

Ronalda (Dunn) Seydel teaches and coaches at Sumner High School

By: LaRAYNE WATTS

Ronalda Dunn was born February 28, 1972, in Klamath Falls, Oregon, to Ron and Linda Dunn. The family moved to Raymond when Ronalda was about eight years old, and she and her brother Jason grew up in Raymond. Her father works for Weyerhaeuser. Her mother worked for Dracobly's until they closed.

She graduated from Raymond High School in 1990 with a small class of about 35 students.

At RHS Ronalda participated in basketball, track, and volleyball. She said, "My experiences in high school shaped my future by driving me to become a teacher and coach." One special memory from her high school days was when the girls' basketball team won the State Championship in 1989. "It was an amazing experience," she said. "We got so much support from the parents, and the community was so behind us. All the basketball team was just really close and really good friends. When we got home from State there was a big shindig at the school. That was the year we went undefeated, and the whole team when to Olympia to the State Capitol to receive an award."

She also fondly recalls when she competed at the State Track Meet in 1990. "That was a great experience," she said.

Ronalda's high school basketball coach Dave Sandgren said, "Ronalda's talent and work ethic were unmatched. Her desire to win and excel carried over into the classroom as well. She was such an exceptionally talented athlete that people didn't realize how hard she worked to achieve and maintain the goals she set for herself and fellow teammates."

Asked about her favorite teachers, Ronalda said, "Mr. Sandgren, because he taught me to always do my best. Mr. Newbill, because he taught me the value of teachers, and Mr. Warnstadt, because he taught me the importance of being a teacher with kindness and consistency."

After graduation from RHS, Ronalda attended St. Martin's College in Lacey, Wash. While still a student at St. Martin's, she was featured as the "South Sound Sports Profile" in the December 26, 1993, edition of *The Olympian*. The newspaper honored her as a student athlete, saying, "For Ronalda Dunn two things are important- basketball and academics."

Ronalda received a Bachelor of Arts degree in psychology with a minor in history from St. Martin's in 1994. She later got a Master's Degree in curriculum and instruction.

While in college she met D. J. Seydel. She said, "He went to PLU (Pacific Lutheran University) and played football and did track. We met at a college track meet at UW (University of Washington)."

The couple lives in Puyallup. D. J. is a controller for an importing company in Bellevue. Ronalda teaches American history and psychology at Sumner High School. She also coaches track. She said, "I have been coaching track for 10 years. I used to coach basketball, but when I went back to get my Master's, I had to give up something, and basketball was the most time consuming."

Ronalda says that she returns to Raymond regularly to visit family. She spoke highly of her parents. "My parents were so supportive of me during all my school years and in my sports, and continued to be all through college and on."

Her advice to this year's seniors is, "You will succeed if you always, no matter what the circumstances, do your best."



RHS Alumnus Ronalda Dunn Seydel, 1990 (center) with her husband D. J. Seydel (left) and brother Jason Dunn (right)