

# The 2013 Garnish Scholar-Athlete Awards

## From the Director's Chair

**George VanderZwaag**

Director of Athletics and Recreation

Today we recognize ten 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.



Yaneve Fonge '11 (l.), here with George VanderZwaag (r.), was an NCAA national runnerup in track and field.



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...



Jackie Walker (c.) of the women's basketball team graduated with Phi Beta Kappa honors and helped Rochester to three NCAA playoff bids. She was honored by University President Joel Seligman (l.) and Athletics Director George VanderZwaag (r.).



Adam Bossert (c.) of the men's swimming and diving team was an Academic All-American and a multi-event Liberty League champion. Participants in the background include (l-r): Hal Johnson of the Garnish Committee, Jackie Walker, Jakob Seidlitz, and Jon Menke.

# Kenny Apostolakos

By Dana Hilfinger '10

Despite his familiarity with UR, when senior and Pittsford native Kenny Apostolakos was applying for colleges, he kept his options open. But while he applied to many Ivy League schools and was tempted by other opportunities, Apostolakos eventually decided to stay in Rochester. It certainly isn't a decision he's regretted.

"It's been a really challenging but rewarding experience," Apostolakos, a business major with an interest in health policy, says of his time at UR.

Rewarding largely because Apostolakos has taken advantage of so many opportunities while at the University. He biggest commitment has been with the UR football team, where he's evolved into one of the most prolific tight ends in recent history. He entered this year a preseason All-American, following a year where he was named First Team All Liberty League.

Don't be fooled into thinking this success is all that defines the senior. Apostolakos has been helping with political science research with professor Gerald Gamm since he was a freshman; he's a volunteer with Friends of Strong, an organization run by Strong Memorial Hospital; he's proven himself to be a hardworking, accomplished student in the classroom.

As a result of this excellence in the academic and extracurricular realm, Apostolakos is one of 10 student athletes honored with the Lysle "Spike" Garnish award this year.

That Apostolakos is the rightful recipient of this award is apparent when talking to him. At the same time amiable, well-spoken and focused, he is an obvious choice. Following this year, Apostolakos plans to enter into a one



year post-baccalaureate program where he will take science courses and study for the MCAT in preparation for applying to medical school.

Apostolakos had not always planned to apply for medical school.

"Coming into UR, I wasn't really sure what I wanted my major to be," he notes. He began volunteering at Strong Hospital and took an interest in health policy. He thought maybe that was the career path he wanted to go down. It wasn't until more recently that he's considered going down the medical school route.

The inspiration for this change was in part the result of an internship he had this past summer with Trillium Health in Rochester, an HIV/AIDS care institution, where he worked in their finance department.

"It was a good mix of health and business and a good experience, but made me realize that I wanted to focus more on the medical side as opposed to the business aspects," Apostolakos recalls.

The decision to look into medical school was also a result of his family's influence. Apostolakos's father is the head of the ICU at Strong Hospital. And his brother, who Apostolakos cites along with his parents as some of his biggest role models, recently got into medical

school after majoring in finance at the University of Connecticut. He was also a tight end on the UConn football team.

While Apostolakos is very focused and involved in his academic pursuits, he really lights up when remembering moments with his teammates and times he's excelled with the team on the football field.

"My closest friends are my teammates," he notes. Many of his best memories at UR are defined, either directly or indirectly, by football: like during the Courage Bowl last year, where UR narrowly lost to perennial powerhouse St. John Fisher College, and Apostolakos had one of his best career games with nine catches and a touchdown.

Playing football collegiately, after all, is a one-time experience. Apostolakos doesn't take that lightly either. While practice can sometimes be grueling and unforgiving when it's 80 degrees and you've been working all day, the senior tells himself that a year from now, he'll be looking back nostalgically.

"Senior year will be bittersweet," he says. "Practice is tough, but I just keep thinking about how I need to enjoy every minute while it lasts."

# Chris Doser

By Dana Hilfinger '10

As a freshman studying at UR and Eastman, Chris Doser knew the bus drivers better than most. Every day, Doser would take the bus from his Eastman dorm to the River Campus, going from classes he needed to fulfill his math major to classes for saxophone performance. As a freshman, the back and forth was enough to make him quit the swim team a couple weeks into the season. This, though, was not satisfactory for the Penfield, N.Y., native.

"One of the main reasons I wanted to go to UR was to pursue three things I was really interested in in high school - music, swimming and math," Doser said. So as a sophomore, Doser moved to the River Campus, making it easier to attend more morning swims.

It's been a harmonious experience ever since. Doser hasn't flinched at the work load of a triple major in math, saxophone performance and music education. Nor has he shied away from the demands of being a collegiate athlete. For these reasons, Doser is one of 10 athletes honored with the Lysle "Spike" Garnish award for excellence in academics and athletics.

A typical day for Doser might be a little overwhelming for the average person. Swim practice early in the morning, followed by classes on the River Campus during the day. In the evening, he's usually at Eastman for a couple hours of rehearsals, then back to the River Campus. Doser even found time to join the St. Sebastian Society, and he played in the New Jazz Ensemble for a couple years.

Doser doesn't seem too phased by the busy schedule or heavy course load, though. Like a well executed harmony, his saxophone performance

and swimming even complement each other nicely.

"When I'm playing saxophone and when I'm swimming a race, there's this feeling of being in the moment," Doser explains. "I don't even remember the race itself or the performance when I'm doing really well - they're extremely similar in that way.

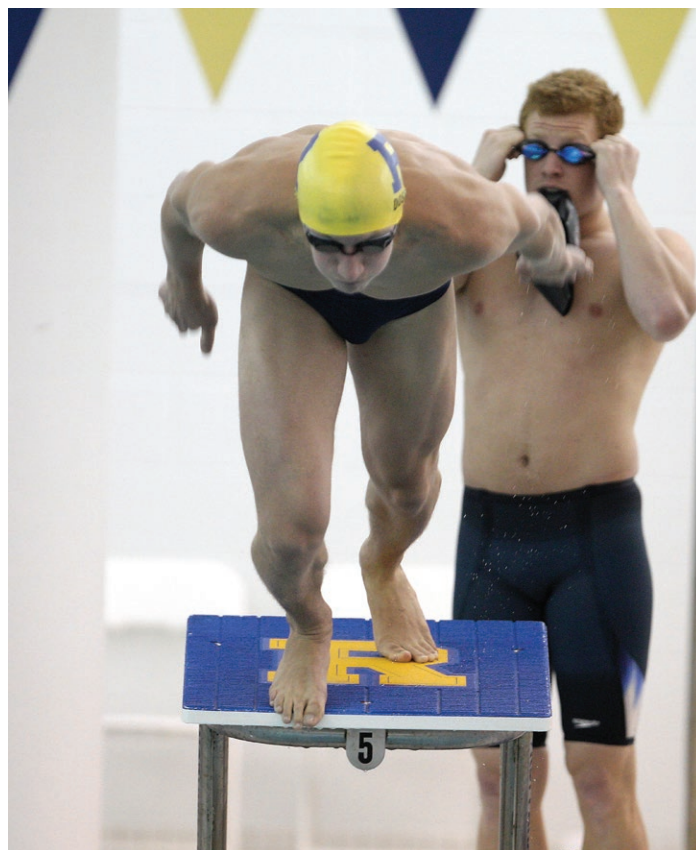
The best races, the best performances, have been ones I don't think about."

Being a performer on the stage has also been critical in making Doser comfortable in front of a crowd. "I was on the swim block in high school and feeling nervous. And my coach asked how I do it when I play saxophone on stage. And I thought, well, I go up and have fun."

Now, pressure in the pool isn't really something he thinks about. Instead, Doser thinks about his teammates, turning the attention away from himself and his performance and onto ways that he can best support his team.

"It's one of the best parts about being on the swimming team - the camaraderie and support felt by everyone on the team," the senior explains.

Following this year, Doser has no plans of giving up his well-rounded pursuits. Inspired in part by his parents, who are both teachers and who have served as important role models for their son, he is enrolled in a five-year program with the Warner School of Education



that would enable him to graduate with a teaching license.

"I have the perfect combination of my majors and interests: I would be a music teacher, run a math club and coach the swim team," Doser says. He hopes to get dual certification at Warner so that he could teach either math or music, ideally in the Rochester area.

One of the other reasons the senior was drawn to the education was because of his experience being a leader. Not one to shy away from an opportunity, Doser enjoys being in a leadership role. As an underclassman in high school, Doser looked up to his swimming teammates. He also thought about the time when he would have the opportunity to help his teammates, to pay the expertise and advice forward.

"Both my parents are teachers, but I also love interacting and being in a classroom setting," Doser says. "Being a leader, a role model for others, and helping others learn on their own is something I really enjoy."

# Katie Flaschner

By Dana Hilfinger '10

East Amherst, N.Y., native and field hockey midfielder Katie Flaschner knew she wanted to study abroad. The question for the political science major was where.

"I really shopped all over the world," Flaschner said. "I studied in Spain for a month in high school, and here I really wanted a cultural difference. I wanted to feel uncomfortable."

She decided on Argentina, where she was able to study Latin American politics and get involved with organizations working with girls in urban slums in Buenos Aires. While there, Flaschner saw a national field hockey organization coming into these impoverished areas, teaching girls field hockey while also offering them education on social issues, like sex education.

Marrying a sport that she loved with social activism became something she really honed in on. "I'm obsessed with the idea of using sports for social change," she says.

This crossover between her academic pursuits and athletics is really reflective of Flaschner's UR experience. As a result excellent work in both fields, she is one of 10 student athletes honored with the Lysle "Spike" Garnish award this year.

As a member of a field hockey team that went from 10-8 her freshman year to making it to the Elite 8 of the NCAA tournament this past year, Flaschner has had the opportunity to really see her hard work pay off on the field hockey pitch.

"It's a leap of faith to put in so much work without knowing what the result will be," she says. "But I've seen the team get closer every year. It has been such a privilege to call these incredible young women my teammates and an honor to call this university my home."

While in Argentina last semester,

Flaschner got a whole other experience in the sport. She joined a field hockey club in Buenos Aires, eager to see what it was like playing in a country where field hockey is very popular.

"Field hockey for Argentina is huge," she explains. "It was cool to see it that popular among women down there."

Games were held weekly on Saturdays between clubs. It was an all day affair, ending in a big party. And while the atmosphere was so different, so was Flaschner's focus.

"I took Spanish in high school and one year in college, so I just wanted to jump right in. But field hockey was a challenge," she explains. "The coach would explain drills so fast, and would ask if we understand and I would just shake my head no. Here at UR, I'm a vocal leader; there I really had to focus on the game and be in touch with the game. I had great relationships with teammates through playing the game before I could really communicate with them through language."

Back in the states, Flaschner has found a community as well.

"One thing that I love about this place," she says in reference to UR, "is that it values not just education through the classroom curriculum, but from the community. You are going to learn from your peers and you are going to have an impact on them as well."

It's easy to see how Flaschner could have a positive impact on her community. Articulate and positive, her positivity and determination is contagious. This has been helpful as she has worked her



way through her political science major.

"The thing about UR is that it gives you a lot of opportunity to be ambitious about something," Flaschner explains. "My advisor told me that some kids know exactly what they want and they go on to medical school or law school or something. But others, they have something that feels right but they don't know how to access it, but they have to stick with it."

Flaschner has certainly done that - both on the field, where her perseverance and leadership has helped to catapult the UR team to the upper reaches of the Liberty League, to the academic realm, where she has excelled and pursued her interests in the classroom and in practice. Now, she is thinking about what's next. Business school may be in her future, but first she's looking to coach.

"My athletic career has been so much more than playing a sport in college," she says. "It's cool to see that it could be a part of my future after college and that I could use my sport professionally."

# Becky Galasso

By Dana Hilfinger '10

You wouldn't want to be in front of senior sprinter Becky Galasso in the last stretch of the 400 meter dash.

"I just feel free when I'm sprinting," Galasso says. "The pain of that last 100 in the 400 meter dash is amazing. It makes me mad which makes me run faster."

Her competitive nature takes on a more mellow nature in the classroom, however. A computer science and conservation biology double major, Galasso competes "more with myself than with my classmates." This strategy certainly has paid off for the Franklin, Mass., native. She is one of 10 student athletes this year honored with the Lysle "Spike" Garnish award given to those who demonstrate both athletic and academic excellence.

Galasso certainly fits that mold. Double majoring is never an easy task, but doing so while running, being co-president of the Archery Club and leading trips for UR Foot is downright impressive. Galasso takes it all in stride. Literally.

"I don't do well anywhere else in my life if I stop running," she says. "It keeps me organized and focused."

So when she had knee problems her freshman year at UR and was out for the entire season, it was a challenge. Galasso powered through, coming back stronger as a runner and taking on more as a student. She declared a computer science major after taking one of the allied field courses for biology and falling in love with the work.

"I was programming all the time after that," she recalls. One of her favorite classes was an extension of this interest - "I really like the biology course Tree of Life. It was looking at phylogenetic trees and touching on the algorithms for these

trees and how species are related using mapping tools."

How does she handle being in a major that is traditionally more male dominated? No problem.

"There's females in the major, but they're not as involved in everything. But with sports, I'm used to being in the minority anyway, so it's not a big deal. It is funny when you look out on the classroom and its like, 'oh, there's a girl and there's another one over there.' We're pretty few and far between."

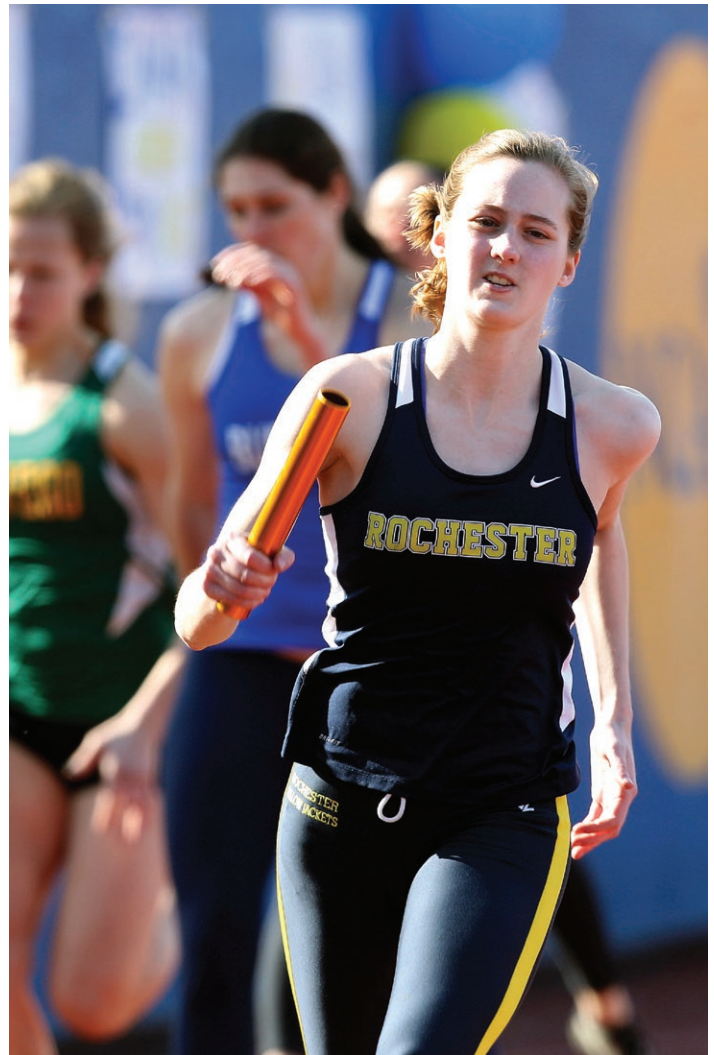
This year, Galasso is proving herself worthy of bucking that trend. She's has taken on the role of super leader for the computer science department, where she acts as the head teaching assistant.

As for biology, Galasso knew she was interested in the subject before coming to UR.

"I loved animals and was really interested in biology in high school," she says. "But I knew I couldn't be a vet, because I don't do well with blood."

Recently, Galasso went as a part of a conservation biology organization called Operation Wallacea to Madagascar. It was a biologist's dream.

"I could have reached out and touched a lemur," Galasso recalls. "Lemurs and geckos are two of my favorites, and I got to see lots of them



while I was there."

While an amazing experience, it also focused Galasso away from the conservation biology research. "It's one of those places you have to go as a biology major," she recalls, but not the kind of research she wanted to pursue.

Meanwhile, this past summer, Galasso worked with one of her computer science professors conducting Artificial Intelligence research. She'd like to marry biology and computer science in the future, but is thinking after graduation of going into the software development field. No matter her path, though, one thing seems clear - Galasso is poised for success.

# Meghan Hennessey

By Rachel Askin '07

For senior infielder Meghan Hennessey, attending Rochester helped her define her academic career while she had the opportunity to continue her excellence on the softball diamond.

"Since I wasn't sure what I wanted to study in college, Rochester seemed like the perfect fit because it has an open curriculum with only one required course. I came in as a freshman undecided on what I wanted to study but I knew I'd figure it out," Hennessey said. "I took a bunch of different classes and talked to one of my teammates, Katie McLean, and she told me she was studying linguistics. I thought I'd enjoy it."

Enjoy it, she did, and winning the Garnish Award is a great start to her senior year.

"Two of my teammates have won the award before so I've gone to the ceremony to support them," Hennessey said. "I talked to Coach [Margaret] Yeardon about winning – she already knew I'd won and was waiting for me to call her – and she was really happy for me, too. Unfortunately, we're going to be in Binghamton for our fall game so I'll miss the ceremony, but I'm really excited to have won."

This summer, Hennessey worked at a summer camp with children with Autism, called AutismUp. The program was held at Camp North Point at the Greece YMCA and Hennessey helped to integrate 10-15 of her campers into the main camp.

"Working at AutismUp was a good starting point for me, and I'm starting to research shadowing at Strong Memorial Hospital this fall," Hennessey said.

"I'm looking to go into speech pathology, but I'll need to go to graduate school after I graduate from UR. I really want to work with children because I love little kids. I'm looking at Nazareth because they have a world-renown program, plus it's close to home."

The Hamburg, N.Y., native came by sports naturally: both her parents played

basketball at Mercyhurst, but her mom also played softball in high school. When Hennessey played softball at Immaculata Academy, she was named to the Class C All-State team as a sophomore (fourth team), junior (third team), and senior (5<sup>th</sup> team); she also

set school records in hits (138), runs scored (106), and stolen bases (81). Hennessey was a three-sport athlete, to boot, earning four varsity letters in volleyball and basketball.

"Being able to play softball was a big part of my decision when it came to college," Hennessey said. "I loved Rochester's campus when I visited, it's a beautiful campus and it's just the right size. Rochester's softball program seemed like it would fit me really well especially since I wanted to be a part of a program where I would actually play, rather than going to a Division I school."

Her decision paid off, as she started in 40 games as a freshman and stole 18 bases, trying for first in the League League. Hennessey was named MVP of the Liberty League Tournament after she hit over .700 and garnered All-Liberty League Honorable Mention on the season.

In her sophomore year, Hennessey started in all 44 games for Rochester, finishing second on the team with an average of .344 (52-151) and topping the 'Jackets with the most at bats (151), runs (35), doubles (12), triples (3), and stolen bases (13). She ranked first in the Liberty League in doubles and fielding assists (105)



and second in the conference in stolen bases. She earned Third Team All-Northeast Region, Second Team All-Liberty League, and Second Team All-UAA honors after the season.

As a junior, Hennessey again started in every game and hit .311 (42-135), including three doubles, 12 RBI, and 25 runs scored. She hit .583 (21-36) with runners in scoring position and had an on base percentage of .400. Hennessey ranked in the top 10 in the Liberty League in defensive assists (second with 111), walks (4<sup>th</sup>), steals (5<sup>th</sup>), hits (6<sup>th</sup>), and runs (8<sup>th</sup>), then was named Second Team All-Liberty League in addition to earning All-Academic accolades from both the Liberty League and the UAA.

Aside from softball and her linguistics studies, Hennessey is a member of VSAC, the on-campus group that sets up activities for all Rochester's athletic programs, with teammate Nina Korn. Keeping busy is a good thing for Hennessey, though.

"You have to be really good with time management to be a student-athlete. It teaches you to be disciplined and to plan ahead; it's actually a really positive thing for athletes," she said.

**HOMETOWN:** Hamburg, NY **MAJOR:** Linguistics. **MINOR:** American Sign Language

# Dean Kennedy

By Dana Hilfinger '10

Dean Kennedy has certainly embraced the community of Rochester Athletics. He was recruited to UR for football, but once on campus, he started talking to the basketball coach. Next thing, he was trying out and walking on to the UR basketball team. For the Scituate, Mass., native, playing and excelling at sports is very natural.

But so is his academic achievement. A public health major, Kennedy has shown his propensity for academic excellence over the last three years. For this reason, he is one of 10 athletes honored this year with the Lysle "Spike" Garnish award for his accomplishments both in the classroom and on the field.

Where did this all start in the first place? For Kennedy, the decision to come to UR in the first place was almost compulsory.

"All the other schools I applied to weren't as academically challenging," he explains. "When I got in, it felt like I had to go, it was such a reach school."

After attending prep school for a year after high school, Kennedy was recruited by UR to come play football. What Kennedy has found at the school is more than just a football experience, though.

In the classroom, Kennedy wanted to apply his interest in sports. He chose public health and is hoping to pursue a career in sports medicine.

"My dad is a physical therapist," Kennedy explains. "The great thing about getting into sports medicine, your still around all the team sports environment. Plus, seeing my dad as a physical therapist always real intrigued me."

The team sports environment has been so crucial for Kennedy, ever since he was put into the quarterback position in the third grade (he's since thought about

wide receiver but he has "too much of an awkward body.").

It's clear in his time as a Yellowjacket that UR has benefitted as well - Kennedy came in as a starter at the quarterback position as a sophomore. He remembers one moment during that year particularly well.

"I came in against Alfred sophomore year, and it just made me remember that I really liked football," Kennedy says. "Sometimes you go into college and the fun gets taken out of the sport for whatever reason. It was nice to be reminded that it was fun."

It was as a junior that Kennedy really hit his stride, though. He set the single season passing record, throwing for over 2000 yards. He was named Liberty League player of the week for his 345 yard, 1 touchdown performance with two rushing touchdowns against St. Lawrence.

He was also named an All-Academic selection by the Liberty League. Kennedy's demonstrated leadership on the field is in part what is motivating him to look into coaching as well.

"It would be great to go somewhere for physical therapy where I could also get experience coaching football," he says. "I'm not sure where I would want to end up as a physical therapist - either with a school or with a team - but it would be



cool to incorporate both interests."

Wherever he ends up, Kennedy will be guided by his family and friends - people who have modeled how to live. His parents, Sparky and John, he acknowledges for being unselfish and kind people.

His friends, meanwhile, have been often what have made his college experience what it has been. Like this past summer, where he stayed in Rochester in a house with a bunch of his buddies, training for football and working long days for a furniture company. Kennedy hopes maybe after he graduates to leave Rochester and "get to see the country."

His experience at UR, however, has certainly left its mark.

"It's been challenging, but it also teaches you how to deal with challenges," Kennedy explains. "It's doable and molds you into being a better student and person."

# Karen Meess

By Rachel Askin '07

Karen Meess never expected the phone call last summer telling her she was being asked to present her research on the biomechanics of wheelchair transfer, especially as one of 20 undergraduate engineering research interns with Human Engineering Research Laboratories (HERL) at the University of Pittsburgh.

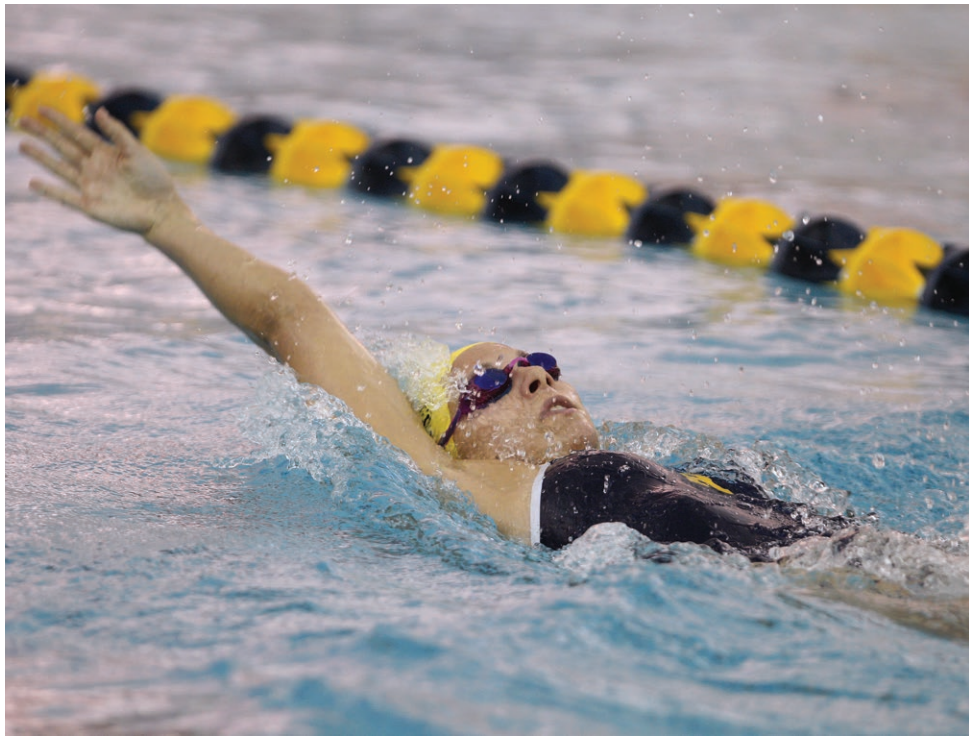
But, Meess submitted her research, entitled *Trunk Movement in Different Seated Pivot Wheelchair Transfer Techniques*, along with approximately 100 Ph.D. students and post-doctorate candidates to the 2012 RESNA (Rehabilitation Engineering and Assistive Technology Society of North America) conference and was selected as one of the five finalists to present her work in Bellevue, Wash. Finalists from the U.S., Canada, and South America were selected based on their presentations and the ability to generate future research.

As part of the ASPIRE program, Meess was placed with a Ph.D. mentor, Chung-Ying Tsai, at Pittsburgh who helped her build upon her love of the physics of mechanics. The senior swimmer studied robotics with the intent to determine how to make the quality of life better for people who use wheelchairs.

"I love to find out why and how things work," Meess said. "Plus, it's a practical application of my math studies. [At HERL] I was looking at the best use of the body's muscles with the lowest risk of falling as people transfer in and out their wheelchair. That involves finding the smallest range of motion using the largest muscles, mostly using the triceps rather than the rotator cuff."

Meess won the RESNA competition, sponsored by the National Science Foundation.

"I'm really proud of not crying because public speaking is really hard for me to do. I didn't expect to be selected as an undergraduate and I was just so nervous



as I waited for my turn to present," she said. "Speaking in front of a large group is always nerve-racking, but now, when I have to present, I practice enough that just own my presentations."

Similarly, in the pool, Meess has found that Rochester's swimming program pushes her to give her all to every race, especially thanks to her dedicated practice regime with her team.

"I go into the 50 and 100m backstroke races telling myself that I'm going to own this, I'm going to leave it all in the pool," she said. "Academics at Rochester are really challenging so swimming is my stress relief. I swim for two or three hours every day, and burying my face in the pool helps me focus."

Meess has broken several records in Rochester's pool in her three years, including the 400 medley relay, 50 backstroke, 100 backstroke, and 200 backstroke as a freshman; 200 free relay (1:38.95) at the Liberty League Championships as a sophomore; and the 200 medley relay (1:46.39) as a junior. Last winter, she recorded three wins – 200 free relay, 200 medley relay, and 400 medley relay – and seven top-eight finishes at the Liberty League Championships, finished fourth overall at the UAA Championships with a time of 2:05.87 in the 200 backstroke, and

was named to both the UAA and Liberty League All-Academic teams.

For Meess, winning the Garnish Award is a great honor not only individually, but as one of two recipients from the Yellowjackets swim team.

"I was so excited when I found out and I immediately thought of my relationship with my coach [Peter Thompson]. I am so proud that he thinks of me so highly, that to him, I embody the student-athlete at Rochester," Meess said. "Plus, being able to share this award with my teammate, Chris Doser, is fantastic especially because this has never happened before."

Following her exciting win at the RESNA conference last summer, Meess spent this summer working at The Jacobs Institute in Buffalo, N.Y., a startup firm founded in neurosurgery that prototypes laboratory equipment, brings engineering and scientific ideas to fruition via testing, and then helps to secure patents. The Jacobs Institute gathered \$1 million in donations and Meess's role this summer was to research endovascular surgical stents and catheters, scope the equipment, and recommend how the institute should spend the money to improve its lab. Meess expects to hear their decision in December.

**HOMETOWN:** Hamburg, NY **MAJOR:** Biomedical Engineering. **MINOR:** Chemical Engineering

# Adam Pacheck

By Rachel Askin '07

One would be hard-pressed not to see the connection between runner Adam Pacheck's career with Rochester men's cross country and track & field teams and his passion for studying the biomedical mechanics of prosthetics.

"Studying prosthetics is really interesting to me because it relates to running," Pacheck said. "There are a lot of runners with prosthetic legs, and that's what caught my initial attention to them. Taking another step in studying how all prosthetics work and how to integrate them into the body to enhance movement makes it even more fascinating."

Pacheck has had a prolific athletic career at Rochester so far, including recording five top 25 cross country finishes and coming in 159<sup>th</sup> in the NCAA Division III Championships, which helped the Yellowjackets earn 21<sup>st</sup> place. Additionally, in outdoor track & field last season, Pacheck was one of six Division III runners invited to compete at the Penn Relays where he finished 27<sup>th</sup> with a career best time of 30:54.18 in the 10000m, ranking him 36<sup>th</sup> in NCAA Division III. He also recorded a career best time of 14:55.56 in the 500m at the W&L Carnival, which placed him 3<sup>rd</sup>. Pacheck finished 3<sup>rd</sup> in the 5k in the NYSCTC Championships, and also ran the event in the ECAC Outdoor Championships, then was named Capital One First Team Academic All-District.

In indoor track & field, Pacheck won the 500m in both the Hamilton Continental and the NYSCTC Championships, placed 2<sup>nd</sup> in the

3000m in states, and finished 3<sup>rd</sup> in the ECAC Indoor Championships 5k.

One of Pacheck's strongest motivations when he runs is that he has the opportunity to train and compete with his younger brother, Ethan.

"I love running with my brother because he's a great training partner," the elder Pacheck says. "He usually runs a little less than I do, so we usually run a loop then I add a few miles. Ethan is faster than I am since he runs middle distance, so he pushes me when I run with him. It's really fun. Plus, our parents don't have to travel as much since they only have to go to one place to see us both."

"I chose Rochester because when I visited the campus, I just really loved it. Of all of the schools I visited, Rochester just had that feeling that it was a nice place with nice people. I talked to my coach [John Izzo] and [Director of Track & Field, Sam] Albert, and they emphasized their willingness to work with everyone to put academics first without killing us with training so that we had time to focus on other things."

In addition to running and his classwork, Pacheck is the tutoring chair for Tau Beta Pi, the engineering honors society. He was nominated for



the position after being invited to join the society as one of the top 15% of engineering students.

"As the tutoring chair, I'll help connect members with students who need help with their engineering, math, and/or science work," Pacheck said.

The double major in biomedical engineering and physics plans to explore his options once he graduates, either by continuing his studies in graduate school or by starting his professional career.

**HOMETOWN:** Baldwinsville, NY **MAJORS:** Biomedical Engineering and Physics

# Sarah Skinner

By Rachel Askin '07

Despite her long history of being a top-notch student-athlete, senior Sarah Skinner expressed genuine surprise and delight at being named one of this year's Garnish Award recipients.

"I knew my coach had nominated me for the award, but I never expected to win it because no women's lacrosse player had ever won it before," Skinner said. "I've seen the winners announced during football games for the past three years and I always admired them, but winning it myself was unexpected."

On the lacrosse field, Skinner started all 15 games for the Yellowjackets in 2013, tallying nine goals and two assists for a total of 11 points at midfield/defense. Additionally, she recorded 37 draw controls – ranking her second on the team – and grabbed 19 ground balls, and was named to the Liberty League's All-Academic team.

In January, the chemistry major began working in the biomedical genetics department at Strong Memorial Hospital, studying melanoma cells with Dr. Lei Xu. Skinner had been looking to research cancer so she sent her resume to several different professors including Xu, a professor who has a history of accepting undergraduate students. Skinner continued her research through this summer, and while she enjoyed her time working with Xu at Strong, she's ready for a new challenge: nutritional science.

"I've done the research thing and it was interesting, but I discovered that I don't want to spend my days in the lab. I have such a strong science background but I want to work with people. Learning about the body's metabolism, how foods are processed, and how certain foods affect the body's performance is really exciting to me," Skinner said.

Skinner will be applying to graduate school this year in the hopes of pursuing

a career in nutritional science, including getting her Registered Dietician's License.

"As an athlete, I've always been curious to find ways to perform my best. Changing my diet and seeing what changes make me the best athlete I can be is really exciting. Being able to use my chemistry background will be a great fit for me."

"I took an honors chemistry class as a junior in high school and I loved the way that one tiny element could come together with something else to create something much larger. When I was looking at colleges, I knew I wanted to be at Rochester from the moment I stepped on campus, both for chemistry and lacrosse."

The Oswego, N.Y., native has been playing the sport since she was 12-years-old, when her neighbor – a lacrosse coach – convinced her to give it a try.

"He thought the sport would fit me really well so he encouraged me to pick up the stick. I started throwing the ball around and I just fell in love with lacrosse."

The rest is history.

Growing up in Central New York, Skinner always faced tough competition in the sport, but Oswego got a new coach Skinner's junior year, who led her team to the sectional playoffs, then to the sectional championships in Skinner's senior year.

When she was looking at colleges, though, Skinner – her class's salutatorian – says that academics were always the number one priority.

"My parents pushed me in that direction, and I don't regret it. Lacrosse



just was something that I felt I could pursue only if I liked the school. But, I've been an athlete for so long I just can't imagine not having it in my life."

In addition to her academic and athletic success, Skinner works in UR's Career Center as a peer career advisor, reviewing resumes and assisting with job and internship searches for current students, alumni, and faculty and staff.

"When I was a freshman, one of my sophomore teammates worked in the Career Center and she recommended the job to me," Skinner said. "I love the atmosphere and the people I work with, plus it's really neat to interact with a bunch of different people. I could work with an international studies student one day, and a science student the next."

It should come as no surprise, then, that Skinner is looking to pursue nutritional science, an avenue that combines her prowess in academics and athletics with her desire to meet new people and help them perform their best.

**HOMETOWN:** Oswego, NY **MAJOR:** Chemistry

# Nate Vernon

By Rachel Askin '07

Senior Nate Vernon, a financial economics major and guard/forward for the Yellowjackets men's basketball team, was thrilled to learn that he had been named as one of this year's Garnish Award recipients, adding to his varied accomplishments over the past three years.

"I know that previous winners are very successful student-athletes, so to win this award is a really exciting honor for me," Vernon said.

As Vernon completes the requirements for his major, he'll also earn a minor in Brain and Cognitive Sciences.

"BCS was my cluster originally, but after taking one of the 100-level courses, I thought it was really interesting," Vernon said. "Then, I realized I only needed a few more courses in BCS to minor, so I figured I might as well take advantage of that. I wanted to take classes that I'm interested in, and this worked with my busy schedule."

Vernon's junior year with the Yellowjackets saw him earn Second Team All-UAA accolades after he started in all 27 games and helped the 'Jackets share the UAA title and reach the second round of the NCAA Division III Tournament.

He finished with an average of 11.7 points per game – the second-best average for the Yellowjackets – on 97-of-213 (45.5%) from the field, 46-of-113 (40.7%) from the three-point line, and 76-of-85 (89.4%) from the free throw line. Additionally, his average from the line was the sixth-best in Division III. The 6'6" guard/forward added 129 rebounds (24 offensive, 105 defensive) for an average of 4.8 per game, tying him for third on the team.

As a sophomore, Vernon earned All-UAA Honorable Mention accolades for the second time in a row after he led the UAA in three-point field goal percentage with 49.5% (46-of-93). He also shot 50.9% from the field and 92.5% from the free throw line.

Off the court this summer, Vernon held two internships in his native Chapel Hill, N.C.: one helping to negotiate mining contracts with Duke University Associate Professor of Public Policy and Economics, Robert Conrad, who teaches in the Sanford School of Public Policy; the other researching and writing about moving averages for MarketWatch.com, a financial news website.

After he graduates in the spring, Vernon plans to continue playing basketball or to get a job in finance, though both paths require research to whittle down the options.

"Playing basketball in Europe, like [former teammate] John DiBartolomeo is right now in Spain, sounds much more appealing to me than sitting at a desk," Vernon said. "I'll have to talk to players and coaches, then find an agent who specializes in the area I'm interested in playing. But, none of that process can start until this season ends, so that's when I'll really start looking."

Vernon also is a member of Meliora Capital Management, an investment club that meets every few weeks on campus. There is a fee to join and all the



members' money is pooled together for one large investment.

"The first part of the process is doing our research, then we vote to decide where we invest," Vernon said. "Then, three or four members oversee the day-to-day management of our money."

## About the Authors

**Rachel Askin '07** played softball and worked as an assistant in the sports information office. Following graduation, she worked at West Texas A&M, then in the WNBA in Sacramento and San Antonio.

**Dana Hilfinger '10** played volleyball, work as an assistant in the sports information office, and worked for *The Campus Times*. She rose from sportswriter to Editor in Chief.

# Listening and Learning Are Bywords for Jerry Gardner

One of the overlooked facets of success is effective communication. It doesn't matter whether that success is achieved in business, in law, in medicine, in education, or on the playing field. Sharing information, asking, listening, and digesting what is said is vital.

Jerry Gardner '58, '65M, has spent much of his career sharing information, listening, and coaching others to do the same. That career is one of the reasons that he has been selected as the 2013-14 winner of the Garnish Memorial Citation. The award will be presented to him during Meliora Weekend in October as part of his class reunion.

His ties to the University of Rochester cover a lifetime. He was a member of the Trustees Council (1987-1995), the University's Board of Trustees (1995-2005) and was elected as a Life Trustee in 2005. His wife, Patricia, is a Member of the House of Representatives for the State of Georgia. They are the parents of Anita and Bradley. Bradley attended the University and earned All-UAA honors with the men's soccer team and was the team's captain for the 1995 season.

"I am thrilled that Jerry is being recognized with a Garnish Citation," said George VanderZwaag, Director of Athletics and Recreation. "Through this honor, the Committee recognizes the many contributions he has made to Athletics and Recreation at the University. As a student, parent, alumnus, and Trustee, he has worn many hats and made a hugely positive impact. His support for our students and programs has been a constant in each of his roles."

Gardner's undergraduate career really began in the University's swimming pool. "In 1955, you had to display proficiency in swimming to graduate," Gardner said. The man overseeing Gardner's test was Roman "Speed" Speegle, the University's varsity swimming coach. When it was his turn, Gardner swam the required two lengths of the pool. When he was finished, Speegle approached.

"Are you coming out for the swimming team?" Speegle asked. Gardner said he hadn't considered it. Speegle said he hoped he would. Gardner told the coach that his studies would keep him quite busy. Speegle replied that research showed that students engaged in extracurricular activities did better academically than those who were not. Gardner took the coach's advice and the rest is history.

In 1956 and 1957, Gardner was a double medalist at the New York State Championships, excelling in the 220-yard and 440-yard freestyle. He was the team captain in 1957-58. Rochester was 6-2 that year, the best mark in 19 years. As a senior, Gardner won 16 times in nine meets.

Speegle's advice regarding participation in extracurricular activities turned out to be accurate for more than just the pool. Gardner majored in English. He also joined the Men's Glee Club, was one of the original members of the Yellowjackets, Co-Chair of the Freshman Orientation Committee, President of the Interfraternity Council, a member of Alpha Delta Phi, and in his senior year was named a Keidaean.

On Dandelion Day in the spring of 1958, Gardner received the University's Terry Prize. The award "...is given to the senior who by his industry, manliness, and honorable conduct has done the most for the life and character of the men of the college."

Gardner interviewed with the Home Life Insurance Company in Rochester. "Roger Lathan '54 and Dick Hubbard were conducting the

interviews," Gardner recalled. He wasn't sure he wanted to sell insurance as a career. Lathan and Hubbard said the firm focused on a program called "Planned Estates" where the agent would help the client prepare his financial future. That was appealing to Gardner so he spent one year at Home Life as a management trainee.

He returned to the University in 1959, joining Martin Morey and Don Smith in the University of Rochester Fund. Six months later, Morey asked him if he knew another recent graduate who would be an asset to the University's fund-raising efforts. Gardner recruited Lathan. Within two years, Gardner moved with Harmon Potter to Alumni Affairs. Lathan stayed in the development office.



A university setting appealed to Gardner very much. He wanted a career in academia. Recognizing he would need an advanced degree he received his master's in English from Rochester in 1965. Al Cameron, the UR Dean of Students, was working on his doctoral degree in the Center for the Study of Higher Education at the University of Michigan and encouraged Gardner to do the same. So, in June, 1964 Gardner moved to Ann Arbor, working in a variety of roles while pursuing his degree. He was an assistant director of student organizations, worked as assistant to the dean of the Michigan Medical School, and as an assistant to the chairman of the history department.

Gardner received his doctoral degree in Higher Education and Organizational Development in 1971. He was just completing the first of three years as a Special Assistant to the President of the University of Virginia and assistant professor in the graduate school of education at UVA.

He worked on long-range planning for UVA President Edgar Shannon and revised the president's committee assignments to give him more effective exposure with students, faculty, staff and members of the Charlottesville community.

When Shannon retired after 15 years at UVA, Gardner accepted position with the Southern Regional Education Board (SREB) and moved to Atlanta, Georgia where he and Pat have made their home for the past 40 years.

After five years with SREB, Gardner decided to leave the field of education and begin a career in business consulting. At Michigan Gardner studied extensively in Organizational Development, Social Psychology of Organizations, and Planned Change.

For the first 13 years he conducted seminars for the American Management Associations and private clients in basic management skills, sales and marketing, strategic planning. In 1991 the Keilty Goldsmith Company asked Jerry to assist them in providing feedback to American Express executives who were participating in the 360° Feedback process.

Since then, Gardner has focused his professional attention on coaching managers on the most important part of the Multisource Feedback process, addressing the issue of: "Now that I have my feedback, what do I do with it? How do I make the changes people are asking me to make?"

Gardner says that his goal in working with individuals and organizations is, "Creating a work environment in which people feel comfortable sharing information." He says that in such an environment companies would be more productive and profitable.

Spoken by a gentleman who has achieved a fair amount of success of his own.