

The 2010 Garnish Scholar-Athlete Awards

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.



In 2006, the committee awarded its Garnish Citation to Sally Morales (l.), longtime administrative assistant to the Director of Athletics. The presentation was made by University President Joel Seligman (c.) and George VanderZwaag (r.).



Stephen Goodridge (c.) won the 2006 NCAA Division III Golf Championship. He is shown here with Pat Stark (l.) of the Garnish Committee and Dr. John Garnish (r.).

The Garnish Scholars Excel in the Classroom and on the Field...



Matt Stack (c.), who was honored by the National Football Foundation as a top scholar, is joined by Dr. John Garnish '51 (l.), and Ralph Kuncel (r.), the University's Provost.



Juliana Nicholson '10, shown here with Ralph Kuncel, was an All-Liberty League catcher in softball.

The past few seasons, the UR women's basketball team has shined. The Yellowjackets advanced to the Final Four last year, matching the deepest playoff run in school history. Over a three-year period, they snagged the crowns in the Wendy's College Classic Tournament (JPMorgan Chase Tournament) and their own Chuck Resler Invitational. And since 2006, the 'Jackets have refused to let their season record dip below .710.

Yet for such large success, one small word is responsible — trust.

"The most important lesson I've learned from being on the basketball team is trust," senior guard Melissa Alwardt explained. "You go out there every game and whether you're on the bench or on the floor, we're going to back you up. We turn the ball over a lot, but we've won a lot of games. We trust that someone else will make the next play."

Not only has the health and society major (as well as biology minor) learned to value the trust of her teammates, she has also learned to trust herself. The results speak for themselves — Alwardt has received the highest possible athletic and academic honors, becoming an All-American and a member of the University Athletic Association President's Scholar-Athlete Team. For such expertise in juggling athletics and academics, the Greece, NY native has earned the 2010 Lysle "Spike" Garnish Scholar-Athlete Award.

Alwardt has received dozens of similar awards throughout her collegiate career, but to her, her biggest success lies in academia — namely, that she has been a member of the Dean's List every semester thus far.

When Alwardt came to UR as a freshman, she planned to major in biology and continue onto medical school. Although these plans have been modified, Alwardt has the core scientific coursework under her belt and therefore has a strong science background. She hopes to transform this academic excellence, which the UAA recognized two seasons ago by naming her to the All-Academic Team, into real-world experience after graduation by attending physician's assistant school. If physician's assistant school does not end up fitting into Alwardt's plans, then she will become an assistant basketball coach.

Although Alwardt's academic goals have changed at UR, her athletic abilities have remained consistent — every season, she dominated on the court as both an offensive and defensive threat. As a freshman, she averaged 9.9 points per game, and as a sophomore, she led the team in points per game, three-point percentage and assists. She tacked on rebounds and steals to the category-leading statistics in her junior year, and she shot .859 from the stripe the same season.

In the Sweet 16 round of the NCAA Division III playoffs, Alwardt made history — she surpassed the 1,000-point career mark in a 74-69 victory over Christopher Newport University. Alwardt also went down in record books for earning All-UAA honors in three consecutive seasons, earning First Team All-District II honors, being named to the All-East Region Second Team, being named to the ECAC All-Upstate New York Second Team and becoming a member of the Final Four All-Tournament Team.

Such accolades suggest that Alwardt's role on the court is easy, but playing the position of shooting guard accompanies several challenges.

"The hardest part about playing this position is the focus on you as a guard," Alwardt admitted. "You're going to be double teamed, you're going to be hacked, but you have to find a way through it. You have to get open, and you have to make the right play at the right time."

Alwardt handles her demanding position professionally, responding to the pressure that it entails in a beneficial way.

"As a guard, I embrace the pressure," Alwardt shared. "I'm one of those people who eggs on the other team and gets into their heads. The pressure is fun."

Alwardt's ability to overcome such obstacles has not been the sole reason for her overall success — guidance from mentors and a bit of a superstitious attitude contribute to the recipe, as well.

Whenever she plays a game, she remembers her father's advice to focus on every shot and to not go out there with anything less than her best. Alwardt chose to wear number 21 simply because she had a good season the first time she wore it. She has to eat a candy bar of some sort before she plays any game, and she especially enjoys team dinners before Friday night games and breakfasts at Mt. Hope Diner before Sunday afternoon games.

Such traditions with her teammates and friends are what Alwardt will miss the most when she graduates from UR, but she has high hopes for her final season on the squad.

"Our team goals are winning the UAA, getting back to the Final Four and playing overall well in every game," she stated. "We don't want to have any letdowns. Last year, we went to the Final Four, which is the farthest any women's team has gone, and we bring everyone back this year."



HOMETOWN: Greece, NY
MAJOR: Health and Society
MINOR: Biology

A senior captain and three-year starter for the UR men's soccer team, it's tough to remember that Misha Carrel-Thomas was once more like a student. Two years ago, Carrel-Thomas joined a starting line of veteran defenders. Over the years, as to be expected, he picked up a few of their cues.

Before the start of every men's soccer match, the starters from each team follow the referees out to midfield. Forming a line branching out toward each team's goal, the starters are announced.

Most players acknowledge their name with a nod or a wave. Carrel-Thomas, however, doesn't look up.

"I really picked it up from Jeremy Gaden, whose number I also wear," he explains. "He was a great mentor for me."

Carrel-Thomas, a political science major here at UR, has picked up more than just an unassuming manner off the field from his mentor though.

As a defender, he plays a quiet game, breaking up opponent's plays before they can become a threat, composedly dishing out the ball to teammates on the wings, setting up the UR attack. His style isn't nonchalant – just understated and dependable.

And as Carrel-Thomas, who's been playing soccer since his father coached him in a rec league at the age of four, has grown into his leadership role, his talent has become more pronounced as well. And people are taking notice. In this year's Flower City Tournament, Carrel-Thomas was named the best defensive player. He is also one of 10 UR student athletes to earn the Lysle "Spike" Garnish award for both academic and athletic achievement.

While Carrel-Thomas's soccer playing career came about thanks in part to his dad ("I got a lot of playing time," he quips), the sport still serves him pretty well.

"I like winning," he says. "I like the group of friends I have through playing soccer. And I like the competitive environment that soccer brings. It's a little different from intramurals, because of that competitive edge that you get. Soccer keeps me focused on my academics also. I could be spending that time doing nothing or getting involved in meaningless other activities, but soccer keeps me on track with my academics as well."

And when it came to looking for college, Carrel-Thomas knew just what he was looking for.

"I wanted to go to smaller university that was also a good academic one," he explains, "and I didn't have to look hard."

A friend's father had gone to UR and recommended the school to the Cleveland, Ohio native. The fit seems to have worked out for him – the role of student-athlete, after all, isn't always an easy one, but Carrel-Thomas manages it well. He

has excelled both on the field, reaping All-Region and First Team All-University Athletic Association honors last season, and off the field, where he's earned All-Academic honors in the UAA.

But with the accolades seemingly piling up, Carrel-Thomas doesn't seem to need to pat himself on the back. Being a captain on the team this year, the senior is focused not on the honors, but on his job.

"The role I serve is to make sure things on the team run smoothly," he explained. "It's really nothing glorious and special. ... I really just serve the guys on my team – if they have concerns about practice or any soccer or non-soccer related questions, I'm there for them."

While Carrel-Thomas is very self-aware of his role and

responsibilities through his time here at UR, he is equally self-aware about the uncertainty of his future after he graduates from UR this coming spring. After a summer working for Environmental Health Watch, a Cleveland-based organization that works with inner-city families to improve their quality of life from an environmental standpoint, Carrel-Thomas is open to any number of paths.

"I'm not sure yet, though I would say I'm interested in teaching," Carrel-Thomas said. "I would like to get involved in a teaching program and then see what my options are."

While his future may be uncertain, that doesn't seem to bother the Cleveland native. You get the impression, just like you do from watching him on the soccer field, that there is no rush – that patience will win out.



HOMETOWN: Cleveland, OH
MAJOR: Political Science

For the last month, senior Zach Feldmann has been taking abuse (and doling it out) as the center for the UR football team. Six months ago, however, the Arnold, Md. native was about as far away from a football field as you could imagine, studying abroad in Beijing, China.

"It was amazing," the senior said. "You learn so much, that when people ask how it was, you feel like you can't describe it, so you just use simple terms like, 'it was amazing' and 'I had a lot of fun,' because you could talk all day about your first day."

How many football centers do you know that can speak Chinese? Likely not many. But Feldmann, a political science major, has studied Chinese since coming to UR.

"I liked languages a lot, so I was really looking to make some kind of career out of it," Feldmann said. "It was one of the only things I was really passionate about, I guess."

Getting to travel wasn't so much a perk of learning a language as a means in itself, due in part to his family's influence. Feldmann describes his family as "international" and seems bound to follow in that lead. His major in political science is a reflection of that.

"I don't know the most, by far," he admitted. "But I feel like I ought to know more about the world. You know, Americans, we don't know so much, we're kind of ignorant some times. And I've just always been interested in stuff going on outside our own country."

Stateside, Feldmann offers a similar perspective. His college years have been a mark of his curiosity and a desire to experience as many different ventures as possible, including sports, studying abroad and becoming a member of the Delta Kappa Epsilon fraternity. The culmination of that is Feldmann being honored with the Lysle "Spike" Garnish award, recognizing his scholastic efforts and athletic accomplishments.

It's on the football field where Feldmann spends a large chunk of his time, especially during the fall. And the center position is an unusual one, only because it embodies a lot of hard work, with generally very little recognition. If a center is noted, it's as a unit, not an individual. Still, you

certainly see the result of their work – a quarterback having the time to complete a 45-yard pass and a running back's ability to slip through for a first down are both the result of the offensive line doing its job. Feldmann simply embraces the responsibility the position carries.

"I see myself as someone who gets the offensive line on track and therefore the offense on track and then the team on track," he explained.

In his final year, Feldmann isn't quite sure what sure what he will be doing next. He's been applying for positions in the State Department, waiting to see if something "sticks."

"I don't really know what I want to do, but I have some criteria – at some point I want to do things abroad," he explained simply. "I want to go back to China – go to other countries. I want to continue to speak other languages. I want to keep getting better at Chinese and learn another

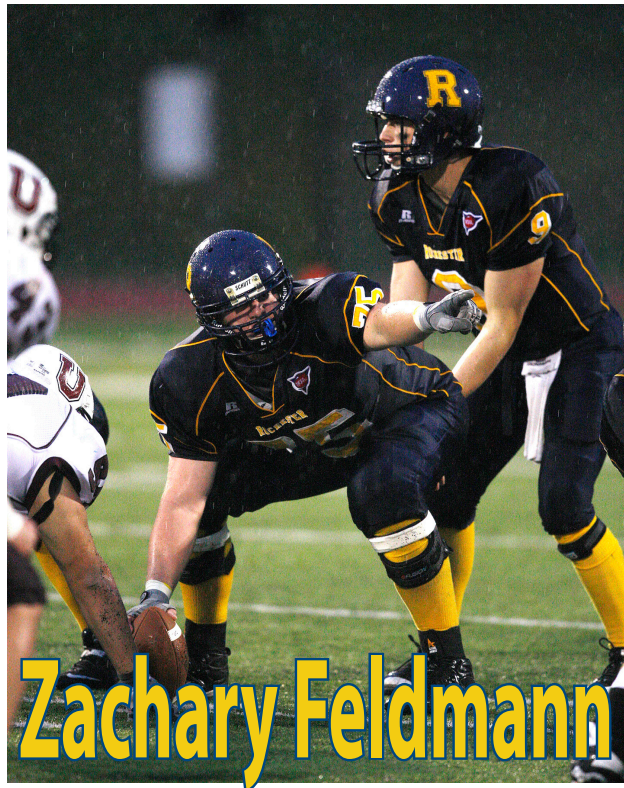
language. ... My grandfather was in the Foreign Service, so they traveled all over – and I feel like they're better people for it. Six months in another country – for lack of a better term, it changed my life."

During his six month stint in China, Feldmann had the opportunity to travel a lot. He spent two weeks in Southeast Asia and toured various regions of China. And while the landscape and architecture were incredible, it was something else that stuck with the football center.

"I saw the Great Wall, I saw the Tiger leaping Gorge, I saw the terracotta warriors, but what I really remember are things like this one night when I was out late and I was hungry

and I walked across the street to get some KFC – yes, they have KFC in China," Feldmann quipped. "There was no one in the store, except the one guy, and I ended up just talking to this guy, because I really wanted to go on one of those tears. So I talked to a KFC cashier about Christianity and Confucianism and how they clash and align in China."

An unusual experience, no doubt. But then again, Zach Feldmann is not your usual offensive lineman.



HOMETOWN: Arnold, MD
MAJOR: Political Science

Two years ago, Yaneve Fonge had one of those summers – the kind of experience that changes the way you think, changes your perspective and changes what you believe you can accomplish. The Cheshire, CT, native and track and field star here at UR went to Cameroon to study their healthcare system, as well as meet family members from whom she had been estranged.

“I worked in a hospital, but the most interesting part was doing the community medicine, so we would go to different villages around Cameroon, and we would meet with the chiefs and get their permission to work in their villages,” Fonge explained. “Then, we would provide free health care to the villagers. It was just a different sense of community medicine.”

A microbiology major, Fonge has been interested in practicing medicine since her sophomore year of high school, when she attended a Youth Leadership Forum on Medicine in Boston.

“We did things like suture bananas and sit in on surgery – I saw the removal of a tumor,” she said. “We had people who had HIV come and talk with us, and people from different specialties come and talk to us, and I just got really excited about the whole thing.”

The route of her interest in medicine, however, goes back even further. A first generation immigrant, Fonge has medicine in her blood. Her mother is a nurse, and she would always ask questions about her day, making her mother tell her stories about her work.

When it came time to apply to undergrad, Fonge found exciting opportunities within UR.

“They were really open to research and doing research in your first year, which wasn’t something I found at a lot of other schools,” Fonge said. “There were just a lot of options.”

It’s been three years since she first came to UR, and Fonge hasn’t looked back – both in the classroom and as an athlete. Fonge is one of 10 athletes to be awarded the Lysle “Spike” Garnish award, honoring her for both her academic and athletic achievement. And there’s been quite a bit of both.

Fonge is a field star by anyone’s assessment. Only having picked up throwing her junior year of college, she qualified for NCAAAs last spring – one of only two UR athletes to do so – and finished 15th best in the country in the hammer throw. She also broke the school record for shot put last spring not once, but twice.

“I like that track and field is very much an individual sport, but it’s also very much team-based,” she said. “So, like, I’m working at my marks and progress on an individual level to get to the highest level of competition, but at the same time I like working with my teammates, helping them through. I remember when I was just starting to throw, so helping them with technique and things like that.”

It takes a certain kind of person to compete in track and field, or any sport for that matter. But Fonge seems to excel because of her focus and commitment to the sport – traits that transcend just her athletic performance. Last year, she was named a United States Track and Field and Cross Country Coaches Association Scholar All-American. She is also involved in the Newman Community on campus, UR Tours Junior, a program designed to excited area middle- and high-schoolers about higher education opportunities, and volunteers at



Strong Memorial Hospital.

“[These activities] have different challenges. I mean, track and field would never keep me up till three in the morning,” Fonge added.

Fonge’s choice in activities offer similarities as well. In all, Fonge prizes the ability to interact and help others and to leave her mark. That, she explained, was what she was truly passionate about.

“I think it’s a desire to make lasting impacts and do the best that I can do, not just me having an effect on things,” Fonge explained, “but bringing people along and ensuring that other people have opportunities that they might not have seen or normally had unless someone goes out there and finds them and shows them.”

Perfection — it is an unattainable goal and distorts the realities of most who strive to achieve it. Yet senior Mike Labanowski of the men's basketball team, who admits that he is a bit of a perfectionist, refuses to fall victim to perfection's trap.

The shooting guard and Rochester, NY native has undergone his fair share of adversities along the way to perfection. In response to them, he has discarded the idea of perfection and adapted the aspiration of constant improvement. For such efforts in both athletics and academics, the mechanical engineering major and environmental engineering minor has received the 2010 Lysle "Spike" Garnish Award.

In his sophomore year, Labanowski encountered perhaps the largest obstacle that he has ever before had to overcome. With six minutes remaining in the semifinal game of the JP Morgan Chase Tournament against St. John Fisher College, he attempted a pull-up jumper in the lane. It was not a normal shot for Labanowski, but he took it for teammate Mike Chmielowiec, who was already out of the game. He went up for the shot, came down and felt part of his leg snap.

The result was a torn ACL that kept Labanowski — at the time, the second-highest scorer on the team who shot .430 from behind the arc and .929 from the free-throw line — off the court for the next eight months.

"I had like a couple bad rolled ankles, but nothing even close to this magnitude," Labanowski said. "It was definitely one of the hardest experiences of my life. I was on crutches for five weeks and had to keep my leg completely straight for four weeks. It was really stressful. My two emotional releases are going for a run and playing basketball. I could do neither."

Labanowski responded to the frustration admirably, spending countless hours in the training room, working diligently in rehab and supporting his teammates from the sideline. In fact, one of Labanowski's goals for his final season as a Yellowjacket is to continue such support, this time on the court, in the form of a team leader.

"I want to be a much better team leader than I was last year," he shared. "Last year, we had senior captains, and I was a junior who played. I felt awkward taking control, and I did a poor job. This year, I'm going to work to take control of the team and make sure everyone's doing what they're supposed to be doing."

Labanowski also viewed the injury with some optimism, reasoning that it allowed him to focus on academics. He

increased his GPA to a 3.84. The UAA recognized such excellence in the classroom — he was named to the league's All-Academic Team.

This past summer, Labanowski transformed his academic expertise into real-world experience as a mechanical design intern at the Ginna Nuclear Power Plant in Ontario, NY. Upon graduation from UR, he plans to gain more experience by finding a job in engineering — ideally, one that pertains to solar or wind power — in the greater Boston area.

In order to achieve these career goals, Labanowski must continue to follow the advice that has served him well since he began playing basketball at the age of three, when his parents bought him a basketball hoop for his third birthday.

"Something I always think about is something my dad says," Labanowski explained. "When something doesn't go the way I want it to go, he tells me to put it in a bigger perspective. There's nothing I can do about it. He tells me not to worry about it, and that there are bigger things to worry about."

This grounded attitude has greatly benefited Labanowski in athletics thus far. It has

enabled him to become a threat on both sides of the court, adding assists and banking shots on the offensive end and recording steals on the defensive end. Labanowski's smooth three-point shot, in particular, has helped the 'Jackets snag the Chase Tournament and Wendy's College Classic Tournament crowns.

Labanowski has been hitting three-pointers since his sixth grade coach decided to move him from forward to shooting guard. When Labanowski was in high school, he played his league rival at home on senior night. With four seconds left in overtime and with his team down by two points, he sunk the game-winning three. He even decided to sport number 44 in college because of a childhood friend who was known for his clutch three-point shot at Coastal Carolina University.

Such ability comes at a cost, though, for Labanowski's injury has forced him to work extra hard to constantly improve his speed, help defense and shot.

"I would like to say the injury made me stronger," Labanowski stated. "I'm not as quick as I was, and it still hurts, but like my dad said, it's not the end of the world... I'm playing, so that's the most important thing."



HOMETOWN: Rochester, NY
MAJOR: Mechanical Engineering
MINOR: Environmental Engineering

Whoever coined the term “mind over matter” was right. For many, no matter the task at hand — whether frustrating, like doing a dirty job at work, difficult, like learning a new language, or upsetting, like saying goodbye to a close friend — attitude outweighs all.

Senior AJ Lee of the men’s track and field, a biochemistry major, is no stranger to this idea. He has learned to stay in the right mindset both in the classroom and on the track — when juggling academics and athletics seems overwhelming, he reminds himself of the prior obstacles he has overcome and successes he has achieved. For such perseverance, Lee has received the 2010 Lysle “Spike” Garnish Award.

“I think the biggest challenge for runners is being in the right mental state before the race,” he explained. “Mental preparation is a key component to racing — it’s important to ‘block out’ negative thoughts and stay focused before and during the race.”

The sprinter and mid-distance runner from Longmeadow, MA has mastered this difficulty in an unexpected way — before each race, he listens to orchestral music in order to stay calm and relaxed.

The unique pre-race ritual has served Lee well thus far in his collegiate career. Over the past three years, he has qualified for the Eastern College Athletic Conference meet in the 4-by-400-meter relay as well as in the 400-, 500- and 800-meter races.

As a sophomore, he finished the 500 in 1.05.38, recording the second-fastest time in school history. The same season, he ran a leg in the record-breaking 4-by-800 relay, which clocked in at 7.52.41 at the Denault Invitational at Cornell University.

“The race was a nervous moment — our whole team gathered on the track to see us run,” Lee shared. “I remember [junior Andrew Fleisher] was stuck in a slow group of runners, and when he handed the baton to me, I took off like I was running a sprint. After my leg, I looked around and realized I had put a solid 50 meters on the guy behind me. I wasn’t sure how we stood after [junior Dan Wolfanger’s] leg, so when [junior Greg Hartnett] got the baton, I began ‘counting the seconds.’

Meanwhile, everyone was on their feet cheering for us. I could see the excitement in Coach [John] Izzo — he wouldn’t stop pacing back and forth. Greg crossed the line with more

than a second under the record. The feeling was exulting, people kept telling me how exciting we were to watch. It was such a great moment, we had so much reason to celebrate.”

Lee has much to celebrate academically, too. In two of his three years at UR, he has played a role in the United States Track and Field and Cross Country Coaches Association’s decision to name the men’s track and field team an All-Academic team.

In addition to playing a varsity sport and fulfilling pre-medical requirements, Lee has found time to gain real-world experience in the field of medicine. He has performed research in estrogen receptor alpha at the UR Medical Center, acted as an orderly in URMC’s radiology department, spent time as a research assistant in wound care healing and interned this past summer in Covidien’s research and development department.

Whether Lee ends up attending medical school to become a physician or going to graduate school to earn a Master’s degree, such experience will be helpful. His extracurricular involvement — as a track and field representative on the Varsity Student Athlete Advisory Committee, a member of the St. Sebastian Society and a participant in the swing dance club — will also come in handy.

Yet despite these impressive accomplishments, Lee continues to act modest and selfless.

“Our success as a team comes from success as individuals,” he said. “It’s rather interesting to put a team together, where most of us do different events, but we give each other support and we build our team camaraderie. We gain motivation by watching each other compete — we each share our triumphs and our losses. In the end, we are really competing for each other.”

This team dynamic has, in turn, motivated Lee to excel in his own athletic and academic environments.

“Balancing track and schoolwork is really a test of how much you can push yourself for success,” he stated. “There are many sacrifices involved in the process, but in the end, this is a way to discover how much potential I have in life. Life, [to me], it has no limits.”



HOMETOWN: Longmeadow, MA
MAJOR: Biochemistry

Maybe it was the competitive edge growing up with four brothers. Or maybe it's the nature of the game she has been playing since she was in seventh grade. Or maybe it's the indomitable family influence and dinner table conversation. Whatever the cause, senior Lindsay Macaluso is all about attitude.

"You kind of have to have an attitude sometimes," Macaluso explains about playing shortstop on the softball field. "It's uncomfortable for a lot of people."

By "attitude," it's not just how Macaluso carries herself; it's about how she approaches situations – and not just on the softball field. Within minutes of speaking with the veteran softball player and English major, she impresses you with her enthusiasm and her clear-cut, yet easygoing demeanor.

Part of that is personified by her relationship with the UR athletic department. The softball representative for the Varsity Student Athlete Advisory Committee and employee at the Goergen Athletic Center, Macaluso knows the athletics administration pretty well. Her own mantra seems to align with how she describes her work atmosphere: high expectations, but also lots of fun.

"They have a blast, but at the same time, they run a very tight ship," she explains.

Macaluso also runs a tight ship, both as shortstop of the UR women's softball team and in the classroom. As a result, she is one of 10 student athletes who have earned the Lysle "Spike" Garnish award this year which honors individuals' scholastic achievements.

Beyond over-achieving and confident, Macaluso's attitude also gives her a fresh perspective on her possibilities after college and her capacity to tackle challenges.

"I grew up kind of on the job site," Macaluso says, explaining how her dad works in project management and construction. "And it's always been really hands on. And recently my dad has started doing some development in Buffalo and working with some areas that have traditionally been pretty impoverished or let go. But you know, with a little time and attention, you can make something that has been a sore spot for a really long time and turn it into something really good."

Last winter break, Macaluso and a couple of her friends from the softball team went to New Orleans on complimentary airline tickets they'd received for a delayed flight the year

before. They spent five days down there. For Macaluso, a self-described avid traveler ("sometimes you just get that itch," she says with a smile), the experience and character of the town really stuck.

"With people like that, you can understand why everyone in the country was so eager to help them," she says, reliving an encounter they had with an eccentric woman who greeted them outside her house at 11 a.m. with a glass of wine. "Yes, it's a part of your country and you want to help them out when something bad happens, but the people are just awesome."

After this year, Macaluso's options are still open. Her hope is to take year off, potentially go to law school and then get into real estate development – again, as a result of her dad's influence.

"During our dinner conversations, when we talk about what everyone did during the day, his days are usually pretty interesting, so I like that," she explains. "I'll probably end up going into business with my family at some point, because we all pretty much think the same."

While her short-term plans after college aren't certain, you can be assured at least of her performance on the softball field. She wasn't happy just earning All-Liberty league honorable mention accolades her freshman year, so as a sophomore, she stepped up her game, earning UAA Player of the Year, Liberty League Player of the Year and ECAC Upstate New York Player of the Year honors. At the culmination of the season, she was named All-Region.

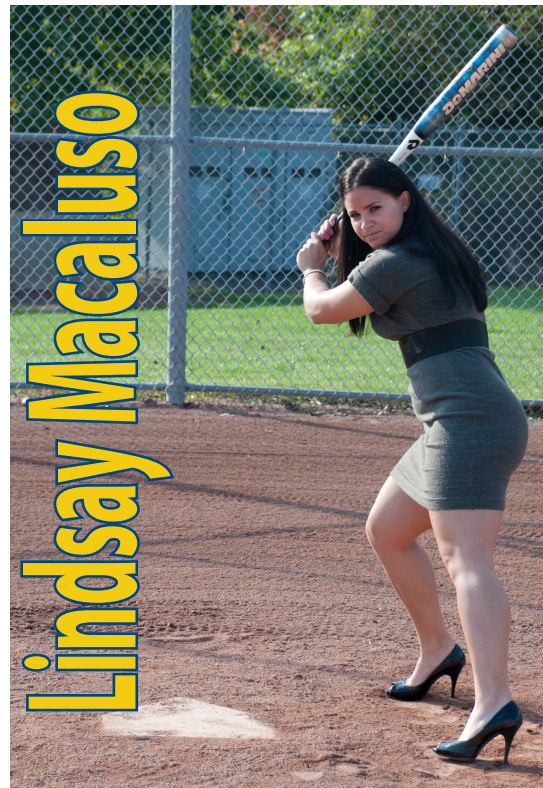
Last season, she led the team in hits, runs, had the second-best batting average and was first in stolen bases.

She was All-Region for the second year in a row and a First Team All-Liberty League selection. And the list goes on.

Although skilled athletes are a dime a dozen, Macaluso has that x factor. Off the field, you would call her a people person – both in her outgoing nature and in her appreciation of their impact on her.

"I don't think you can do anything in life unless you have great people around you," she says. "We had one away game – I think it was Regionals – and we look up in the stands and there are girls who had to travel to see us play; there's the Athletic Director, who had to drive to Ithaca on a really crappy Saturday morning. It was really cool."

While Macaluso's x factor might be tough to pin point, for now we can call it attitude, meant in every sense of the word.



HOMETOWN: Amherst, NY
MAJOR: English

An ideal center midfielder is a resourceful player. She must be able to see the field and attack as a striker, yet be able to defend with the committed intensity of a defender. And she must be a leader in the middle of the pitch. For senior Kirsten Ross, there might not be a better fit on the pitch.

"Last year was the first time I played center mid," she explains. "And I liked it – it's more of a controlled position."

It didn't take long for the UR captain to acclimate herself to the center of the field (she used to play on the wing) Last season, Ross anchored a midfield on a team that made it into the second round of the NCAA tournament – the farthest the team has gone in the tournament since Ross arrived at UR in 2007. But really, Ross's success in the middle is hardly a surprise.

For the Northumberland, Pa., native, setting goals and achieving them has become almost like a skill that she has honed over the course of her athletic and academic careers.

"Always at the beginning of the season, we set goals as a team, like we're going to win the UAA or we're going to make it into the NCAA tournament," Ross says. "And just focusing on that and working as hard as you can to accomplish those goals. Not just in soccer, but in school, too – like setting goals for myself for a semester like I'm going to take these classes and do well in them and get this out of it. I just love the feeling of accomplishing a goal. There's no better feeling in the world than that."

Her latest achievement? Earning the Lysle "Spike" Garnish award, along with nine other student athletes, for her hard work both on and off the field.

Looking at her list of involvements, Ross would clearly fall under the "busy" category. Most of her time is taken up by one of three things: presidential duties for her sorority, Sigma Delta Tau; captaining the women's soccer team; or being a biomedical engineering major – a discipline that Ross knew she wanted to be a part of before she even applied to UR.

"I've always been interested in medicine, and I've wanted to be a doctor for a while, but I didn't want to do biology, so that if I decided I didn't want to go to medical school, I'd have something else to do," the senior explains. "BME just seemed like a logical choice. I've always loved trying to figure things out and designing things – putting things together."

Her problem solving skills have really come in handy, both as a BME major in classes such as BME 201 – "Everybody hates that class, but it's a very logical class, and that's how I think so it was easy for me to pick it up" – and in the middle of the soccer pitch during a

grueling fall schedule that matches the women up against a number of nationally ranked opponents.

Last year, Ross was second on the team in assists, tallied the largest point total among non-strikers and started every game for the 'Jackets. And through one month of competition this fall, she has already matched her goal total from last year.

Yes, Kirsten Ross has a knack for success. Her performance on the soccer field not only showcases that, but also fuels it.

"I love the team," she says with a smile. "I love that it gives me something to do and it gives me structure. I love the spring, because I have a lot more free time, but in the fall, I feel so much more productive."

Productivity is a good word for the senior who's been playing soccer since she was five years old. And the future appears equally bountiful – after taking a year off to gain experience, Ross plans to attend medical school.

Most importantly though, it seems Ross isn't one to shy away from something new and different. Just by listening her describe one of her favorite classes here at UR, you begin to understand why the future looks bright for Ross.

"I really liked the class," she says. "It was nice to learn something that I had never experienced before."



Correlation may not be the same as causation, but in the case of Lia Weiner, there is definitely a clear direct relationship between hard work and success. A senior Math and Economics major, Weiner keeps setting the bar against her past successes to great result.

Weiner, who was selected as an All-American in 2008-2009, attended Riverview High School in Sarasota, Florida. She wanted to come north, she said, leaving behind the sometimes unbearable Florida heat.

"I wanted seasons. You can go back to Florida in December and it's still in the 80s," she said. "It's just nice to have snow, and fall and spring. I never liked the heat."

The temperate gulf coast weather, however, makes for great year-round tennis – something that's no secret.

"There's the best competition in Florida. People move there because you can play year round."

Though she was late picking up a racquet—she started playing at age 11—she said the level of play she came up against in Florida was beneficial.

"I think that helped me to improve faster, even if I started later."

This might explain why stiff competition doesn't scare Weiner. Going into last year's Intercollegiate Tennis Association Northeast Regional Championships with one Championship title already under her belt, she knew she would face Division III's #13-ranked player, who had sat out the tournament the previous year.

"The competition was really heating up. I had won the year before and I wasn't really sure I could replicate it," she said. Winning the match and taking the Championship a second time was one of her best collegiate tennis moments. She advanced to the National Championships and finished in sixth place.

"On the court, Lia is the toughest competitor I have ever coached," said Head Coach Matt Nielsen. "I can always count on Lia to perform at her best when the pressure is on making her a great role model for teammates."

Among other honors, last year she was named to *ESPN The Magazine's* Academic All-District One Women's At-Large Third Team in voting by the College Sports Information Directors of America.

But while tennis honors often come in individually-wrapped packages, at the end of the day the team's success is every bit as important to Weiner.

"I don't think there's anything like team tennis," she said. "It's much nicer having team support. But on the court it's only you who can win. You want to do your part."

Her play helped see the Yellowjackets to a fourth-place finish at the University Athletic Association tennis championships. They hope to improve on that this season.

"Fourth place was an upset for us, no one expected us to go that far. It was great to make that breakthrough."

As the term connotes, student-athletes typically have to learn fast how to manage time and have balance. Weiner was part of Grassroots, a campus environmental group her first couple years at Rochester, but found she didn't have enough time to devote to it formally.

She still feels strongly about protecting the environment. "I think it's the kind of thing where everyone should just do their part, recycle and conserve. I think it's really important."

She spends a lot of time on school, something that has shown in her 3.76 cumulative GPA and various academic honors: Golden Key Honor Society, National Society of Collegiate Scholars and UAA All-Academic honors. She is also a teacher's assistant in her fields, TAing courses in econometrics and probability.

"Lia has excellent organizational and time-management skills," said Nielsen. "She brings the same passion to her academic pursuits as she does with her tennis."

Next year Weiner hopes to attend graduate school in biostatistics, the application of statistics in the biology field. Biometricians can deal with data collection and analysis from biology experiments, among other things. "They need math people, and I can pick up biology."

This past summer she got a taste for the type of work she might be doing at the School of Information at the University of Michigan, where she interned doing analysis. Previously she held a research internship in mathematical ecology at Texas A&M University.

"I got to see what projects the grad students were setting up. I think it would be fun to see the causation and correlation when it comes to biological phenomena and public health. You need stats to figure out the results of these issues."

As for tennis, she hopes she'll continue to play beyond the college realm. Playing tennis, often called a "life sport," has that advantage. However, she's cherishing the moments she has this season, because she knows it can't be reproduced.

"It's been a long road. I know I'll miss it when it's over," she said. "But I know I've had a much better college experience for having played tennis."



HOMETOWN: Sarasota, FL
MAJORS: Mathematics and Economics

There are a few reasons why Steve Welles' teammates on the men's soccer team like to refer to him as "Super-Welles." The senior Financial Economics and Mathematics major excels in the classroom: he has received the Dean's Scholarship and UAA All-Academic honors; he's indispensable on the field, recognized for All-Region and All-League. He's a Political Science research assistant. What's more? A 21-year-old investor and young businessman.

"Steve is a truly amazing young man. Whatever he does he commits to fully," said Men's Soccer head coach Chris Apple. "I honestly think he could leap tall buildings in a single bound if that's what he put his mind to."

Welles grew up trying different sports, from swimming to wrestling, lacrosse to soccer. In school there was math and science. Alongside these typical hallmarks of the Division III collegiate athlete, another interest started to develop.

"As a kid, I would buy candy at Sam's Club and sell it at school," he said. "I've always been doing stuff like that. You'd be surprised how much money you can make just carrying candy in your backpack everyday all year."

Once during early high school, Welles was playing a soccer tournament here in Rochester. A few weeks previous, a brochure had arrived at his parent's house in Horseheads, NY about an investing conference taking place the same day. It was an advertisement, junk mail. But Welles' interest was instantly piqued.

He asked his parents if he could go, waking up early and dragging his mom along to the conference for a couple hours before the tournament. There, someone gave a presentation on online investor education program. Welles signed up for the program and kept on learning from there.

With the money he made from candy sales, he started an internet business. He was about 14 years old. The money from his business went into his first real estate purchase, a house on Broadway in Rochester.

"You know, I've always done well at school and everything. And I study. But [trading and investing] is really the only thing, out of everything, that has always kept my interest," Welles said.

This past summer he held an internship with Goldman Sachs in New York City. They have already come to him with a job offer when he finishes school. Someday he hopes to get his MBA so that he can learn how to really run a business.

"A lot of people come up with an idea and get really excited and that excitement kind of fades," he said. "I like carrying an idea from point A to point B and really seeing it through with all the details."

He's the same way on the field, said Apple. "As a teammate and a leader he is exemplary, doing the menial tasks as well as taking on the big responsibilities."

In Welles' first year for the Yellowjackets he led the team in goals and points scored. In his first game as a freshman, he scored the first goal of the season, something he still recalls as one of the most exciting moments of his career. That, however, has been replaced by bigger achievements, including 3 UAA titles and 3 NCAA Division III tournament bids.

In 2007 the team made it to the Sweet 16 round of the tournament for the first time in program history. That year the Yellowjackets also travelled together to Barcelona, Spain, a trip that Welles cites as a great team experience.

"On a team like this, with these guys, even if you wanted to you couldn't be isolated," said Welles. "To be honest that's what makes it worth it."

The team expects to be competitive in UAAs as well as the NCAA tournament this year. Last year's side reached the Elite 8 of the NAACAs. Welles said his aim is to get better each year along with his team.

Certainly, with so much going on, Welles admits it's easy to get overloaded. When these phases happen, he eventually cuts things out to make a little more breathing room.

"There come times when you haven't seen your friends enough, you haven't done fun things enough," said Welles. "You'll meet people who get drained by it and others who thrive in that situation."

Welles has learned how far he could be stretched on the soccer field as well as at his summer internship, where he worked as many as 100 hours a week. At Goldman Sachs you're expected to do the job of two or three people.

"You find you really can do a lot more than you think you can, if you push yourself, or if you're pushed," he said with a laugh.

With a post-grad job in hand, Welles is relieved and looking forward to the remainder of the season and enjoying his last year. In his "free" time, he says he may add in a little more trading or think about investing in more real estate.



Gerald Gamm Has Stamped His Mark on Athletics

Hobbies can be something to pass the time. They can also be something that creates a thirst for knowledge. Stamp collecting, that precise, attention-to-detail hobby, helped Gerald Gamm develop an interest in politics and American history.

Much as a stamp collector places his stamps one by one, Gamm's progression through political studies was one step at a time.

"I had my dad's stamp album," Gamm said. When he looked at foreign stamps, the youngster wanted to know about the country's flag and its type of government. But, quickly, he came to focus on United States stamps.

He wanted to know what a country said about itself through its postage stamps. Women were virtually non-existent on early U.S. stamps. There were stamps showcasing Queen Isabella for supporting Christopher Columbus's voyages to North America, stamps honoring Lady Liberty, stamps featuring Martha Washington.

"There were no African-Americans on stamps until the 1940s," Gamm said. "And there were very few Jews on stamps. Only in the 1960s and 1970s did U.S. stamps begin to show more diversity.

"Stamps opened a world for me, a window into history and politics and a career in research and teaching."

His work in that world, concentrated at the University, is going to be recognized and saluted. At halftime of today's game against Rensselaer, Gamm will be presented with the Lysle "Spike" Garnish Memorial Citation for his untiring efforts working with the student-athletes, coaches, and administrators on the River Campus. He is the chair of the Department of Political Science, immediate past chair of the Faculty Senate, and the University's Faculty Athletic Representative to the NCAA. He lives in Rochester with his partner, Charles Towles, and their two dogs, India and Lily.

"No one on the faculty has made a greater impact in the development of our programs and strengthening our ability to attract the very best students," said George VanderZwaag, the University's Athletics Director.

Gamm majored in Government at

Harvard University and took seven American history courses outside of his government courses. Following graduation, he entered a Ph.D. program in political science. He eventually petitioned Harvard to do a Ph.D. in both political science and history. The faculties of both departments had to evaluate it and advise it. Both faculties did.

"I never thought I'd be a professor," Gamm said. "My maternal grandfather was a lawyer in Boston. I always thought I'd be one too."

During spring break of his junior year, his parents asked the inevitable question: "So, what will you do after college?" Gamm said he'd be a lawyer. His mother asked if that was what he really wanted to do. When Gamm said no, he wanted to be in the U.S. Senate or be a professor, his parents advised him to pursue his dream.

That was the watershed moment. Gamm came to Rochester in 1992 as a professor in the department of political science. "My first two years here I was teaching a full load of classes and preparing my dissertation at Harvard," he recalled. "All I did was teach and work on my dissertation. I was in the office from 10 am to midnight."

In his third year at Rochester, Gamm started to branch out, exploring the University and the community in general. William Scott Green, then Dean of The College, asked Gamm to sit on a committee to consider creating a program in community studies. His campus involvement deepened. He was advising a couple of student organizations and he sat on the Residential College Commission. That committee looked at the out-of-classroom experience, trying to answer the question, "What do you have a right to expect as a student at the University of Rochester?"

Before he joined that committee, "I had never been to an athletic event," Gamm said. He was asked to co-chair a group that would focus on student activities. Athletics was a part of that review.

Varsity teams began meeting spontaneously – without coaches or



administrators present – and talked about their experiences and areas where they hoped to see improvements. The students on each team ultimately submitted individual written reports to Gamm's committee, and those reports formed the foundation for the committee report. He came away from that experience with an understanding of how much athletics brings to campus life.

"Athletes get a kind of training not available to other students," Gamm said. "You learn about teamwork through athletics and you discover that you don't have to do it by yourself. Student-athletes are superb at time management. They recognize that time is too valuable to waste."

"He has been instrumental in helping us recruit students to Rochester," VanderZwaag said. "Gerald has been an important ally to our coaching staff, helping them develop in their key roles as educators."

Rochester student-athletes succeed – on and off the field. In the past 11 years, 65 teams and countless individuals have been cited by their respective coaching associations for academic prowess. In that same period, 65 athletes have earned All-America honors and 35 have been chosen as Academic All-Americans by the College Sports Information Directors of America.

When he meets with incoming freshmen, Gamm asks them to think about what they love and what they are good at. He tells them, "Sit in on a bunch of courses, more courses than you will take: astronomy, religion, economics. Focus on what you are good at and what you love."

Gamm did – and it all started with a hobby.