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Layla [00:00:04] Okay.

Layla [00:00:05] My name is Layla Taha, and I am interviewing Dr. Jill Campbell today. Today is, today is April 5th. And it is 1:42 P.M. So, Dr. Campbell, what was your family setting like growing up?

Jill [00:00:33] I had a mom and dad. We had seven children. So, a large family. My parents lived in South Buffalo for probably two years and decided that they better move out to the country because I was in the road too often, street and they figured I was always running. And they used my dad's veteran's benefits to get a house in the country. They didn't have a car. He worked at Bethlehem Steel plant in Lackawanna, and there was someone who lived in Springville and drove past my parents' house. So, dad got a ride with him into work and that lasted for quite a while and then they finally got a car, but we had seven acres we were near, surrounded by a boy scout camp. Camp Tikawefa. So, they had a Tobagan hill. They had a lodge; they had forests. We had a creek that we had to cross to get over it and get up there. It was our boundary line. We swam into the creek. We had a clay bank that we would throw water on and slide down into the deeper part of the creek. So, I had five brothers and one sister, and we all played. we had - my mom's family had eight in their family and then all of the kids would come out and then my aunts and uncles when they got married would bring their kids out. We'd have family picnics, and we'd go up to the Boy Scout camp with the - you know taking hikes and stuff. And my oldest, my mom's older you know well he was the oldest boy a year two years younger than she was and he would play the hermit so he would be in the woods and all us little kids were walking and he would make sounds, and everybody would stop and say, "Who's that? what was that?" And so, he'd pretend to be the hermit, so he got called the hermit. And so, every time we went up in the woods, he would be ahead of us and he would be watching us, and you know throwing you know stones near us, and you know making animal calls and all kinds of things. So, it's fun and when he stopped doing it. My other uncle would pick up for him. And then as the kids got older it was you know it was just oh, we got to go up and see the hermit.

Jill [00:03:21] So it was it was a good time.

Jill [00:03:23] I had my uncles aunts and uncles a lot of them were only a year or few years older than I was because my grandma had kids ranging from my age to my mom's age and now there's a 20-year span there. So. So, it was good. We all - we all enjoyed growing up, I went to a public school in Springville and Griffith Institute. And for my high school went to Catholic school in Springville for grades 1 to, 1 to 8. We didn't have any sports. The only sports we had were when we went outside. At recess and we had half an hour lunchtime, and we would run, and you know play tag and jump over them girls would hold a stick.

Jill [00:04:17] And he had to jump over it. So, we kept raising a higher and higher you know. So that that was our, that was our fun, or we'd play marbles and draw a circle and you'd have cats' eyes all different kinds of marbles and you try to hit somebody out of the circle and if you did you got their marbles so, so those are the kinds of things that we did and when we got into high school they didn't have.

Jill [00:04:43] A lot of sports for women they only - I don't even remember if they - I don't even think they had field hockey for us.

Jill [00:04:50] We didn't have any intramural or interscholastic sports when I was in high school.

Jill [00:04:59] So yeah.

Layla [00:05:06] So Griffith Institute that was your.... That was your high school?

Jill [00:05:09] Yes.

Layla [00:05:14] How would you describe.

Layla [00:05:15] I know you talked about the way you grew up but like specifically the way you were raised?

Jill [00:05:23] We were Catholic so every Sunday we went to church to mass in Boston even though we went to school in Springville we were seven and a half miles away. Boston was two and a half miles away. So, our church was in Boston and we were brought up to do our best. And if we did our best and we got a B on our report card. Well OK. But if our parents knew we were capable of an A and we only got a B.

Jill [00:05:59] That wasn't ok. And in Catholic school they not only had the grades below they had conduct. And so, if you didn't have an A in conduct, you were in trouble. So, there was one time I had a fourth-grade sister Alisha. She was very old and very strict. And I came home, and I knew I was in trouble because I had Cs in conduct, and I didn't know how I got Cs in conduct because I tried very hard to be good in her class. And so, my dad saw that. He goes "what's going on here?" I said "Dad I really don't know. She's very old and I think she must have confused me with someone else."

Jill [00:06:51] He accepted it. I said I'm not bad in school I do what she wants.

Jill [00:06:57] And the next time my I had my A's back and so I don't know what happened but. But that was that was not a good thing. So, my mom and dad they stayed married the whole time. They really didn't argue in front of us. And my dad like I said he... My mom was a stay-at-home mom and my dad worked at the Bethlehem Steel. He didn't like it, but it was a good job. And he didn't go to college my mom didn't go to college, but they were very adamant that we get a good education and Springville did that for us.

Jill [00:07:46] My dad would take us in sometimes till I go, and I went with him a couple of times and he'd take me to the here's where we go to get our danish you know our mid-morning break. And he'd talk to me about how you know now when you get a Danish ask for it grilled you know they put a little butter on it.

Jill [00:08:04] They set it on the grill it's nice and warm comes out you eat it with a fork. So that was the best part of the trip because Lackawanna steel plant had a particular odor to it.

Jill [00:08:17] And when you went in you had the results of the smoke from the coke furnaces and all of the... all of that and we would, we would go in because dad would sometimes be off on payday and he'd take us all in and we'd visit my grandparents, and we would all been in the backseat holding our nose.

Jill [00:08:43] Yeah.

Jill [00:08:43] So you know faith and family number one and then provide for your family and most of the time we were very healthy. My dad when he was 58, he had a massive heart attack. And so, he stopped working. My mom got an extra job a couple of jobs and she supplemented Social Security disability that he had to fight for. He was denied at first and then, but his doctor said you can't go back to that job because it's you know labor intensive and very stressful and you... your heart attack you're not going back there, and he was thinking he would have to and then mom's and we told Mom Dad can't go back mom. And so, she got a job. She helped at a... I guess it was as a special live in.

Jill [00:09:51] Family. Well individuals who needed assistance and so she worked there and. But at the time when they asked her, she says "Well from now on you're going to have to help bathe this gentleman." And she said, "no I'm not gonna do it."

Jill [00:10:11] So she quit.

Jill [00:10:12] But then she got a cleaning job down the road at a restaurant that needed help and they loved her, and you know so she did that for a little while and then you know things got a little bit better with what dad could get as far as bills paid off and you know those the money situation was better. And so, she, she quit you know stayed and stayed at home with dad and they traveled, and you know. But you know so they did what they had to do. They encouraged all of us to do our best and to do what we wanted to do.

Jill [00:10:52] They had originally told me that Dad would drive me to UB when he went to work. He dropped me off at UB and pick me up on my way home and I was having none of that.

Jill [00:11:05] So I said no I'm going away. Well how are you going to pay for it.

Jill [00:11:08] We can't help you we've got all the kids. Yep. And so, I said I'll pay my own way. And I didn't know how I was going to do it. You know. But so, I said well I'll go to a two-year school. And they said well we'll take you to Erie.

Jill [00:11:23] I said No I'll apply to Alfred.

Jill [00:11:28] I went in and talked with my counselor and told him that I was going to take a business program or something at Alfred and you know I needed the applications and all the rest of it. Well unknown to me he called my mom and said, she should not be going to a two-year school. She needs to go to a four-year school and get an academic Bachelor of Science or something because it would be a waste for her to go to a two-year school. So, mom talked to me and I said ok well I want to go phys ed. and I want to go to Brockport or Cortland. And so, I applied to both of those still didn't know how I was going to pay for it.

Jill [00:12:15] But both of them accepted me and I had a call from Cortland and said, "When can you come down for a visit?" And you have to take a phys ed. test. I said Well OK. But I already had a call from Brockport and they're not requiring me to come in for a visit and they're not requiring me to take a phys ed. test so I'm going to Brockport. That's how I wound up here because I thought. We lived in Buffalo Cortland was a lot further away. It would mean my parents would have to drive there. We'd probably have to stay overnight. We'd have to come back a lot of extra gas a lot of extra time and overnight. You know the cost of that. And then we had to pay to take the phys ed. test.

Jill [00:13:07] And so I didn't have that money and so I wasn't going to put my parents through all the extra cost of taking me out and doing all of that. So, Brockport got me, and it was the best decision I made. So, I really loved it here. We had a great time. But my parents were always encouraging, and I got a job at a fruit and vegetable stand local fruit and vegetable stand and it was about three and a half miles away and I walked from our house to there too during the summers and then before. Well and then after school. So, I had worked evenings and on weekends. So, I was earning some money towards college started that in my junior year. So, by the time I was a senior I was one of the seasoned hand.

Jill [00:14:03] You get a dollar an hour and you lug 50-pound sacks of potato around at night put them all away.

Jill [00:14:11] But you know we, I learned how to market the products that they had and how to make them look good and you know what you take off and making sure all the shelves are full and people would come in and they buy all kinds of things there because it was it was a wonderful place to be.

Jill [00:14:31] And then my dad got a car for me and my well he got me a bike because on one trip home when I was walking a car drove past me.

Jill [00:14:46] And then the car came turned around up a little way and he drove past me and then and then he turned around and he came back, and he says can I give you a ride? And I said No I live right here. Right. And I told my parents what happened. And my dad the next weekend he had a bicycle for me that he got so that I could have my own transportation back and forth.

Jill [00:15:10] So you know you really didn't think too much about you know getting picked up and taken away or any of that sort of stuff, but you never took a ride with a stranger, even then. And so, you know so they would be looking out for all of us and helping us with whatever we needed. And so I had to take a driver's test. Senior year I took driver Ed and I didn't have my permit. But at the time you didn't have to have your permit right away. You could take the course and then by the end of the course she had to have your permit so you could take the test didn't have it. And we. So, my dad was taking me and now where we had to go to get the permit was about a 45-minute drive. And so, we started out and you know I don't know anything about it you know. And so, we got, we got to Springville which was only 20 minutes away. And he says have you got your birth certificate. And I go no I didn't know I needed it. Turned around went back didn't go. Next time we, my mom couldn't find my birth certificate, but she gave me my baptismal certificate. So, we, we went all the way down to Salamanca to get to my driver's permit and we got there, and I filled out all the paperwork and I turned it in turned in the baptismal certificate and the clerk says well this is Jill Frost, Jill Anne frost. Your birth certificate says Anne Jill Frost I can't accept you. You have you have to be Anne Jill Frost; I say it's not my name. And she says well I can't accept this paperwork. Well, when Catholics are baptized at the time you had to have a saint's name and the Saints name was Anne there weren't any saint Jills.

Jill [00:17:15] So I said no. And dad says just, just fill it out as Anne. I said No it's not my name. Dad I'm not doing it. Left. So that was number two, and on the way back dad was kind of upset and he says I'm not taking you again. So, my mom found my birth certificate and the instructor for the class, Mr. Coffman.

Jill [00:17:42] At the end of the school year I said I don't have my permit. He says well you come down with me when I scheduled the exams, and you can take it. I'll bring you down. And you just have to get a ride to Springville come down with me and we'll schedule them, and you take the exam as long as you pass you can take the test. So, so, I did, and I passed it. I only got one wrong. Thank goodness.

Jill [00:18:06] So I had my permit but that was a little daunting because you know if I didn't pass it, I wasn't taking the exam. And when I did take the driver ed. exam my, my older brother was we, we were our last six weeks of class. We were in automatic power brakes power steering and, and so that's what I was used to. And that's what we were going to take her exam you know driver test. So, my brother who's a year older than me and had already graduated and had been driving took me up around to practice the night before in a Volkswagen bus. You know that big van no power steering no power brakes no power windows. And so, when I got to the test the next day, I over steered I over braked and I failed the exam.

Jill [00:19:07] So.

Jill [00:19:08] So it was another year before I finished my freshman year in college. No car. Mom and dad, he had to either come and get me or I had to get a ride home. And thank goodness there were people from Springville who also were at Brockport because that's how I was getting back and forth. And so, at the end of my freshman year my dad said there's a there was somebody at work who had a car for 100 bucks. So, I got it for you. So, they paid the insurance so then I needed my license because I couldn't drive a car without a license and so he said... And at the time you got two chances on your driver permit. So, I failed once I had one more chance. So, he took me out and we drove around and he, he had scheduled the appointment for the driving test. So, it was in Buffalo not in Salamanca. So, thank goodness I didn't have to go through the same place I did but he pretended he didn't know where the test was and so we were making all these left turns and right turns and there was traffic and there were parking lots, and you know and so he said well let's go in here and have something there. You know something to eat before you have to go. And so, we will find it after we finish eating. So, we went, and we had our Danish.

Jill [00:20:34] And we went back out. And lo and behold we went straight to where, straight to where the test was and just before I got into the left our car to go into the next car.

Jill [00:20:46] My mom said when you back up beep, I go... Beep? She goes yeah Beep because if there's any little kids, they have to know you're backing up.

Jill [00:20:57] OK. So, we have a use hand signals at the time you had to save you go and left if you're going right.

Jill [00:21:07] And we come down this street and there's all kinds of kids playing in the street. And I have to parallel park and so you know I did.

Jill [00:21:17] I but when I backed up, I went yeah but I got kind of a little funny look, but I didn't get any demerits for this. And I passed I got my I got my driver's license. So, from the beginning to the end, it all worked out and I got my license, and I got this Plymouth Valiant with Push. Push button.

Jill [00:21:47] With push button controls. So, we, I had that and then it got passed on down to my brother who also you know. He changed the color of it and did all kinds of other things so. So, we were good. So, I mean my parents like I said were very supportive. And we did whatever we needed to do.

Layla [00:22:11] So did your family influence you to play sports, did they want you to play sports?

Jill [00:22:16] They always, we always played outside. We would get up in the morning do whatever we needed to, especially in the summertime. We had chores. So as soon as we were finished with chores, we were next door to the neighbors, or the neighbors were coming over to our house and we'd do pickup baseball games and I mean baseball hardball, football, flag football. And so that's what we would do, and we would you know run through the pastures. We um one of the boy's neighbors. He had a farm. And so, they had everything was, it was Holstein cows.

Jill [00:22:56] And so we would go through the pastures watching for the little cow plops that stuff. And so down the hill up the hill and down the hill again and by a creek we made a clubhouse, and the roof was scrap wood, but we put dirt over the top of it. And we grew grass on it so nobody would know it was there you know.

Jill [00:23:23] And. And then.

Jill [00:23:25] So we used that. And then he had a closer to home just down the little hill made a bigger one out of more wood that was left over and so that was our clubhouse too.

Jill [00:23:37] So we had two clubhouses there, but we wouldn't go up to the baseball or the scouts where they had all of the, the woods and they had all kinds of trails and so we would go up there, there were ponds we found ponds that had been put in, so we'd go out up there and go ice skating. So, we had a good time. We use the toboggan hill. We, we got a toboggan for Christmas one year. You wax it all up on the bottom carry it over the creek and, and then go down the hill slide it.

Jill [00:24:13] One time my aunts and uncles were with us in the, the second oldest boy was only he was like three or four years older than we were. And so, he was steering now at the end of the toboggan hill if you've got a really good run there's a dip on a little hill that you go down in, so you'll avoid that hill because you it's straight down and it's oh it was only about six feet down. But Uncle John steered us to the bank and so my little brother was in front of me. I was on the back and when we and I was the end I was the last person. So, we went down that hill and we went over the bank. My nose hit my brother's head and I had a bloody nose. I didn't even know. I didn't know if it was broken or not. So, they carried me up on the toboggan up the hill.

Jill [00:25:15] The Boy Scouts carried me inside the lodge put me on a cot and one of the other kids ran across it down, down the hill across the creek down the valley up the hill.

Jill [00:25:28] To my parents and my dad came up with a sled and he carried me on the sled all the way back to the house across the creek carried me across the creek carried, carried the sled across the creek put me back up the sled. So, there were quite a few people are mad at my Uncle John but everybody else was ok and I was fine. I didn't have a broken nose just a bloody nose so, so you know. So, all kinds of things happening.

Layla [00:26:01] When you were at Brockport, I know you didn't play on a team but what sports did you play for fun or intramurally?

Jill [00:26:11] Well we had... There were a group of us that liked soccer.

Jill [00:26:16] So when I was in high school a Brockport graduate was hired to come to our school to be the gym teacher because our gym teacher who was there was raising a family at the time. So, for our senior year we had missed Sanborn who was Brockport grad and she started having us play soccer, loved soccer you know. And so, when we got to Brockport, I was a phys ed. major. And a couple of my friends were phys Ed majors and so two of us really wanted to play soccer. So, by the time we were sophomores I think I was in second semester of my sophomore year. We decided to see if we could get one of our Phys ed. teachers to start a team. So, Ms. Miller said that yes, she would. And we had. She said there are some other girls who are interested in doing this too so I'll see if I can get some of the other nearby colleges to start a team and then we could go there, and you know I don't know what we can you know how it's going to work out, but we'll start practicing. So, we started practices and we played you know pinnies and no pinnies, and you know we, we had enough to be able to do that. And she couldn't get any of the other colleges to field a team. So, we played there were skills courses that you Phys ed. majors had to take, and soccer was one of them. And so, our team played the skills course teams and we handily beat them.

Jill [00:28:01] But I was a right wing because at the time we had five across and then you had your half backs and then you had your defenders.

Jill [00:28:10] And so I was a right wing and just go running down and cross the ball over and we would just keep scoring you know. I was pretty fast and so we, we would do. We did very well. The, the only time I got hurt was when we were playing with pinnies and no pinnies and one of the girls on the pinny side took offense at the fact that I was you know running down the side and outrunning everybody. So, she kinda took a swing at the ball missed it and clocked me on my middle of my shin and it, and it black and blue right away. And Ms. Miller said you're done for the day if you get hit again, that's not going to be any good. So, you go, and I still have a little dent in my bone, but she hit me. And so, the other girls on their team says House because that was her nickname house. She was big.

Jill [00:29:16] House. What are you doing? She's one of our teammates. Don't, don't disable her.

Layla [00:29:22] She sounded jealous that you were running so fast.

Jill [00:29:26] Yeah. So, we didn't we didn't have any other, other things.

Jill [00:29:31] The only you know we had skills courses that we had to take. So, I took swimming, and I didn't do bowling. We had gymnastics. That's...I got hurt there. I didn't know I had a, a it's called spanned a lolis thesis and it's a weak spot in your spine. And so, my vertebrae slipped and the I couldn't. The doctor said I couldn't play. My dad took me to a specialist, and they said well we could fuse her spine and she'd lose movement. And I said, dad said is that something you want to do? And I said no. I'll live with it. If it gets too bad, I'll look at surgery later. So that was the... Beginning of my junior, second semester of my junior year so I couldn't be a phys. ed major. I went and talked with Dr. Davis who was the chair of the department and I asked, I said I need....

Jill [00:30:48] To get three more skills courses. They were only a quarter credit or a half credit at the time. And I said I can only find two that don't use my lower back. She wouldn't make any exceptions. She wouldn't. She didn't offer to do anything for me. So, because I couldn't get three skills courses, I could only get two, I couldn't graduate in phys ed. So, I... Dr. Brown was president at the time and he

Jill [00:31:25] had required when we came in as freshmen that anyone who was going to be a phys. ed. major had to have a dual major. It could be health, or it could be any other subject. And if you weren't a dual major you had to have a major plus a minor. So, my I didn't want health. I did phys. ed. and speech. And figured well if I want to be a teacher and I don't know how to talk. So, I took speech. And so, when I couldn't do the Phys ed major complete that I changed to speech with a minor in biology because I had to have, I only had to have two more courses in biology to have a minor. And I was almost finished with my speech Major. So, I graduate, I would have graduated on time. Except that the registration records office told me I had enough credits my second semester of my senior year that I didn't need one of the other courses. It was an extra course, so I didn't need it. I dropped it and oh no come to find out I was a credit short only they told me I was two credits short. So, I took two independent studies with one of my communication teachers and I took it in... Semester the following semester. So, I was able to go through graduation because I was only according to them two credits short and then I found out. Well, no you're only one credit short. So, I dropped one of the one of the independent studies finished the other one graduated officially graduated in December of 70 instead of May of 70. But yeah, yeah.

Layla [00:33:35] So they really messed you up.

Jill [00:33:35] So by that time I was married and had, I got married in May. The end of my junior year and in the end of March I had a little boy. So, you know that's why I was, I wanted to be sure how many credits I actually had because if I didn't have to be 12 credits or more. Then I could you know have more time at home with an infant than studying and taking courses. So. So yeah. So. So that was one of the reasons I took fewer courses in the spring of 70 instead of a full-time load.

Layla [00:34:17] So with Miss Miller, I know you said she couldn't get other teams to play.

Layla [00:34:23] Do you know why that was at all such a challenge?

Jill [00:34:27] Because women's sports wasn't a big thing. And you know and so it, it started to gain momentum. So, I think the next year the other they did get other colleges to do a team.

Jill [00:34:45] Now it may have been you know oh the budget isn't. There is no budget for you know how much do you need for soccer really. But there wasn't any budget probably if you're going to do it you need a year in advance to put it into a budget. So that was probably, we probably were the... breaking the ground and so finally they did get the other Brockport started one and the other colleges started but by that time I was married and had a kid and I couldn't participate.

Jill [00:35:27] At that time.

Layla [00:35:28] So they kind of like followed through with Brockport?

Jill [00:35:34] Right.

Layla [00:35:34] When you sorry. What kind of help did you get. As. When you were playing soccer as an... well athlete...that's what you were.

Layla [00:35:58] From your coach and your team, did you get support?

Jill [00:36:05] Well support verbal support, psychological support you know telling us we are doing a good job. And you know in my, my Miss Miller would come up to me and she says, "where did you learn to play soccer?"

Jill [00:36:19] And I said just picked it up. We didn't have it and we had Ms. Miller came...miss miss ingamatzu...

Jill [00:36:30] No wait a minute, our Brockport grad who came to Ms. Sanborn who came to Springville had us, had a just one semester that we played soccer outdoors and was like a few weeks like a quarter course quarter semester and so there and then just doing, doing pickup stuff. And.

Jill [00:37:03] One of my classmates Bonnie.

Jill [00:37:07] She was a phys ed major too and so we knew one of the men. There was men's soccer. There was no women's soccer, so we knew one of the one of the guys who was on the men's soccer team. And so, he would practice with us you know we just. Okay. Come on give us some tips. You know stuff. So, he basically gave us some tips on you know soccer. Play with the ball a lot. You know make sure you can handle it. Stop it. You know how to stop it and do those kinds of things. So, we just kept practicing. He says you got to practice all the time. And so, we did. And so, Ms. Miller was impressed with how I played, and you know, and I just said well we never had anything formal mostly informal things that we did and played with each other and kick the ball around and trying to score on the net. And you know yeah but by ourselves I mean we weren't part of a team you know.

Layla [00:38:30] Was Miss Miller present in your life beyond sports? like did she um... No?

Jill [00:38:38] Ms. Miller and one of the other. My freshman year I had her for a course. And then we had her for and then we asked her to be our soccer faculty advisor for that. When I came in as a freshman Ms. Miller and one of the other teachers in the Phys ed. Department offered a course that was mandatory for all new freshmen coming into the phys. ed program and what they did is they had a pendulum that they put down the center and they put it on your, your, your head and it was on a string. It was a plum and, and then they put a line down your back and whatever and then they had another horizontal bar that they used a level and they put a line across your shoulders so then they could see if you were in alignment and if you were not in alignment, they would. They developed a program of exercises for you that we did all semester three times a week for an hour each and before we started the exercises, they had they filmed all of us. We would walk and they would walk almost from the front and film us from the back to see how we were walking. So, we did that for a semester we did that course, at the end of the semester they drew the lines again and they filmed us walking again and there was marked improvement in how we were walking and how we were how our body was aligned. So that really showed me how you can impact individuals and how important it is for exercise in your life.

Jill [00:40:48] So another reason why I wanted to be a phys ed major and the first reason why I wanted to be a Phys ed Major was because of my high school Phys ed teacher Mrs. Kaufman who was very fair, treated everybody with respect, had programs of exercise that everybody did, and everyone participated.

Jill [00:41:17] And you know, and I really liked her a lot. And so that's one of the reasons well that was the main reason why I wanted to be a Phys ed teacher.

Layla [00:41:27] Yeah, I can relate... I chose history because I had a lot of great history teachers in high school so I can definitely relate to that.

Jill [00:41:37] So I really liked. I was very impressed with Ms. Miller. And you know I really liked how she conducted herself and how she treated everyone and how she made a difference in all of our lives as far as how physically we were fit and able to do more.

Jill [00:41:57] So even with my, my bad back I was well I didn't have that at the time but because that didn't happen until my junior year. But yeah, we...and it happened in a skills course, it happened in the gymnastics class.

Jill [00:42:17] One of the students from my hometown who was a year ahead of us was, was bringing to us the way to go over the horse.

Jill [00:42:29] There you have one with a pommel and one dozen. And we didn't have the pommels on. So, you had a springboard and what you used to do is you jump on the end of the springboard you've got up over the horse do whatever you're going to do but do it that way. So, I'd be down and up and over. Well, they pulled the springboard so say this was the horse here the springboard would be here you jump on it and you do your thing and over. So now they move the springboard back here and you're supposed to leap and go this way instead of leap and go this way.

Jill [00:43:09] And so when I hit the end of the springboard my spine went, and I stepped off it. I didn't go to the horse. I just I felt it and I stepped off the springboard.

Jill [00:43:25] And I couldn't move my back I couldn't bend over I couldn't twisted. I just walked away, and I said I can't do this, but I don't want to make a big deal because the class was still going on. So, I just went to the side and I didn't do anything until class was over. They were putting stuff away and I went out to the, the hallway I didn't help put anything away and so, screech the classmate one a year ahead of me came out and I said screech do you have a car and can you take me over to a health center. I've got to see the doctor said my back is hurt. And so, she said yeah, I'll give you a lift. So, she brought me over there. The doctor didn't believe me. And he said turn around. And so, I thought he was going to feel my back. He pushed me forward and I screamed, and I said you know, and I turned around and screamed at him and I said what are you doing that hurt. He says oh well we have a lot of people coming in here and they just want to get out of gym, so you know they make it up and I said I'm not making it up. So, then he had me go lay down on my stomach under a heat lamp and I was thinking this isn't right.

Jill [00:44:47] Yeah. So, they you know I, I managed to get up on the table and I'm lying there and it's hurting more and more. And this isn't this isn't right. And so, I started to get off by myself and the nurse came by and I said I'm leaving. This isn't any good. It's not helping. It hurts more than it did before. So, I was living off campus at the time, so I got off and I walked. From campus up Holly street to almost to Main Street.

Jill [00:45:18] And I was going out with my husband at the well my boyfriend was my, became my husband and I said I'm, I'm not doing good. And we were supposed to go home to my mom's. And so that.

Jill [00:45:32] So he we went to my mom's. I'm sitting on the edge of the seat in the car at the time. We weren't wearing seatbelts. Sitting on the edge straight up and we got to my mom's, its a half away almost two hours away. And so, I'm get into the house and I didn't say anything to mommy, I didnt wanna worry her and I'm sitting we had a bench. So, I wasn't on the couch I sat on the bench and I'm sitting up as straight as I can and mom says, "Jill what's the matter?" Oh, my back hurts. She goes what do you mean your back hurts?

Jill [00:46:11] Well you know I did something in gym. she pulls my shirt up she runs her finger down my spine and there is this dip you know where my spine isn't straight anymore.

Jill [00:46:25] You get this little bump down and then bump and then down and then she goes. We're going to emergency. So, they took us in took me in and I was in the hospital for a week and flat on my back and they said. And no, you can't, you can't go back to college. Yeah, you know. So, you've got to have bed rest at home. So, I was out for two weeks.

Jill [00:46:51] And that's when I you know. Yeah.

Jill [00:46:54] Well we're not making dresses for the wedding. And everybody was gonna make dresses for the bridesmaids so it wouldn't cost so much, and I said well no let's cancel the order for the dresses. You know we'll just get something everybody can get their own. And so, you know. So, we did that, and I went back. I had to drop some of my phys ed. courses, and I couldn't pick up other courses. So. But I had had, I had had enough extra credits during all of my other semesters so that I would still be able to graduate in May of the following year. With what else I had to do for my other major and my minor. And so. So, it all worked out you know. But I did get married at the end of May. So, we just did things a little differently. And my back was OK.

Jill [00:47:55] And I didn't have surgery and then afterwards you know I still would be able to play. I played racquetball when I was in. You know after I got a job, and I was work and I'd play racquetball I played softball with the town team one of the town teams and Albion where we lived played softball for seven years, I played racquetball at noontime with the guys you know. And so still stayed active was on a bowling team you know. And you know my back would hurt and I'd lay on the floor and pull my legs up and just lay there until it stopped hurting and get up and it would be fine. I went to a specialist here and he said he tested me out and he said we could do surgery but if you but if it if, if you can live with it, I suggest you live with it because we'd have to fuse your spine in the surgery these days isn't, isn't really good. I mean you'd; you'd have a lot less movement. And so, he said come back to me when and if you can't stand the pain anymore. And so, you know that was Dr. James T Maxwell. He's head of the surgery at Rochester general. So, I did go back and see him once when I had I had to have some neck surgery and he said, "oh how's your back doing?" You know I said, "I saw you about 20 years ago you know 30 years ago."

Jill [00:49:44] He goes, "Oh yeah. Yeah, I kind of remember you."

Jill [00:49:47] So yeah. So, he did a good job on my neck didn't fuse it. And people have said well that's and that's unusual because they usually if you do in your neck, they fuse it but no. He took care of me and that was just.

Jill [00:50:03] 2006. So, thirteen years ago and it's still fine. Yeah, yeah.

Layla [00:50:19] Can you just you just. A little bit more on.

Layla [00:50:26] Because I know the women didn't have as much access to games and teams as guys did. Because you know they were on a team they're playing with other teams. Any... like how do you feel about that?

Jill [00:50:46] It was kind of the norm at the time. So, we didn't. It wasn't like, we didn't have Title IX. You know that came in later and we said well it's about time you know. And you know and as, after we graduated, we saw Brockport was starting to get more women's sports. And the phys ed department knew that you needed to do that. And so, they, they started with, I think softball and then they had field hockey, field hockey I think it might have been there while I was there, but I wasn't interested in field hockey.

Jill [00:51:31] I don't know why but I just didn't want to play field hockey so you gotta stick and you got this ball. So.

Jill [00:51:43] So I mean there were I think I think they had field hockey, but soccer came in and I think softball came in and you know it's fast pitch softball. I, I played on a fast pitch softball team when I was in grade school. In the women's town team for Boston. I was 10 years old. And yeah so. So, I had a good time you know and. And then when we when I played in Albion and it was slow pitch and I go "What the heck is this sissy, sissy game!" But you know that's all they didn't have fast pitch for women in Albion or around it was all slow pitch. I said Oh okay. You know alright. And then all the coaches because I was fast you know would make me bunt. You know so I was good at bunting and getting to first base.

Jill [00:52:41] But you know it. So. I was always active it didn't matter if we didn't have.

Jill [00:52:56] An official team of any kind. We would, we would do different things on our own. So, we weren't getting a... we didn't do group things.

Jill [00:53:07] So it was we, we didn't have a team that was organized and played other organized teams, but we would do pickup stuff. And so, we would do it all the time and you know it, when we were in college, we, we had so much other stuff to that we were doing. I mean we finished that one course. That was three hours a week. Freshman year we had swimming that was that was rigorous you had to. By the time you finished your beginning swimming class you had to be able to do 40 laps in the pool.

Jill [00:53:55] So you managed to do that 40 laps in the pool. Okay so. So yeah.

Jill [00:54:04] And then the next then you can't just end at beginner you had to do.

[00:54:08] We had to pass at least be advanced beginner. Almost drowned in that class because we had to carry a five-pound brick.

Jill [00:54:20] And because if you had to carry a five it was there was a big rubber block and you had to carry it. And Ms. Dillenbeck was the instructor and I loved Ms. Dillenbeck. And so, but she said. You have to get from this end of the pool to the deep end of the pool. And if you drop that brick in the deep end of the pool you have to go down and get the brick and bring it back up or you fail the class.

Jill [00:54:49] Well I took that to heart. I was I was I was not a strong swimmer, but I could you know I could swim.

Jill [00:54:57] So I had the brick in my hand and I you know doing the best I can, and I get from about here to the, the screen so maybe 50 feet and I'm going down and she's walking alongside because she knows...

Jill [00:55:22] She sees me go down and come back up and she says Jill drop the brick. "No!"

Jill [00:55:30] I'm going down. She says Jill! Drop that brick! And I go no because if it goes to the bottom of the pool, I can't go down again and I don't want to fail the course She says Jill drop that brick, you won't fail. I dropped the brick. And she had somebody else go down to get the brick. She passed me. I did not fail her course. Yeah, so yeah.

Layla [00:56:07] She has to, that's dedication!

Jill [00:56:07] So I mean be so. And we would swim you know at different times we didn't just swim in class you know we'd go to the pool and we would do hikes we would do all kinds of things. So, it was still stay active still do bunch of things. I never learned handball, but I learned how to play racquetball.

Jill [00:56:31] You know. And so, it was fitness for life. You know kinds of things and try to have that instilled in my kids. They were soccer and played soccer and different town teams. I coached soccer with my kids. So, you know it was it was good. You know I had a strong basis here at the college.

Jill [00:56:56] No we didn't have formal teams we didn't have intercollegiate. We didn't have intramural teams that we you know had organized but the basis from phys ed. major. And the friends that I made and have lasted a lifetime. So yeah.

Layla [00:57:20] That's really nice. You kind of, you answered a couple of my questions from that one.

Layla [00:57:28] Was it hard balancing both.... well I guess all your phys ed. classes because they seemed pretty rigorous, and the soccer that you did?

Jill [00:57:39] Um that we the, the soccer we played was during a time when we didn't have class. So, it was it didn't interfere. It was we chose to do that instead of doing something else, so it fit in just fine. It was it didn't take away from anything. And we had, we would for our other academic classes we would have study groups and stuff that we would help each other with you know getting ready for an exam. And I worked better to deadlines. So, you know yeah. They said don't, don't cram at the end get a good night's sleep. Well, no you know we would, we would pull all nighters or we figured out we would do we would do whatever we had to, to get ready for whatever test we had to do. And you know so it was a fun time. We had most of us were taking classes where one or two of us

would be in the same class so. We would help each other as much as best we could. So, we had fun.

Layla [00:58:55] Yeah like a tight knit kind of major.

Jill [00:58:56] Yeah. Yeah.

[00:59:01] Well I think that is... yup I think we got everything.

Jill [00:59:06] You know everything OK. Every.

Jill [00:59:12] Four years in their RAM I got my master's.