Currently he is Professor Emeritus in the School of Exercise and Nutritional Sciences at San Diego State University and continues his research in kinanthropometry, along with consulting, workshops and invited presentations.

In addition to other honors, Dr. Carter received Honorary Doctorate degrees from universities in Hungary (1998) and Belgium (2005). He was elected to the Inaugural Wall of Fame at the School of Physical Education, University of Otago, NZL, May 2006. In 2012, AUT University, Auckland, NZL, opened a Kinanthropometry Laboratory, Clinic and Archive in honor of Dr. Carter.

Dr. Carter's research work has focused on the structure and function of athletes and non-athletes. In addition, he is the co-developer of a method of assessment of somatotype, the Heath-Carter Somatotype Method, a method which is presently the most widely used in body build research. He has published over 130 articles and chapters, as well as being author or editor of nine books. He was a key investigator in kinanthropometric studies of Olympic and World Championship athletes in Mexico City, 1968, Montreal, 1976, Perth, 1991, Uruguay, 1995, and Zimbabwe, 1995. He has served as a consultant or co-investigator for studies in 18 countries. In addition, he has given many international invited presentations and/or workshops.

The purpose of the J.E. Lindsay Carter Endowed Scholarship is to encourage and support academic growth of graduate students in the School of Exercise and Nutritional Sciences at San Diego State University. Students studying for an M.A. in Kinesiology and Rehabilitation Science, or an M.S. in Exercise Physiology, or a dual M.S. in Exercise Physiology and Nutritional Science are encouraged to apply. Scholarships granted (first three in 2016) and the amount given ($1,000-$3,000 in 2016) vary each year.
Sources

Personal information: Rebecca Williamson, SDSU Development Office, College of Health & Human Services

https://studentaffairs.sdsu.edu/faodad/webss$scholarshipSearch?p_major=251&p_group=G
https://studentaffairs.sdsu.edu/faodad/webss$scholarshipSearch?p_major=357&p_group=U

SDSU Catalogs: http://library.sdsu.edu/scua/online-materials/course-catalogs

SDSU Student Yearbooks: SDSU Yearbooks (Del Sudoeste):
http://library.sdsu.edu/scua/online-materials/yearbooks

William H. Schutte Interview (Spring 1982): Sports at San Diego High School:
http://www.sandiegohistory.org/journal/82spring/oral.htm

San Diego Aztec Website:
http://www.goaztecs.com/sports/m-footbl/spec-rel/101702aaa.html


Ancestry.com and FamilySearch.org

U.S. Census records

U.S. Social Security Death Index

California Birth Index

California Marriage Index

California Death Index

U.S. City Directories, 1821-2012

United States Public Records

Web: Obituary Daily Times Index, 1995-2012

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http://www.jgaa.org/rankings-and-teams/mary-cave/