

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 2005 were Peter 'Pat' Stark (l), Hal Johnson '52 (c.), and George VanderZwaag. (Photo by Chris Landon/FinishPhoto.com)

Emily Bango

Hometown: Albany, NY

Major: Economics

One of the most appealing aspects of the University of Rochester is the students' ability to explore new ideas and topics. Nobody knows that better than Emily Bango, the starting point guard for the women's basketball team. As a double major – she will graduate with a degree in both anthropology and African-American studies – Bango discovered her passions in her first year at the University.

"I took an anthropology course and I just really enjoyed it, and the same thing happened with African-American studies. I never had the chance to study [these topics] before coming to Rochester," Bango said.

Not only did she enjoy the courses, but Bango found that she had a passion for learning about cultures that are different from her own. "Although there are similar basic fundamentals in each culture, every one has major differences. I got to read a lot about other cultures. Even in just one class I saw different perspectives about the same culture and that's what I loved about it," she said.

In addition to the excitement of learning about new cultures, Bango quickly found two professors who influenced her to pursue her double major. Robert Foster, who taught Ethnographic Themes, motivated Bango to decide on anthropology. "His approach to both class and anthropology in general are very motivating. He was interested in his students' lives and having a professor make that effort made a big difference," she said.

Another professor who helped Bango reach her decision for academic goals was Anthea Butler, who taught African American Religious History. "I could've stayed in her class all day. She's extremely passionate and creative in her approach to presenting the material. She also tied the history to current events," Bango said.

Bango's academic passion led her to apply to be a Take Five Scholar; in the fall of 2007, she will study abroad in Santiago, Chile. Her concentration is on Latin American women's involvement in social movements and the influence of the Catholic church. Bango chose Chile because last fall, the Chilean citizens elected their first female president.

"I thought it would be a good place [to study] because progressive movement has been established. Also, the Catholic church has a lot of influence [there] and their beliefs about women's roles seem to be in conflict with the election of a female president," she said.

Bango will study middle and lower class women to analyze their daily lives to see if having a female president has an affect on how they live, how involved they are in politics and whether or not these women feel more connected to their country.

But Bango's passion is not limited to her academics. Since learning how to shoot a basketball – her neighbor's father taught her when she was 7 years old – she has worked on improving all levels of her game. Experience has helped her only get better; from sophomore to junior year, she nearly halved her number of turnovers per game.

"Sophomore year was a situation where I needed to grow and learn as the starting point guard. I learned to stay composed at all times. I focused on ball-handling the following summer because my play wasn't where I had wanted it to be. By junior year, I had seen everything. I knew [everything that] would be thrown at me," Bango said.

"Basketball – or any sport – is something you can connect to anything else you have a passion for and I definitely have a passion for both [basketball and academics]," Bango said. "The academic side of things involves more of a mental challenge whereas athletics deals with more of a physical challenge, but both are a huge time commitment so you have to be passionate to stick with both."

Bango clearly is dedicated to furthering both pursuits.



Mary DiMatteo

Hometown: Belmont, MA

Major: Political Science

When your assignment on the field means you have to prowl in front of the opponent's goal, fend off the challenge of surly defenders, then dig for the ball and line it into the net, you learn to scrap, to survive, and to succeed.

The same is true away from the field. Mary DiMatteo can draw a parallel to her industriousness on the field hockey pitch and her academic pursuits – which one day might lead to a position in a boardroom.

DiMatteo is three weeks into her senior year on the River Campus. The political science major is fine-tuning her academic concentrations to be able to land a job. There are offers on the table.

"It's been a rewarding task to make myself look attractive to recruiters," DiMatteo said one afternoon just before practice. "As an athlete, it helps. Athletics require teamwork and competitive spirit. A lot of what I've learned and how I've grown through sports will serve me well."

Why political science as a major? DiMatteo smiles. "I'm being asked that question a lot at job interviews," she says. "I've always enjoyed the relationship between people and how they react."

She took a course on political philosophy and enjoyed it. "I wanted to learn something that could help me understand the world," she admits.

Her job application is sitting on desks in the investment banking industry and with firms that do strategic consulting. She has taken entrepreneurship courses at the University and those have helped her "to see that the private sector lets you do a lot of things".

She spent the summer at home, in the Boston suburbs, at an internship with Liberty Mutual. DiMatteo worked in the sales and marketing division. "I spent some time putting together proposals on setting targets for the marketing division," she said.

Seeing a plan adopted, and then seeing it succeed, is pleasing. She knows what it takes to make it work. "It finishes a job that you've worked so hard to do," DiMatteo says. It's the same when she's maneuvering in front of the opponent's goal, looking for the feed, the quick turn, and the snap of the wrist, then the satisfying *THUNK* as the ball caroms off the wooden back of the cage.

"When I have that opportunity to score, I know that my team is counting on that goal," she says. Same thing applies in the boardroom. "You want to be the best employee for that company; to make the critical decision to sell that product for the company, or to devise the marketing plan."

DiMatteo didn't start playing field hockey until she got to high school. For much of her pre-teen and teenage years, she lived and breathed soccer – she played for five teams by eighth grade, including the United States Olympic Development Program.

"When I got to high school, I wanted something new. I practiced with both soccer and field hockey on the first day and it just clicked."

As she moved through the high school ranks, she listened to the proposal of Rochester field hockey coach Michelle Andre. There were some other schools knocking on her door as well – including Division I teams. DiMatteo had the opportunity to go to a strong, existing program, and be a contributor.

Andre talked about wanting to build a program, to construct a legacy for success here. DiMatteo liked what she heard – and she accepted the challenge. Andre's plan reaped benefits last season when the Yellowjackets made the Liberty League playoffs for the first time.

"That was huge," DiMatteo said. "I saw value in building a program."

And she wanted to be a part of it as the consummate team player.



Zachary Freed

Hometown: Dayton, OH

Major: Economics and Political Science

If the busiest people accomplish the most, Zach Freed may be one of the more accomplished students at the University of Rochester. He is clearly one of the busiest.

Freed has a double major – economics and political science. He is the president of the Varsity Student-Athlete Advisory Committee, and he is a captain of the men's swimming and diving team.

And, he just returned to the River Campus after two months in London, England. It was far from a holiday.

Freed took part in the University's Study Abroad Program and during June and July, he worked at the Talacre Community Sports Centre in northwest London. He spent his time in the complex's management office writing reports on financial matters. Talacre puts together sports competitions for a variety of age levels in a variety of sports.

Experience helps. Freed worked at the London Youth Games, the largest sports competition in England and one of the largest in Europe.

"London is comprised of a series of boroughs," Freed said. "Each borough gets a team. There are 30 to 40 athletic events going on and each borough gets an award for its best athlete."

June and July in London – when the front page stories in the London tabloids concentrated on England's travails at the World Cup in Germany. "I was in Paris when France beat Brazil (in the Cup)," he said. Ecstasy ran wild among Parisians. "Cops were honking horns. People were out until 5 a.m. celebrating."

When he wanted news, he watched the British Broadcasting Company. "They reported the important world events," he said. American television concentrates on one story and carries it for a long time. "American TV is very entertainment-oriented."

As much – sometimes more so – as his professors challenge him in the classroom, his peers in Britain did the same. They'd ask what he thought of specific world events and how he felt about America's actions.

"I liked it, to have (intelligent) discussions with people," he said. Of course, the Londoners couldn't resist a jab or two. When Freed admitted he was a soccer fan, "They asked if I've seen the English League." Seen it? He could probably rattle off the top 10 teams in the standings, then 10 other "wannabes".

After graduation, Freed wants an internship with the NCAA, preferably in Compliance or the Division II or Division III Championship Committees. He hopes it will be a springboard to getting a job with the NCAA.

His studies on the River Campus help. Economics and statistical courses provide the business principles. Political science gives him a broader understanding of global issues.

For the time being, he's concentrating on his last year as a student-athlete: working with VSAAC, captaining the swimming and diving team, and his own performance in the pool. As VSAAC President this year, he is working hand in hand with the President of the Student Association. One joint goal is to help increase attendance at all events.

Pre-season training for swim season starts in about a week. His goal here is very simple: "I'd like to go to nationals and to take some others with me," he said. "We've progressed a lot."

Coming out of Stivers High School in Dayton, Ohio, Freed wanted the competition level that Rochester offered. "You've got a lot of people who are really good swimmers," he said of conference foes. UAA teams dominate at the NCAA level.

Individually, he aims to re-set his best times. "I'm working on my technique," he says, "how I put my hand in the water to pull my full arm through the water and change my stroke."

It is a demanding, physical sport with a season that could run as long as six months for some – starting with pre-season work in September and ending, hopefully, at NCAAAs in March. "You have to show up (and perform) every day," he states. "When I'm at practice, I'm working on something."

Working hard and showing dedication have kept him busy – and accomplishing a lot.



Photo Credits: (Pg. 1) George VanderZwaag by Susan Kost; Stark, Johnson, VanderZwaag and Emily Bango by Chris Landon/FinishPhoto. com; (Pg. 2) -Mary DiMatteo and Zack Freed by Jamie Germano; (Pg. 3) -Susan Johnson by Kevin Rivoli; Joseph Lust by Germano; (Pg. 4) - Jena Robertson by Rivoli, Nick Zappia by Germano. **Story Credits:** Bango, Johnson, Lust, Robertson by Rachel Askin '06.

Susan Johnson

Hometown: Salamanca, NY
Major: Mechanical Engineering

Playing a team sport teaches athletes the value of working with others to achieve common goals, and that is an important skill that can be applied to other aspects of one's life. For outside hitter Susan Johnson, playing volleyball has taught her that indispensable skill and she has been able to apply it to her work in mechanical engineering at the University of Rochester.

"Working in engineering is working with a team. You don't do anything without a team of people," Johnson said. "Over the summer, I worked in Industrial Process Engineering at Sentry Safe and we had to work with the marketing crew because what we made had to be sold. If we made something that worked, the marketing people might say that it *looked* terrible then we would have to go fix it, make it look better. We took different ideas and made them work together."

Working as a team is one of the talents that Johnson has honed over her years as a volleyball player. She started when she was in seventh grade. Her school team's coach approached her and suggested that she give volleyball a try. "I've always been tall," Johnson said (she stands at 5'10"). "And at the time, I was already in love with basketball but I decided to try volleyball, anyway."

Johnson played junior varsity in seventh and eighth grade and then joined a summer team in Pennsylvania after she finished eighth grade. She then joined a team in Buffalo because that team was nationally ranked and she saw better competition. She made Salamanca's varsity team the following year.

"That's how I got really into it. I saw great competition and played with and against great players. It was really neat to travel and it afforded me more opportunities [to play]," Johnson said.

When it came time to apply to colleges, though, Johnson had no firm idea of where she wanted to go. She applied to 13 schools, and once she got into Rochester, she talked to Dawn Kelly [the volleyball coach at the time], who really sold Rochester to Johnson. "I didn't know what I wanted to study but I knew Rochester was a great school. There is a flexible curriculum and it's a nationally ranked school," Johnson said. "It's also far away enough from home but not *too* far." A school in a smaller city was a perfect fit for a young woman from a small town.

The Salamanca, NY native began as a math and statistics major, but quickly realized that while the material was interesting for her, she did not like the theoretical applications of that information. Instead, she chose to study the practical applications of the same material. It's a much better fit.

This semester, Johnson is taking four engineering classes – solids lab, mechanical design, applied boundary values, and heat power transfer – and after she graduates in May, her options are wide open. She would like to enter into an MBA program in Operations Management or maybe get a job to gain more field experience.

"I had this internship over the summer and I worked a lot with people, it was a very hands-on internship. I did a lot of problem solving and I loved it, but I am keeping other options open, as well," Johnson said.

Her ideal job? To work in general management of an engineering firm. "I love people and I'd like to organize a business at a higher level," Johnson said. "I initially thought that I would hate industrial engineering, but I was wrong; I actually loved working on the manufacturing floor."

Although her post-graduation plans are not solidified yet, the role that volleyball plays in her life definitely is.

"Volleyball is something you don't just give up; it's been part of my life for a long time. I want to keep playing, and there are local leagues around Rochester that I play in during my off-season. It's a very close-knit community and I can't imagine not being a part of it," Johnson said.



Joseph Lust

Hometown: Winston-Salem, NC
Major: Biomedical Engineering

Joseph Lust uses four terms to describe what running in college involves. They are: consistency, methodicalness, self-deprivation, and masochism.

"Running is a mental sport, and I am qualified on the team as 'crazy,'" Lust said. "But you have to be insane to be in a sport like this. You run even when your legs feel like they might fall off and you just keep on running."

One could argue that Lust grew into his "insanity," though, since he had to be convinced to run in high school after posting six-minute miles in gym class. He went on to place eighth in the North Carolina State Championships.

Lust also grew into his passion for biomedical engineering, his chosen major at the University of Rochester. The decision was not an easy one, though.

"I was undecided coming in [to Rochester] because it was hard to choose just *one* subject to focus on. Biomedical engineering was new for me and that's why I chose it, but I also have a concentration in biomedical optics," Lust said.

His chosen academic path involves using lasers to discover information. "For example," Lust explained, "if I bounce a laser off of a mole, I analyze the produced spectrum to get the details about the mole."

During the summer of 2005, Lust worked in a biomicroscopy lab at Boston University and this past summer, he worked in MIT/Harvard's HST (Health Science Technology) program. Lust studied oscillations of the metaphase kinetochores. "Each chromosome has a connector – a connecting point – and I studied the small movements at those points to try to discover how the chromosomes mutate and cause diseases."

Lust is very dedicated to both his athletic and academic goals, but sometimes it can be difficult to figure out how to fit both into his schedule.

"I'm here to get an education above being here to run. I'm lucky to be at a Division III school and have the opportunity to run. Sometimes I have to skip meets for my classes and their requirements," he said.

Lust wants to earn a 4.0 GPA in each of his last two undergraduate semesters in the hopes of graduating summa cum laude. Additionally, he is a teacher's assistant in two classes: Computational Laboratory (BME 201L) and Optics Computational Laboratory (BME Optics 201). He has had three 4.0 semesters so far and he is thinking about applying to be a Take Five Scholar, focusing on German.

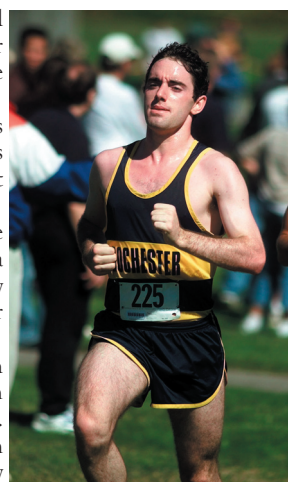
"Having another year of eligibility to run doesn't hurt either," Lust said. He did not run outdoor track in the spring of 2005 due to injury.

This season, Lust is captain of the cross country team and he wants to focus on being a leader. "Last year, we reversed the curse at UAA's by not finishing last," Lust said. "This year, I want to finish in the top three. I also want the team to be named All-Academic. These goals are definitely within reach."

Especially with the rule change for this year – now every finish in every meet can help the team's chances of qualifying for NCAA's – the men will have to push harder to improve their performances.

"Running keeps people sane, it's the way to keep the madman sane," Lust said. "It's stress-relief because it's quite a release to go out there and focus solely on the running."

Lust recorded his best time at the 2005 UAA championships (26:31), finishing 25th as the Yellowjackets placed fifth. He finished 12th – the second Yellowjacket – at the Alumni Invitational (27:08.19). Lust placed 15th at the New York State championships (27:04.0) while being the third 'Jacket to cross the line and finished 32nd at NCAA Regionals (26:39.9, fourth on team) while earning a 4.0 GPA. Lust also won an individual academic award from the US Track & Field/Cross Country Coaches Association.



Jena Robertson

Hometown: Tulsa, OK

Major: Psychology

Personal experiences tend to point students in the right direction when it comes to choosing an academic major. Students seem to find their passions based on what has happened in their lives prior to coming to college and that is exactly how the Yellowjackets' starting shortstop, Jena Robertson, decided on her academic path.

"I have a unique family," Robertson said. "It's me and my three sisters, and I'm the youngest. Even growing up, I remember analyzing everything to try to figure out what was going on."

Her family's interactions with one another led Robertson to study psychology at the University of Rochester, and one academic year was all it took to sell her on the subject.

"I took a few psychology classes and I knew that that was what I wanted to study," Robertson said. "Then I took Theories of Personality and Psychotherapy with [Professor] Rich Ryan; that was when I started to develop my own opinions. After that, I started taking relationship classes. I took [Professor Harry] Reis' class, Relationship Process and Emotions, and I loved it. He's an amazing professor."

Robertson also took Research Methods with Professor Ron Rogge and that's when she discovered her interest in research in psychology.

"He told me about his early marital research and that's when I started working with him. I've worked with him for three semesters now. He's my advisor for my honors thesis - which focuses on individuals' reactions to breakups - and I still work as his research assistant. A lot of the work is hands-on; the research is a foundation for how we come to theories to begin with and I love being a part of that process."

In addition to influencing her academics, her family dynamic also motivated Robertson to start playing softball at the age of 5.

There was no team for kids at that age, so Robertson played with first-graders. She continued to play with the same core of girls in summer leagues all through high school. For her summer team, Robertson was the shortstop, but for Tulsa's Nathan Hale High School she pitched. She prefers shortstop because she had more fun playing that position, but her mother insisted on pitching lessons, as well.

"Of course I always think about the psychology of being on the mound. There is a lot of pressure when I'm pitching, so it'd be pretty hard to not make that connection," Robertson said. "One of my goals for this season is to change my attitude about pitching. I have to do what's best for the team and if that means I'm on the mound, then so be it. We have a lot to prove [this year], we have lots of potential that we haven't fully shown yet."

Robertson realizes that she can only play for so long and she realizes that her opportunity to play at such a high level is coming to an end.

"It's a big part of my life, but I need to start focusing on what I'm going to be when I grow up," Robertson said. "It's a slow process of realization that I'm going to have to move on."

After graduation in May, Robertson hopes to work for one or two years to strengthen her resume, then she wants to go to graduate school and get her PhD. Robertson wants to go into treatment, most likely focusing on cognitive or behavioral approaches.

"I miss my family; my sister just had a baby so I feel like by being away from them, I might be missing out on some good times," she said. "I like Rogge and I like his work so I have ties in Rochester, but I'm not limiting myself to staying here."

She came to Rochester because she wanted to experience a new place far from home, and on the plane on her way home, Robertson distinctly remembers thinking, *I'll definitely be coming back here.* "And here I am," Robertson said.



Nicholas Zappia

Hometown: Canandaigua, NY

Major: Economics and Statistics

Eight months from now, Nick Zappia will walk across the stage at commencement ceremonies, collect his degrees, and share some words with his classmates, his family, and his friends. Then the next stage of his life will begin.

For now, he has a myriad of responsibilities in two roles which sometimes intertwine. He is a co-captain of the Yellowjacket football team and he is a senior student at the University of Rochester.

It is a much different role on the gridiron as a senior. "You see yourself in a more accountable role," he says. "The freshmen don't know how much you put into it."

He can talk to them at practice and tell them, "three years ago, I was you". It's hard to tell how much of the message gets through. When veterans abound at a position and win their jobs back in pre-season camp, freshmen wind up on the 'Scout Team', the groups that collectively mirror the play of that week's opponent. For those frosh, Zappia's message is simple: it's a start. "Let them know they have to work their way up," he says.

Human nature makes it difficult to realize the other guy was in your spot a couple of years ago. Zappia's earned All-Conference honors for his football skills, he's an Academic All-American, and he started every game of his college career heading into his senior season.

"The first game I played here, my head was spinning against Johns Hopkins," he said.

He has a great deal of respect for each of the three men who've been his position coach at Rochester. "Coach (Jason) Bendekovic introduced me to the college game," Zappia said. Last year, his line coach was Anthony Bianchi. "Last year, we became a more fundamentally sound group."

Now, he's playing for Jason Andersen, who played at Brigham Young, then played in the NFL and the Arena League. "It takes a while to understand defenses and how they try to attack you so much more," Zappia says. Andersen is teaching the line his own variety of 'Tricks of the Trade'.

When he isn't at practice daily, in a meeting, or toiling on the field on game day, Zappia is in the classroom. His role as a senior student has changed as much as his role as a football captain.

"Dean (William Scott) Green was my adviser freshman year," Zappia said, "and he was always there for me to talk to him about the University and the opportunities available here."

Originally, he wanted to be a pharmacist. "It took a bunch of classes to realize what I was good at," he said. Towards the end of his sophomore year, he decided on a double major of economics and statistics.

Over the summer, he worked for CIGNA Insurance in Hartford, Connecticut. He priced out a variety of health insurance plans through research and analysis of existing data. CIGNA is considered one of the top five health insurance carriers in the United States along with AETNA, Wellpoint, Blue Cross, and United Health Systems.

"Health insurance is going to be a problem due to rising medical costs," Zappia said. "The poor can't get medical care."

In addition to the double major, he is taking some courses at the William E. Simon Graduate School of Business to earn a management certificate.

His academic goals are simple: get everything in order to entice a recruiter. Much of the hard work with this task comes in the sophomore and junior years - just like the gridiron.

"Everything points towards the last football season," Zappia says, "and it's the same in your academics."

Get used to college and learn the basics as a freshman, put in the legwork as a sophomore and junior, then fine tune it for success as a senior.

That's a game plan for success.

