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El Camino College Professor Launches New Radio Program

“The Shark is in the House!” So begins Sharkie Zartman’s new radio talk show on the South Bay-based HealthyLife.Net Radio Network. Sharkie, a physical education professor at El Camino College, launched her “Sharkie’s Pep Talk” this summer with the goal to inspire listeners through discussions on empowerment, fitness, yoga, and anti-aging.

The hourlong show, billed as “your weekly 'get up and go' fix!” features guests who share their words of wisdom about living a healthy lifestyle. A recent show featured El Camino College football Coach John Featherstone, two-time national and eight-time state coach of the year.

Upcoming guests include ECC associate professor of adapted physical education Russell Serr, member of the U.S. wheelchair basketball team and top-10 ranked U.S. wheel chair tennis player, and ECC physical education professor Traci Granger, four-time U.S. champion master swimmer; in addition to Erica Faith Calig of Cloud Nine Yoga and author Don Herzeler. The show runs Fridays at 10 a.m. Listeners can also access the shows via the radio station’s archive.

Sharkie had been a guest recently on several radio shows for various networks promoting her most recent book “Shark Sense: Getting in Touch with Your Inner Shark,” and decided it was time to try her own program. She met with HealthyLife.Net Radio Network CEO Linda Mackenzie and began the process to get the show rolling.

“Being a host as opposed to a guest has been a different experience for me,” Sharkie said. “I have a lot to learn but I’m having fun. For this show, I want people to come on and share their positive stories and maybe people listening will relate to these experiences. I hope that people can find some good information in my shows that can change the quality of their life.”

Sharkie has taught health, fitness and volleyball at El Camino College for more than 30 years. She is a former member of the US National Volleyball Team and the World University Games. At UCLA, where her jersey was retired, she was a member of the first national championship team. Sharkie was also a five-year WPVA (Women’s Professional Volleyball Association) beach player.

At El Camino College, Sharkie coached the volleyball team to nine conference and two state titles; she led her Spoilers junior volleyball team to a Volleyball Festival National Championship

and three second-place finishes. She is a member of the California Beach Volleyball Hall of Fame, El Camino College Athletic Hall of Fame, and the California Community College Coaches Hall of Fame.

She is also the author of five books. “Shark Sense: Getting in Touch with Your Inner Shark” refers to her name and was written to help empower readers to achieve their goals and find success and fulfillment.

“I try to tell people: start living your life with confidence and purpose, swim past the critics and ask the question ‘what do I want,’ and don’t quit until you get what you want or something better – these are shark qualities,” Sharkie said. “Keep moving forward, sharks don’t swim backward. Some people get so stuck in the past when what they really need to do is move ahead. These are the things we can learn from sharks.

“I like to share some of these principles on my radio show. I am so happy to have this opportunity with a radio station that really wants to reach out and help people make positive changes in their life.”

The HealthyLife.Net Radio Network (www.healthylife.net) was founded by Linda Mackenzie in 2002 as the only 24-hour South Bay-based talk radio network. Described as “All Positive Talk Radio,” the network features programs on natural health, science and technology, business, the arts, family matters, pet issues, inspiration, motivation, and spirituality, among other topics. The network airs worldwide and is syndicated/simulcast on more than 55 distribution channels and reaches more than 3 million people.

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