

**World Congress on Advanced Integrative Rejuvenology  
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**Tribute to Professor Russell N. Cassel**  
**Because without him**  
***I would not be here with you at Gulf Shores today***

My work over 25 years was dedicated to this magnificent psychology professor, colleague and best friend as his favorite doctoral student. Dr Russell N. Cassel visited Australia many times and in 1987 was distinguished by the Australian Police for pioneering computerized biofeedback assessment. Russ Cassel's dedicated life mission was honored in 2002 with the Presidential Citation for exemplar APA humanitarian contributions in operational research and caring for military personnel since 1962. As a USAF 2 bird Colonel, Russ' achievements in "service before self" were legion in his roles as an esteemed psychology professor, prolific research articles and editor of 5 journals "Where tomorrow always became today, in helping others".

Following my book with John Cheetham in 1979, I presented research at the NY APA and Princeton ICP conferences. On route to New York after an introduction to Russ' research in Munich by his colleague Dr John Kellog Meyer, I had the greatest pleasure of meeting this whirlwind rambunctious professor and promptly became his and Dr Meyer's diligent PhD student. Together since that wonderful day we worked through thick and thin. By 1981, I was honored to present new applications of computerized psychology at the ICP 38<sup>th</sup> Annual UCLA Convention. It was not before long that Russ introduced me to one of his dearest friends Dr George E. Uhlig at the University of South Alabama and later, Dr Thomas Rosandich at the Great, United States Sports Academy.

Then by 1981 with my intern psychologist Marcus Tomlian we used Australia's first PC in clinical practice; a 100 Buss with only 48K purchased by Tomlian. This microcomputer was invented and built in San Diego by the Hungarian born Sandor Zoboki, whom *The San Diego Times* in 1975 described as a Soviet Defector. Zoboki stole and piloted single handed a Russian Mig fighter jet landing in San Diego so Russ instantly put him to work on building the first and second micro-computer. At that time NASA's Apollo Mars project had only 32K for picture retrieval. People did not own PC's in those days and the word PC had not yet been coined. In 1982, computerized biofeedback was used in my PhD supervised by Cassel and Meyer. As colleagues sharing continuous "intellectual invention curiosity" we continued working together with Dr Meyer on biofeedback research and scientific publications for 25 years while still remaining in contact with Tomlian.

By 1983 together we were transmitting biofeedback data via acoustic couplers for four modalities between Adelaide South Australia and San Diego. By 1984 an improved biofeedback unit interface motherboard evolved for personality testing used clinically with

accompanying published statistical validations. At the 1987 NY American APA 95th Annual Convention, again I was honored to present computerized biofeedback applications in medical psychology to Division 21 (Experimental Psychology and Human Engineering) distributing biofeedback hardcopy for Coronary Age Heart Risk Factor Assessment and in the same year posited ALMT revisions for forensics/military intelligence and gathered a research team, finally resulting in the Picture Polygraph technique for Terrorist Deception Detection after 20 years in the making.

Russ and I were history teachers and reflected that in 1889 H.G. Wells, author of War of the Worlds, who gained his teachers credential as a Licentiate of the College of Preceptors and FCP thesis honors (Chapman 1985). In the Fifties we were amazed but startled by Sputnik's daring space-race adventure as Khrushchev's cold war propaganda boasted that Russian women would soon wear luxurious brilliant colored stockings unimaginable in the US. President Eisenhower retired in 1961 leaving us a cautious message like Russell H Conwell's "Acres of Diamonds". This was one of Russ most precious books in his library introducing me to the profound gift of giving in Service before Self. In 1962 locally in Melbourne we constructed new school Science tests with ancient computer punch cards. The Seventies marveled at Carl Sagan's Cosmos TV series and the Voyager #1 mission as Russ frequently said, "Modern technology accelerates from hardware to software via Graystone's systems analysis to a brand new world of unlimited manipulative memory". In the 1977 NASA launched the Apollo mission to Mars for pictures with only 32K. In 2006, 29 years later, the Voyager #1 has traveled beyond earth to 85 times the distance from earth to the sun. Russ enjoyed history in the making when meeting my colleagues like Dr Ludwig Lowenstein, former US Paratrooper and Examiner at the College as his house guest at the Hampshire Manor. Taking Russ to afternoon tea with His Excellency at Government House was and another exciting unexpected adventure he shared with me as an ole farm boy.

With my dear co-authors Dr Karen Gold, JoAnn Axton and loving wife Jan we express sincere gratitude to Dr John K. Meyer and Marcus Tomlian for their continuous help since 1979 also since 1971 the late J. Vincent Chapman FCP. We are grateful for Dr Meyer's more recent archival searches to help translate the Picture Polygraph article into layman's understandable format. In conclusion at this first World Congress on Advanced Integrative Rejuvenology convened in Gulf Shores, we offer resounding tribute to Russ Cassel, the "rambunctious" scientist, as he called himself. Although usually publishing our work in the Journal of the Forensic Examiner, we are privileged to publish our article in the Journal of Instructional Psychology in fitting respect with what Russ would have desired.

Dr Cassel modeled the square pursuit of excellence in devoted, selfless research unlike foot-steps in the sand he was entirely dedicated to "service before self". Ultimately on successfully passing his epic Aristotelian Life Mission where dreams can become real, like Socrates Russ saw others in a worse plight than our own.

It was Russ with his brothers who enlightened me with the beacon of the American Constitution and Declaration of Independence dare anyone attempt to extinguish my understanding of Valley Forge. In classics he taught me boldly from Socrates and Thales and from Aristotle that "Anything we could dream or imagine was possible". Indeed on visiting Disneyland with Russ he taught me the real meaning of Tomorrow Land where today is always tomorrow in Global Health Care and from Pinocchio to, "Wish upon a star"

## In Memoriam

[Education](#), [Summer 2004](#) by [Williams, Jack](#)

***Jack Williams, STAFF WRITER***

***The San Diego Union-Tribune***

From the time he taught in a one-room country schoolhouse, Russell N. Cassel knew he had found a niche in education. During the next several decades, his expertise as an educator and psychological and test evaluator surfaced in the military, in State Department assignments and on university campuses.

When he retired in 1974 as a psychology professor at the University of Wisconsin Milwaukee, he took on a new challenge with an educational theme: publishing and editing professional psychology journals.

Dr. Cassel, who operated his Project Innovation publishing firm until about a year ago, died Tuesday at Scripps Memorial Hospital-Chula Vista. He was 92. The cause was congestive heart failure, his family said. "His heart was in education," said a daughter, Sallie Cassel. "Everything he pursued revolved around that."

A statistical and testing specialist, Dr. Cassel wrote nine books on psychology, published articles in more than 60 professional journals and devised more than a dozen psychological tests. Much of his work was done during careers in the military and with the State Department before he joined the faculty of the University of Wisconsin Milwaukee in 1967.

Dr. Cassel, a veteran of World War II and the Korean War, rose to colonel in the Air Force Reserve. He was called to active duty as a chief psychologist during World War II and supervised reserve officer training at six colleges during the Korean War. As a State Department official during the Vietnam War, he served as an adviser to Vietnamese universities. He later directed personnel services for schools in Liberia until taking the post in Milwaukee, where he specialized in educational psychology and measurement.

Dr. Cassel earned a bachelor's degree in education in 1936 from Millersville College in Pennsylvania, a master's in psychology in 1937 from Penn State University and a doctorate in education in 1949 from the University of Southern California. His first teaching job was in 1937 in a one-room schoolhouse, where he taught kindergarten through eighth grade, in rural Lebanon County, Pa. He was teaching in a Dauphin Boro, Pa., middle school and serving an internship in school psychology at Hershey High School when he was called to active military duty in 1940.

One of his first assignments involved a psychological study of offenders in an Army stockade in San Luis Obispo. He later reviewed court-martial cases throughout the northern Pacific and studied the psychological effects of combat missions on Army Air Forces pilots.

Dr. Cassel left active duty in the Army Air Forces in 1946 and moved to the West Coast to study for his doctorate at USC. In 1949, he joined the San Diego State College faculty and served until 1951 as an assistant professor educational psychology. While in San Diego, he opened a private clinic and befriended Dr. Arnold Gesell, a Yale University physician and renowned child development expert with whom he conducted research related to the preschool child.

Although the Korean War took him from San Diego, Dr. Cassel had become so enamored of the area that he vowed to return. He did so after his retirement from the University of Wisconsin-Milwaukee, settling in Chula Vista. In 1985, he ran unsuccessfully for a seat on the Southwestern Community College District Board.

"There was nothing leisurely about his retirement," Sallie Cassel said. "If anything, he worked even harder than he had before." With his wife Lan, as business manager, Dr. Cassel devoted much of his time to his Project Innovation publishing company.

In 1989, with the help of his Masonic lodge, he created a computer program designed to help parents recognize the warning signs of drug use in children. He devised 60 questions, providing parents with a risk profile of their child.

One of his volunteer roles in the community involved helping to select a new theme song to commemorate the city of Chula Vista's 75th birthday in 1986. David Brannen's "Chula Vista, My Home" was judged the winner of the \$500 grand prize.

Addendum:

Dr Cassel is survived by his beloved wife Lan Mia and daughters Professor Susie and Sally and also Lan's mother whom he always affectionately called Granny. Lan as he always said, was his Queen.

Just before his passing, Russ met whom he saw as the Apple of Susie's eye, Daryl. In his inimitable way Russ instantly announced that he was honored to meet his new son-in-law. How thrilled he would have been to meet his brand new grandson Tai Mark.