

From the Director's Chair

George VanderZwaag
Director of Athletics and Recreation

Today we recognize some of our senior student-athletes as Garnish Scholars. The Garnish Program was created in honor of Lysle "Spike" Garnish, coach and mentor to many Rochester student-athletes from 1930 to 1948. He became a trainer and assistant basketball coach in 1931. He was named an assistant baseball coach in 1932. Spike was an assistant football coach from 1945-48.

The Friends of Rochester Athletics, through an alumni committee, reviews nominations of students from our varsity teams who have achieved at a high level in both their athletic and academic pursuits through their junior year. From these nominees, a small number are selected as Garnish Scholars.

Periodically, the Garnish Memorial Citation is given to an alumnus, faculty member, or a staff member for dedication and contributions to the intercollegiate athletic program.

These students represent the ideal of the scholar-athlete. They lead our teams on the field of play, while doing outstanding work in the classroom. I am continually inspired by what our students are able to achieve when given the opportunities at a great institution like Rochester. What we know about the students that we recruit is that they set high goals for themselves inside and outside the classroom. What we learn from our Garnish Scholars, and reaffirm today, is that Rochester students are able to demonstrate educational excellence through an outstanding combination of athletic and academic achievement.

The Garnish Committee is proud to present to you these exemplary University of Rochester undergraduates and the Friends of Rochester Athletics continues to remind us of the values of this institution through the Garnish Program.



Members of the Garnish Scholar Committee who were on hand in 2004 were Peter 'Pat' Stark (l), Hal Johnson '52 (c.), and George VanderZwaag. (Photo by Chris Landon/FinishPhoto.com)

Lisa Aronoff

Hometown: Rockville, MD

Major: Economics

As an athlete, Lisa Aronoff has always been able to focus on a short-term goal. Know the opponent and her tendencies. What will she try to do against you? What can you do against her?

Aronoff's life has taken a more important step forward. She spent the summer doing research at the Retirement Security Project, a partnership with Georgetown University's Public Policy Institute and the Brookings Institution. She worked with policymakers at Brookings.

"We researched ways to get people to save for their own retirement," Aronoff said, "ways to supplement their own Social Security no matter which way it goes."

The Social Security Program faces a financial crisis and government decision-makers have been trying to encourage the public to plan their own retirement.

After intensive study of the various retirement plans available, Aronoff thinks she knows why the general public isn't rushing to start either a 401K or an Individual Retirement Account (IRA). "The paperwork to enroll in a 401K (can be construed as) both tedious and confusing," she says. "The public isn't doing it."

One of the programs the Institutes are championing is an auto-enrollment into a 401K. If a corporation adopted the plan, employees - especially the new hires - would be automatically enrolled unless they chose not to do so. There would also be an escape clause. "You would have a certain amount of time after you were hired to withdraw from the plan if you didn't want to be a part of it," Aronoff says.

It has been proposed as legislation in several bills before Congress.

A busy summer with a lot of detailed work. It's made Aronoff think. "What I've learned this summer is that I have to take retirement into my own hands if I want to be secure in my future," she says.

She is an economics major. Aronoff is a member of the Golden Key International Honor Society as well as the National Society of Collegiate Scholars. On the lacrosse pitch last season, she was named to the Intercollegiate Women's Lacrosse Coaches Association All-Academic Team as well as the Liberty League All-Academic Team.

As a freshman, she took classes in a wide variety of areas before settling on economics as a subject she liked. Her long-term post-graduate goal is accounting and finance.

Her short term goals deal with lacrosse. She's a veteran on what may be a very young Yellowjacket lacrosse team come springtime. "It will be a brand new team," she says. "About half the roster will be freshmen."

Aronoff does think about the upcoming season although it is six months away. "I want this to be my best year," Aronoff says. "It might be the last time I play competitively."

She started playing during her high school days in Rockville, Maryland. She likes the competitiveness and the camaraderie of the team and its individuals.

Classroom work - particularly in accounting - deals with real numbers. Those numbers help evaluate data. As Aronoff contemplates her last season wearing Rochester colors, she recognizes what will help her to have her best year yet.

It won't be something that can be measured in raw numbers - ground balls, turnovers caused, draw controls won. "I want to be a good leader with all the new people," she says. She wants it to be something that the coaching staff, her teammates, and herself can recognize and appreciate.

That's career planning.



Michael Dermody

Hometown: Spencerport, NY

Major: History

There may be some college athletes whose concept of history is driven by sports: they know someone who was in the Garden when Reed came out for Game 7 vs. the Lakers in 1970; they stayed up late one night to see Francisco Cabrera's single push Atlanta past Pittsburgh in Game 7 of the NLCS in 1992.

If that captures a 'typical' athlete, then Michael Dermody is not a typical athlete. When Dermody studies – and talks – about history, he's concentrating on some of the most devastating events to occur.

As a sophomore, he took a class on Hitler's Germany that included an in depth study of the Holocaust. Last year, Dermody did an independent study with Professor Gerald Gamm of the Political Science department. The study included a field trip to Boston.

"I read a book a week," he said of his preparations.

Most of the books were non-fiction, concentrating on history. The books started with the Revolutionary War. Dermody wound up doing his final paper on the Battle of Bunker Hill. The battle itself was actually fought on Breed's Hill. That's one of the facts that drove Dermody to look at the battle more closely.

"We visited the site of Bunker Hill when we were in Boston," Dermody said. Charlestown High School sits across the street from the battle location. It was mentioned during his visit that in the 1960s, there were problems with busing to the Boston schools, particularly South Boston High School.

Dermody's final paper talked about some military concepts in the battle. He also did an analysis of the causes that led to the battle and its aftermath.

"It turned the war around for the colonies," he said. "At the start, it didn't look too good for the colonists, but they came together and won it."

His preparatory readings also included some tomes on the Boston Red Sox. That was a little difficult for a self-professed Yankee fan. His group never did get to Fenway Park, even though it was baseball season. But Dermody hasn't been to Yankee Stadium yet. He would have found it hard to visit Fenway before he saw Yankee Stadium.

By reading the books and chatting with the Boston natives, he saw the desire that drives them. "Their fans live and die for the Red Sox," he explained. "They are very passionate people."

Passion can do a great deal for an athlete. "I think it's underappreciated," says Dermody. "There are always days that you don't want to go out to practice. It brings you to a different level. It helps me to push myself sometimes."

Eventually, he wants to carry that passion into graduate school with the ultimate goal to be a history teacher and a football coach. He wants to teach history on the high school level. Every teacher has his or her own preference in history. For Dermody, it's the Holocaust.

"It is mind-boggling," he says of the human tragedy. "It's frightening in a lot of ways. That can go on in the world and nothing happened for so long."

He knows if he gets his teaching role, there will be times that his feelings will surface from time to time. It will definitely happen when he teaches the Holocaust. It makes sense.

"I don't think anyone can just teach it from the book," he explains.



Jeremy Goico

Hometown: West Hartford, CT

Major: Spanish

Knowledge comes in all forms. There is the knowledge acquired in the classroom, through research, and independent study. For an athlete, there is the knowledge acquired about their sport, through the teachings of coaches, opponents, and officials and the on field experimentation.

Jeremy Goico has acquired a great deal of knowledge, both academically and athletically. He is a member of Golden Key International Honor Society and a member of Keidaeans, the University's Senior Honors Society. As a freshman, he received the Iota Book Award from the campus chapter of Phi Beta Kappa. He is a teaching assistant in Spanish.

On the soccer field, Goico's 'resume' is just as detailed. He was accorded honorable mention All-UAA honors as a sophomore midfielder, All-UAA Second Team and NSCAA/adidas Third Team All-Region honors as a junior.

Spanish is his second language. It's in his blood. There is a Hispanic heritage on his father's side. Dad is a native of the Dominican Republic. When Goico was small, his father tried to teach Spanish to him.

He couldn't grasp it right away. "He was trying to teach me both Spanish and English," Goico says. "For a while, I didn't speak either."

His proficiency has soared. "I still have family in the Dominican Republic and I want to be able to communicate with my relatives in Spanish," Goico says. "I would like my kids to speak Spanish."

Spain is almost a second home to Goico. He traveled there as part of an exchange program at Conard High School in Connecticut. As a sophomore at Rochester, he spent six months in Madrid as part of a overseas study program through IES Madrid. During the past off-season, the Yellowjacket soccer team made a one week trip to Spain.

He became a big Real Madrid fan during his overseas tenure. He stayed with a family that was part of the Real club and they had season's tickets. Goico went to several of the matches. When the Yellowjackets played in Spain, the family returned the favor, watching and rooting for Rochester.

His sojourn to Spain gave him the opportunity to pursue an in-depth study of the major literary work he loves: Don Quixote. Goico took classes at Complutense, considered the University of Madrid. His professor knew the book and the author, Cervantes, "inside out". The professor taught for a while at Cal-Berkeley.

"My father is a practicing Zen Buddhist," Goico says. Religion classes at Rochester under professor Douglas Brooks helped Goico understand Zen Buddhism. Now he can draw a parallel.

"I saw a lot of connection between Zen teaching and what Cervantes is teaching through is character's craziness," he said. "It's not just a story. There's no other novel like it."

The literary work is divided into two books. Goico read the first book cover to cover and re-read excerpts numerous times. He also read excerpts from the second book. Cervantes left cliff-hangers at the end of the first book. As Goico researched the masterpiece, he discovered another author wrote a second book, eight years later. Cervantes was appalled at the literary use of his character. He wrote a second book 10 years after Don Quixote was first published. "And because it was fiction, he was able to make some rather pointed criticism of the attempt by the other author," Goico says.

After three seasons as a midfielder – all as a starter – Goico is playing on defense. It's a natural move. He was the defensive midfielder, so moving to the back line was not a big transition. "It's more about knowing where to position yourself," he says.

Before pre-season, head coach Chris Apple asked Goico to consider the move to center back. The Yellowjackets were going to play a tough stretch of four road games in mid-September, all on large, grass fields. "St. Lawrence's field is 80 yards wide," Goico says. That's World Cup width. A wide field stretches the defense. Goico made a smooth adjustment.

He's not tilting at windmills.



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Patricia McHale

Hometown: Holland Patent, NY

Major: Mech. Engineering **Minor:** Materials Science

It is a wonder how Patricia McHale is able to balance all the differing facets in her life. She is a member of three honor societies, president of one of them. She was a teaching assistant for two classes as a sophomore, two as a junior, and is currently a T-A this fall as a senior. She has done an internship at the Air Force Research Lab (AFRL) Rome Research Site for three years. She is vice president of team that designs, builds, and races a full scale all-terrain vehicle.

And up to 15 times a year, McHale steps onto a diving board to compete for the University of Rochester

McHale's journey as a mechanical engineering major (and materials science minor) began after her junior year at Holland Patent High School in central New York State. Her physics teacher spoke highly of a materials science camp run by ASM International near Cleveland.

"It sounded fun. I was a math and science person," McHale said. "So after attending the camp, I realized that engineering was a perfect fit."

After her freshman year at the University, McHale worked at the AFRL Rome Research Site on a contract requirement of the Army's Commanche helicopter program. They had to be able to load the Commanche into a C-130 Hercules airplane, so a hydraulic jack had to be developed to lift safely, then move the copter laterally into the plane.

McHale's supervisor asked her to tackle the problem in late July, and she was finished with it by the time she left the lab in late August to return to classes. "The jack was scheduled to be tested in late April," she said. "But the Army cancelled the Commanche program in February."

She did additional work on ground support for helicopters heading into her junior year at the University, then her internship this summer was heavily involved in research. "A quiet summer," she called it, comparing it to the first two years.

When she finishes her degree, she wants to attend graduate school hoping to concentrate on energy. She will pursue a masters on either a strictly mechanical engineering track or a combination of mechanical, civil, and environmental engineering. After completing graduate school, McHale would like to work on the development of alternative energy methods.

On campus now, she is the president of the University's chapter of the Golden Key International Honor Society. She is the Tutoring Chair of Tau Beta Pi, an engineering honor society, and a member of the National Society for Collegiate Scholars.

McHale has always found a way to keep busy. She was a level eight gymnast in Woodbridge, VA. After she tore her ACL, her parents "strongly discouraged" her from returning to the sport, so she joined the marching band. When her family moved to New York, she stumbled upon the sport of diving. During free time in a physical education class, McHale was "doing some gymnastics stuff" off the diving board, when her teacher, who later turned out to be the swim coach, took notice. "He asked 'can you do a full twist? Wanna dive?'" McHale said. "I was like sure and the next season I was diving for the school. I figured if I can't land on my feet, why not land on my head?"

On the board, McHale admits she has a fear of heights, but you would not be able to tell. "I think I do better on three meter because of it," she remarks. "I know its going to hurt if I screw up, so its all the more inspiration to stay tight and do the dive right. Plus, you kind of get used to that heart-attack-feeling you get before you throw a new dive or for me, just stand at the end of three meter. You just take a deep breath, focus on what you have to get done, then go for it."



Jennifer Moshier

Hometown: Hyde Park, NY

Major: Mechanical Engineering

As a three-year letterwinner for the softball team, Jennifer Moshier has developed the veteran's wily eye. See the batter edge off the plate, looking for the inside pitch. Hit the outside corner. Watch the next batter crowd the plate, trying to slap the ball the other way. Work inside this time.

She has developed the same sort of practiced eye in the field of architecture. Moshier traveled to Italy over the summer. Not as a tourist - as a student trying to explore the wonders of ancient Rome and apply her observations to work as a mechanical engineering major at the University of Rochester.

When she arrived on the River Campus as a freshman, Moshier originally set her sights on math as her major. She wanted a combination of math and science and took several introductory courses in mechanical engineering. It hit home.

"I wanted to do architecture," she said, "but my skills as an architect are not up to par." As a mechanical engineer, she could remain in a field that she loves and can analyze why some buildings are still standing and others collapse.

The trip to Italy was arranged by one of her ME professors. Moshier left a few days early with a friend. They visited Venice, then joined the group for trips to Arezzo in the Tuscany region and to Rome.

Venice - the city of canals. Roads lead in and roads lead out. The city itself only has canals. "You walk everywhere," Moshier says. "People will take a boat to work or they work on a boat."

They looked at the structure of the buildings - how the water presses against the building itself and has started to dislodge some stones.

In Arezzo, they visited the Leaning Tower of Pisa. It leans for a simple reason. "The foundations are off. It's been this way for centuries," Moshier says. "There are gauges that measure cracks in the Tower to see if it ever becomes unsafe."

Architecture and proper design have always existed. The Roman Baths have an entrance positioned to the Southwest. "If you were there bathing in the late afternoon, you would be warmed by the sun," Moshier explains. "In the morning, it would be cool for swimming."

Her course work in this class will center around a 25-page paper which is due at the end of the semester. Students can pick their own topic. Moshier will write about the Roman Coliseum. She was awed by the beauty of the edifice and could envision all of the battles that took place ages and ages ago.

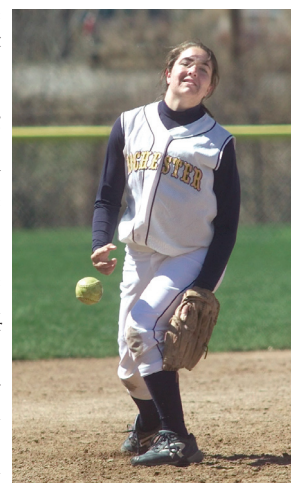
It fits with her long-term career ago. "I'd like to design and build stadiums," she says, "particularly baseball stadiums."

There are engineering firms that deal specifically with sports structures. The Hyde Park, NY (Dutchess County) resident knows what her dream job would be. She will be a Take 5 student in 2006-07. "They're planning to open the new Yankee Stadium in 2008," she says. "They'll still be working on it in 2007. I'd really like to pursue an internship with the company working on the Stadium."

A little over five months from now, her focus won't be on the ballpark at 161 Street and River Avenue. It will be on the Graduate Living Center Fields where the Yellowjackets play their home softball games. Rochester made huge strides in each of the last two seasons, setting single season win marks in Moshier's sophomore and junior years. The Yellowjackets reached the third round of the ECAC Championships.

"I want us to win ECACs," Moshier says. "That's an immediate goal. I also want to be stronger in the UAA tournament."

With an experienced team, including a veteran hurler, a foundation for success is clearly in place.



Daniel Pfohl

Hometown: Buffalo, NY

Major: Political Science

By John Kreckel '09

Baseball players follow rituals. They may be the most superstitious of all athletes - let the bat lean this way in the on-deck circle, adjust the batting helmet, tug on the cap, cock the bat, and so on.

Dan Pfohl has his priorities - including his rituals - in order. As the Yellowjacket shortstop, Pfohl leads by example for younger players to follow. He practices hard on the field but never forgot the reason why he came to the University.

As a Political Science major, Pfohl hopes that his education will take him into a possible career as a trial lawyer.

During the summer of 2005 Pfohl took his first step into the world of law by interning at the Rochester law firm of David, Fink, Cook, Kelly & Gallbraith. There he worked on many specific cases mainly having to do with divorce and family. Records are confidential, but Pfohl did have the opportunity to see how passionate the field - both its participants and its clients - can be.

A sound foundation for his background started in courses from two varying departments - one in Political Science, three in English.

One of his favorite courses in his major is PSC 202. "It focuses on the tension between majority rule and minority rights in the American political tradition," Pfohl says.

He recognizes the importance of the media as well. Three courses in the English Department deal with journalistic practice and technique. Pfohl has adapted to them as smoothly as he handles a tough infield position: English 131 introduces the student to journalistic writing and reporting techniques; English 132 studies and practices more complicated newspaper and magazine stories; English 133 concentrates on the newspaper editing process.

"I feel that these courses are instrumental in offering the necessary challenges that will help me become a successful professional in the real world," Pfohl says.

A good professor, just like a good coach, will inspire you. Pfohl credits Professors Gerald Gamm of the Political Science Department and Jim Memmott of the English Department for inspiring him to become who he is today.

"It's not only because of their interesting lectures, but their willingness to take time with each student," Pfohl points out. "They don't make you feel like you're just another face in the crowd."

On the baseball diamond, rarely has he been classified as 'just another face in the crowd'. He's been patrolling shortstop for the past three seasons and in that time, the Yellowjackets have claimed a title in one conference (the Liberty League) and a runnerup spot in another conference (the University Athletic Association).

There is a good nucleus of experience returning to the lineup for 2006 and some talented newcomers.

That's a priority for success on the diamond.



Matthew Tierney

Hometown: Albion, NY

Major: Chemical Engineering

When college students reunite on campus each fall, the obvious question asked by friends is "So, how was your summer?". Rarely is the answer "Working to make the environment better". Rarely, unless the speaker is Matt Tierney.

He spent 10 weeks over the summer on the campus of Texas A&M University doing a research project. Tierney took chemicals produced by the burning of fossil fuels (gas, oil, etc) with potentially toxic and carcinogenic properties and degraded them using a fungi that is very similar to a human being's metabolism.

Tierney is a chemical engineering major entering his last year at the University. The environment and pollution has drawn very deep interest from the Albion, New York resident. At Medina High School, Tierney liked his chemistry and mathematics courses and was strong in both areas. Chemical Engineering was a perfect fit.

At Rochester, the chemical engineering department does a good deal of work with the environment and the study of pollution. Tierney's last two summers have been spent with internships. In 2004, he remained on campus for the Eisenberg Internship under professor Eldred Chimowitz. He created a web site that is being used for senior design in the ChemEng department. He also created an emission control permit program. In broad terms, the program is designed to predict permit distribution in cap and trade models for reducing environmental emissions. The cap and trade style is an increasingly popular method to control emissions of each country or each company that it oversees.

This past summer, Tierney worked in the NSF-REU Life Science/Engineering Internship at Texas A&M University under professor Robin Autenrieth. Tierney was in the lab nearly every day, seven days a week, totaling between 40 and 50 hours a week. "The hours were different each day," he said. "I might be in there at 2 pm one day to start an experiment, then go back in at midnight to take some readings."

He was a Teaching Assistant last spring for ChE 150 - Green Engineering for a Sustainable Environment. This semester, he wants to be the T-A for ChE 225 - Chemical Engineering Thermodynamics.

Athletes sometimes use the summer for off-season training. Tierney's spent the last two summers as an intern. There has been no off-season. "It's not good to run all year long anyway," he says. His work ethic has always been the same: take what he has accomplished and try to improve it.

His list of accomplishments from 2004-05 is lengthy: New York State champion in the 400 meters, both indoors and outdoors; New York State champion on the 4x400 meter relay; NCAA qualifier indoors in the 400 and the 4x400 meter relay. He was selected the Atlantic Region Men's Indoor Track Athlete of the Year by the U.S. Track Coaches Association.

Going into indoor nationals last winter, he was seeded fifth in the 400 meter run. The top eight finishers earn All-America honors. Tierney fell and injured himself in the meet just before NCAAs. He didn't run his best race at NCAAs and that rankles him.

He will spend the fall trying to get stronger. "It's a whole body thing when you sprint," he says. Everything has to be perfect. Physical strength means a great deal to sprinters.

"If I can get stronger, I can get faster," he says. Increased speed could mean increased performance. And that could pay off with more State titles and possibly an All-America honor.

