



*The 2017
Garnish
Scholar
Awards*

Saturday, September 16, 2017

The 2017 Garnish Scholar-Athlete Awards

From the Director's Chair

George VanderZwaag

Executive Director of Athletics

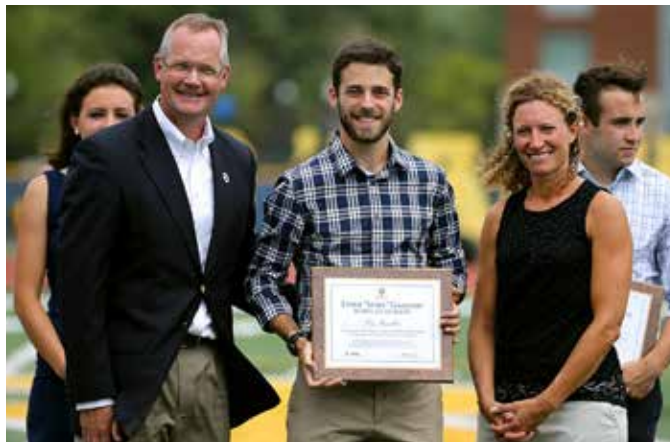
Today we recognize ten of our senior students as Garnish Scholars. The Garnish Program was created in honor of Lysle "Spike" Garnish, coach and mentor to many Rochester students from 1930 to 1948. He became a trainer and assistant basketball coach in 1931. He was named an assistant baseball coach in 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.

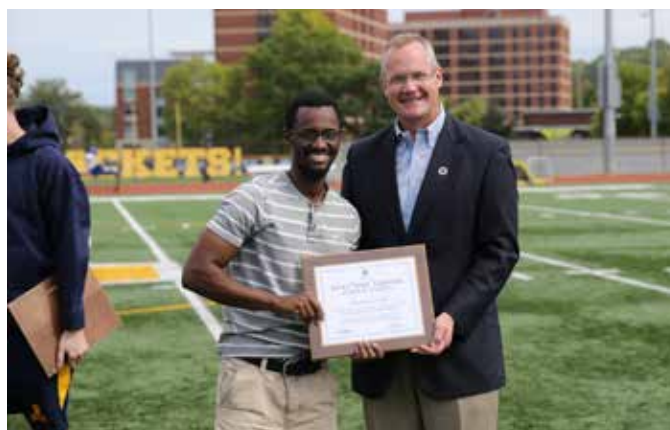
Periodically, the Garnish Memorial Citation is given to a graduate, faculty member, or a staff member for dedication and contributions to the intercollegiate athletic program.

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.



Eric Franklin (c.) with George VanderZwaag (l.) and Martha Winter '90, '95W (r.). Franklin was First Team All-UAA in cross country, an Academic All-American, and graduated with Phi Beta Kappa honors.



Boubacar Diallo (l.) was an All-American in the triple jump in 2015 at outdoor NAAs. He competed in both the indoor and NCAA championships in the 2015-16 season.

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



Sayaka Abe (c.) of the field hockey team graduated with Phi Beta Kappa honors, was a First Team All-American, and an Academic All-American. She was honored by George VanderZwaag (l.) and Martha Winter '90, '95W (r.).



Andres Duany '13 (c.) of the squash team was an All-American for three consecutive years. He was honored by University President Joel Seligman (l.) and George VanderZwaag (r.).

How did you get started playing softball?

When I was really young I played multiple sports but pretty early on I figured out softball was by far my favorite.

Texas has a terrific reputation for being passionate about sports. What's it like to play in an environment like that?

Growing up in Texas I played softball year round for travel ball, which isn't possible in the northeast. Travel ball was very competitive and was where we got recruited to play college softball but nothing compared to the atmosphere during high school playoffs. Our stands were always filled and the rivalries were like no other.

When did you first think about Rochester as a potential college for you?

My junior year of high school I went to look at schools in the area and attended several softball camps. When I was researching schools in the area I stumbled upon Rochester and saw how great the engineering and softball programs were so I decided to attend one of the camps here. I really liked the coaching staff and felt like I could see myself at the school for four years.

Weather's a little different here in the spring than it is at home, isn't it?

It's definitely a little colder than what I'm used to in the spring since we basically just have winter and summer at home. Our winter is also definitely not as cold as the spring in Rochester but we did play some tournaments in January so I had a little exposure to playing in the cold before I came here.

You played a lot as a freshman on a very good UR team. What do you remember about that season?

I had a lot of fun playing my freshman year and even got the opportunity to play first base. I had never played first base before but I ended up loving playing there. The most fun part of the season was definitely playing in the NCAA tournament. We got to play against some very good teams on our home field.

This summer, you interned at Pratt & Whitney. In layman's terms, can you tell us what kinds of things you did at the internship?

This summer at Pratt & Whitney I got the opportunity to be a design intern for their next generation commercial jet engines. I worked on redesigning different parts of several of their engines and on making sure the engines were meeting the required specs when manufactured.

How did you acquire the internship?

One of my teammates' parents works for Pratt & Whitney and they encouraged me to apply. So I applied online and then went through the interview process until I was ultimately hired.

When did you become interested in mechanical engineering as a major?

Once I started high school I quickly realized how much more I liked math and science than my other classes. One of my teachers suggested I look into engineering and after doing some research I became really interested in the field. Throughout high school my interest in engineering continued and as I took more classes I was able to figure out which were the most interesting to me, which helped me narrow my focus to mechanical engineering.

Where do you hope the internship will take you?

After my internship with Pratt & Whitney this summer I realized I definitely want to go into the Aerospace industry. I hope the experience I gained from my internship this summer will help me get a job in this industry after college.

Which courses did you take that helped prepare you for the internship?

I would say most of my mechanical engineering courses helped prepare me for this internship in some way but the biggest help was the CAD class I took. Since I was a design intern, a lot of my work included editing 3D models in a program similar to the one we used in my CAD class.

Are you looking forward to specific classes this year? Why?

I'm really looking forward to my design class this year. This summer I got to apply what I learned in school to the real world while working for Pratt & Whitney and I want to continue to do this throughout the school year. This design class will allow me to apply what I've learned to a yearlong project.

How long have you been running competitively- even before you got to UR?

This coming year will be my eighth year of running competitively. I started out on the Varsity Track Team at Averill Park High School in 9th grade.

Coach Albert said you started here as a sprinter - mostly 400m - and moved up to middle distance. Was it an easy transition?

It was a difficult transition. My body struggled to adapt to the mileage. I remember intense pains in my lower legs. Also, it took months to develop the cardiac strength I needed to handle the workouts. I have distinct memories of collapsing after workouts and remaining immobile for a long time.

Is there a difference between running fast and running well?

Yes. I believe that running fast is necessary but not sufficient for running well. Strategy and discretion are also needed to run well.

When you run on a relay, is there a different strategy based on which part of the relay you run (third as opposed to leadoff, anchor as opposed to second, etc.)?

It depends. For example, in some races, certain legs reach a break point where they cut in. If I am going to cut in during my leg, I may run the first part of my race a little faster than I normally would so I don't get boxed in. Passing people can be a pain--especially on an indoor track. While in another case, my strategy for running the third leg may be the same strategy that I would have if I were running the fourth leg.

Do you have a preference for which leg of the relay you run?

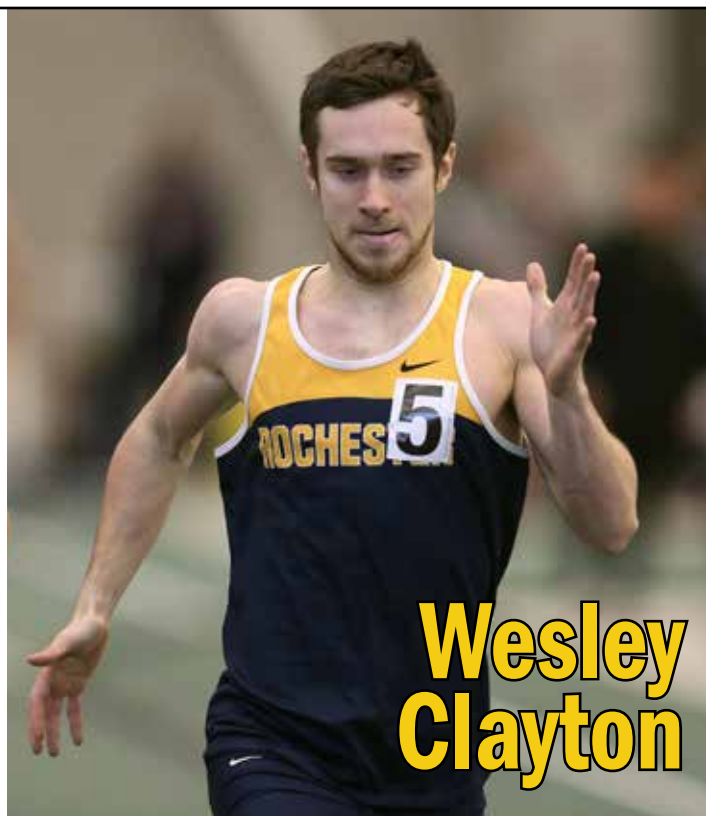
I like to run anchor because I love the pressure, experiencing the increased excitement of an animated crowd, and knowing exactly what I have to do for my relay to win.

You competed in four sports in high school - basketball, football, soccer, and track & field. They each require a different 'style' and 'distance' of running. Did one help you with the others (basketball running helping with soccer, for example)?

Yeah, I think participating in several sports exposed me to different training stimuli which made me a more well rounded athlete and helped me in all of them.

Did you have a chance to compete in college in either football, basketball, or soccer?

I could have played soccer in college. I remember contacting Coach Apple while I was in high school. I am honestly not sure if I could have played basketball or football in college.



What led you to attend UR?

UR's academic ranking and Coach Albert's recruiting abilities.

Please explain what drew you to political science as a major.

I have been interested in politics my entire life. I perceive life through a political lens. It was a natural fit based on who I am.

You interned this summer with a Cornell Law professor. What did you do in the internship?

I helped Professor John Blume complete a database for lawyers seeking to bring forth "Atkins claims" in capital punishment cases. "Atkins claims" are based on judicial precedent set forth in *Atkins v. Virginia*--the Supreme Court case barring the execution of the intellectually disabled.

Which courses helped you land the internship?

Constitutional Structure and Rights, and Criminal Procedure and Constitutional Principles. The professors teaching these classes provided great legal insight and gave me some of the tools needed to be successful in law.

Any courses that you are really looking forward to this semester?

Yes. I expect First Amendment and Religion to be fascinating.

When did you begin playing field hockey?

I started playing field hockey in seventh grade. I initially wanted to play soccer, but my mom insisted that I try playing field hockey as she did, and I loved it.

At Barker High School, you played field hockey, basketball, and softball. That kept you very busy, didn't it?

Yes, it did. I played on many travel teams for all three sports throughout high school. I often did homework on bus rides home from games or late at night.

Coach Andreatta said you play a defensive position on penalty corners called a 'fly'. What's a fly?

The fly is the player who rushes from inside the goal out to the edge of the circle to the opponent who receives the ball on the penalty corner. It is the fly's job to try and get a stop on the ball before the opponent can get a shot on cage and to prevent lateral passes at the top of the circle.

Coach also said hardly anyone wants to play in this spot, yet you relish the opportunity. Why?

Typically people do not want to fly because they are afraid of being hit with the ball or the stick of the opponent who strikes the ball at the top of the circle. At this level, most players understand that it really is one of the safest positions on penalty corners. As long as you have the speed to get out to the ball, you are then safe from the shot, while the rest of your teammates remain in the line of fire to defend our goal. It is key to go out with speed and a low angled stick it order to protect yourself and the rest of the players behind you.

On a penalty corner, is there more pressure on the team defending, or on the team attacking?

In most cases, I think both teams feel a lot of pressure on penalty corners, as they are both taking risks. The defense probably feels a bit more pressure as not only are their numbers down, but they are also within their defending circle and taking a shot from the best striker on the other team. It is best for both teams to feel relaxed and confident before taking a penalty corner, as it is something that both have practiced countless times.

If the casual fan came to watch the team play, how can they tell that you are playing well?

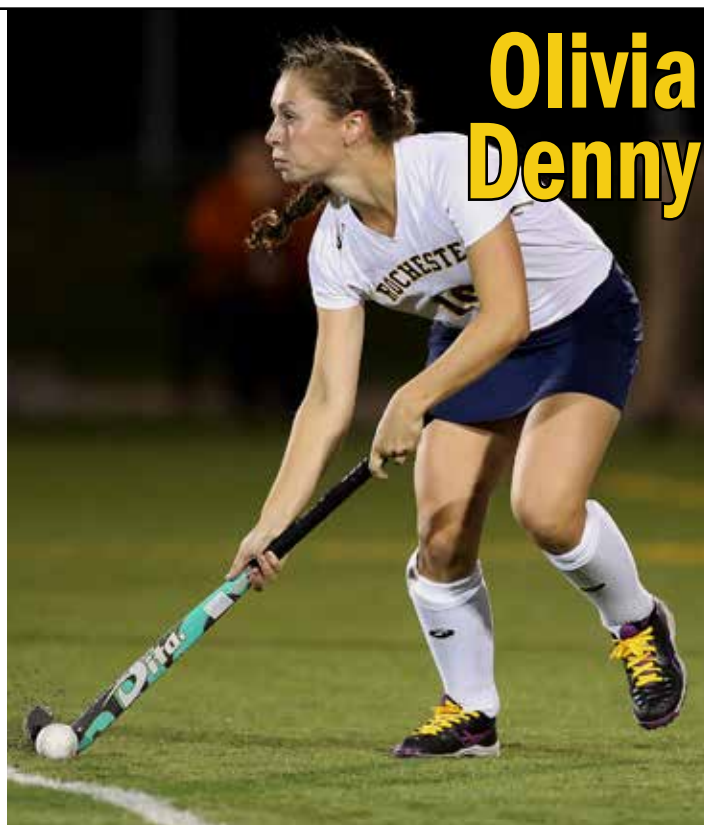
If Rochester is maintaining possession that will usually indicate that we are doing well. You would see many passes strung together and the majority of play within our attacking fifty.

Is there anything fans should try to watch during a field hockey match, besides the movement of the ball?

I think it is interesting to focus on the movement of the players around the ball. You will see defenders anticipating a pass to make an interception and attackers holding a space to then cut into an open lane for a pass. The game really evolves when the players around the ball are in constant motion.

Why did you select microbiology as a major?

I knew that I wanted to major in biology, but when deciding between the different specializations I focused on the advanced



elective courses. I was drawn to microbiology because of the upper level course options including Immunology, Virology, and Emerging Pathogens. These are courses that I think will give me a leg up with my education down the road.

Which courses have you taken that you really enjoyed?

I enjoyed biochemistry and was a workshop leader for the class last semester. I am also minoring in American Sign Language, and I have always enjoyed each ASL class that I have taken.

Have you done any internships tied to your major?

Each summer when I head back home I work in our local pharmacy as a technician. This experience is to prepare for applying to pharmacy school for 2018 matriculation. Last summer I went to a pharmacy institute at the University of Illinois at Chicago School of Pharmacy where I was able to learn many of the basics of the field and get experience with working in the classroom, labs, and in community pharmacy.

What courses will you take this year that you are really looking forward to taking?

My senior year I am taking a combination and American Sign Language and Microbiology courses. This semester I am taking an ASL interpreting class that I have been waiting to take since I declared my minor sophomore year. I am also taking Immunology which I have been excited to take as preparation for pharmacy school.

Where do you hope all of this will lead?

After graduating from U of R, I hope to attend the University at Buffalo School of Pharmacy and Pharmaceutical Sciences where I will pursue my Pharm. D.

HOMETOWN: Barker, NY MAJOR: Microbiology

There are so many opportunities to play soccer - youth level, club ball, scholastic soccer. How did you get started?

I got started playing youth soccer when I was around 6 or 7 and have been playing ever since

How nice is it to play soccer close to home (in Honeoye Falls)?

Yes, it's really nice because it means my parents are able to get to all of our home games and most of away games

What keys do you have that help you know you are playing well?

If I've done something to help the team win-as a forward this probably means pressuring the other team's defenders, setting up a teammate, or scoring a goal. If I do these things and contributing to victories then I know I am playing well.

If a fan was watching you play, what should he or she look for when they watch?

Forwards sometimes make a lot of runs without (the ball) before getting the ball, so it might be interesting for fans of the game to watch out for the work our forwards do in order to get a chance to score.

Coach Apple said you are a volunteer firefighter in Brighton. What led you to do that?

I took my EMT certification last fall and along the way met some people in the fire service. It sounded like a lot of fun so decided to try it for myself and applied and went through the state certification training.

Firefighters are on call all the time. Have you ever been called to duty at an unusual time, say the middle of the night?

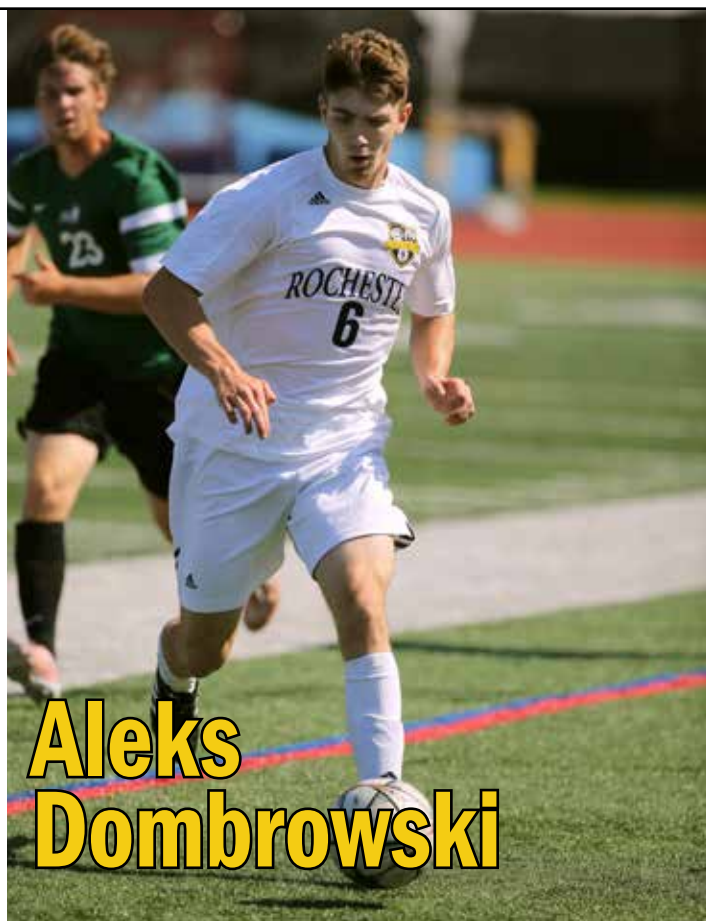
Yes, emergencies and false alarms can happen at any time. I've been to calls in the middle of the night and the early hours of the morning.

It can be a stressful occupation, can't it?

Firefighters train to succeed in stressful situations. The most stressful situations I've experienced so far have been in training. While these can be challenging they are often equally exciting.

Coach also said you are working with a program through the UR Med Center with at-risk women who have been released from incarceration. Can you talk about that a little bit and what you do?

I work for a program called the Women's Initiative Supporting Health (WISH). WISH provides primary medical care to at-risk women, and also links patients to counseling and mental health services. Personally, I have worked in our medical



clinic, and at a local court and jail. Right now I am helping write a publication for a recent research study we conducted. Our program does a lot of good work and is an example of how the University's resources can be directed toward helping the surrounding area and community.

Your major is religion. What led you to make that choice?

I took REL 101 fall of my freshmen year because I thought religion might make a good cluster. I really liked the class and decided to finish the cluster. I found the questions raised by each of the classes compelling, so I decided to continue with a major.

Which courses have you taken that you have really enjoyed?

I've liked every one of the classes in my major but REL 105, REL 293W having been the best. I really like organic chemistry so CHM 208 and CHM 210W as well.

Which ones will you take this year that you are looking forward to taking?

REL 229, and getting to see REL293W again as a TA

What do you see yourself doing at this time next year?

I'd like to stay one more year and do a Take Five

When you came to the University, were you planning on competing for the swimming team?

I was not. I emailed Emily about a month before the season started.

How young were you when you first started swimming?

I was told that I started swimming at three or four years old. I started swimming in a regulation 25-yard pool at the Y when I was six.

You broke two school records in the breaststroke last year. What appeals to you about that stroke?

I think breaststroke is just pure fun. It is very easy and comfortable to swim at slow speeds and is efficient. However, at the competitive level, it gets very technical and it requires very precise timing and skill. I spent almost five years learning this and something finally “clicked” for me.

Have you tried any other strokes besides the freestyle?

Yes. In fact, my freestyle is one of my worst events in college competition. I think I have only swum a purely freestyle event in “D” relays (i.e. the slowest relay group).

When you’re on the deck at a meet, how do you prepare yourself mentally for your race?

Mostly I stretch and cheer on my teammates. It gets me relaxed before all my races.

You don’t have an opportunity to influence how your opponents compete – i.e. you can’t ‘defend’ the swimmer in the next lane. So what do you focus on before the gun goes off?

A lot of swimmers use this thing called *collegeswimming*. It is a database with times from all collegiate swimmers in the world. Sometimes even up to one week before a meet, our team scouts out our opponent’s times to see how we would fare against him. Other than that, I try not to worry myself too much.

Coach Wylam said you self-taught yourself computer coding. How tough was that? That enabled you to take advanced computer science classes sooner.

Part of my motivation was that I didn’t want to be a junior taking intro to computer programming, so I asked my friends for course materials that would propel me into CSC172 and computer architecture without actually taking the official prerequisites. It was not difficult, but it wasn’t a breeze either. I took it slow and steady over the course of five or six months.

Which courses did you serve as a T-A? Is it difficult to teach others?

I have T-A’ed ECE111 and 113. It is a great and simple introduction into electrical engineering. My students were great and it wasn’t hard to teach them. It is sometimes difficult to get people to volunteer to write an answer on the board.

You interned with Allstate last summer. What did you do in the internship?

I did some sales calls with leads and I updated a huge database for the local agency with addresses, car makes and models, and other demographic information. The agency owner was Chinese and had a lot of Mandarin-speaking clients. Being fluent in spoken

Arlen Fan



Mandarin, I was able to schedule meetings with them while speaking Mandarin.

Now you’re a data coordinator for Internal Medicine at the UR Medical Center. What are your responsibilities?

I follow a database and call patients that are overdue for cancer screening. I update their information and schedule appointments and report them to the head data coordinators.

Can you talk a little bit about the research work you are doing for the National Science Foundation?

My research as an NSF fellow was based on computer music transcription. The project was set up such that a person could input an audio file of a piano performance (or an instrumental piece) and have a computerized system process the data into a five-line staff format for traditional viewing. My work was to build a system that could edit errors and track changes so that the data can be used to improve the system using machine learning methods.

What led you to choose Electrical and Computer Engineering as a major?

I wanted to do Electrical and Computer Engineering because I liked the E&M part of physics in high school. I also love taking electronics gear apart, so I made the executive decision to pursue something EE-related before starting my first semester in college.

What do you hope to be doing at this time next year?

This year, I will send in grad school and job applications and see how things go from there. I will either be in graduate studies or be working for an aerospace/defense firm. I would also consider management consulting as a career choice.

HOMETOWN: Birmingham, AL MAJOR: Electrical & Computer Engineering

When did you begin playing soccer? And what got you started?

I have been playing soccer since I was 5 years old in rec leagues, but I didn't really start playing competitively until freshman year of high school. I had a really good time playing with my high school team that first year and it got me realizing how much I loved playing soccer. It was after that that I went to find a quality club team, and that helped me end up here today.

Besides you scoring goals, what should the casual fan watch to tell if you are playing well?

Well that's difficult to say because as a center forward, it's my work off the ball that is important. I have to create space for my midfielders to come forward and combine with my wingers as well. I would say generally if my team is getting chances on goal and generating an effective attack, then I think I am doing my job correctly!

You had a very busy high school career – multiple honors for soccer, serving as a student government officer and as editor for the school newspaper. Did the last two positions help you when you arrived in college?

I think that being a student government officer and editing the school newspaper helped most in me being able to juggle everything that I do at school. Having a busy schedule in high school made it that much easier for me to create the time for soccer, school, and clubs once I got on campus.

After sitting out part of your freshman season with an injury, how hungry were you for sophomore year to begin?

I don't know if there is a way to put my restlessness into words, but as soon as I knew the extent of my injury, I was counting down the days until the next season. I still think about it now sometimes while I'm playing how lucky I am to just be able to physically play again and enjoy the sport that I love. Those 6/7 months were irritating because my mind wanted to do so much but I had to wait for my body to be able to catch up. So once sophomore year came around, I more than ready to pick back up where I left off!

You were the President of Grassroots Soccer this year. Can you talk about that organization a little bit?

So Grassroots Soccer, or GR Soccer, is a community service organization on campus that gives Rochester youth the opportunity to learn about HIV/AIDS through after school programs. Because HIV/AIDS is a growing epidemic in Rochester, educating the students about this it is becoming that much more important. We also stress educational learning through our soccer league, Soccer Girl's Rule, where we mentor and empower young girls while also showing them how fun soccer can be.

How did you become involved in Grassroots Soccer?

My freshman year, my team did a volunteering day through the club my helping coach one of the fall clinics. It was amazing seeing how much fun the girls were having during the clinic and the relationships that some of the coaches had been able to develop with the girls over time. You could really see that the girls looked up to them. After that, I became a consistent member and have become more and more involved every year!

You also work with the Emergency Department Research



Associate Program at the UR Medical Center. What type of work does an EDRA do, and what do you do?

An EDRA sits in the Emergency Room at Strong. We screen patients seeing if they fit the eligibility criteria for a variety of different studies. To see if they are eligible, we may also consult the attending providers or residents in the ED. If they are eligible, we then approach the patient and enroll them for the study or refer them to the study team. It is actually more difficult of a job than one would think, but once you learn how to pitch a study it becomes easier.

This summer, you sat for your MCATs. How did you prepare for those exams?

I did A LOT of studying! I started in December and was studying from review books and taking practice exams until I sat for the exam at the end of June. It was a lot of relearning material from my freshman and sophomore year, as well as being able to apply those concepts to higher yield questions.

Do you have a specific medical school in mind?

I haven't researched many schools, but I would idly like to stay on the east coast or Midwest. I would obviously love to go to the U of R medical school, but I'm keeping my options open at this point!

You carry a double major of biology and health, behavior, & society. What generated your interest in those fields?

I always knew I wanted to major in biology when I came in, it was just about which biology major I wanted to do since the U of R has a large variety of them. I chose to do regular biology because I was able to get more freedom in the upper level classes that I could take instead of having my classes planned out for me. I then got into Health, Behavior, & Society because I wanted to do a public health minor and a psychology minor, and that major puts both of them together so I thought why not and picked up the second major!

HOMETOWN: Cincinnati, OH MAJORS: Health, Behavior & Society, Biology

You had a terrific freshman season for basketball. What expectations did you have when you arrived on campus?

When I got to UR, I was just so excited to be a part of such a competitive program and to work hard and to just see where things would go that first year for myself and the team. I honestly didn't have any true expectations for the basketball season but I quickly realized after the first couple weeks of school and especially (of) the season how lucky I was to be on a team with such great teammates, coaches and just overall people.

Your introduction to UR came from Michelle Relin who played field hockey here and went to HS with you. What did she tell you?

Michelle and her family told me that they thought it would be a really great fit. They said it was the best of both worlds because it had competitive athletics and it was a great academic school which was most important to me. Michelle had just had an incredible freshman field hockey season and I was excited at the idea of following in her Manheim Township footsteps. I also got a really good understanding when I visited Michelle on how fun of an environment it was and how friendly all the people were.

How was the recruiting visit?

My recruiting visit was great and honestly, it was one of those things where I just had this feeling that it was right and I didn't want to leave. Kelsey Hurley was my awesome host and made me feel right at home. I was also super impressed by the fact that Loren Wagner who was a senior took the time to get to know me and put in the effort which showed to me how great this program must be for a senior to care how it does after they have graduated.

Were you always set to major in business as you looked at colleges?

Haha no... When I first looked at colleges I, like 70% of high school students, wanted to be a doctor and was looking towards a pre-med path. My senior year with AP Bio and sitting in on some science courses during my recruiting visit quickly made me rethink that life goal. Once I got to Rochester I floated around a little but I had the basic idea of studying business pretty quickly.

UR got into the NCAAs in your sophomore year and advanced all the way to the Elite 8. What was it like to go on a run like that?

That was the most special season which such a special group of people. I don't think I realized until this past season how rare that season was and how we all just clicked. Being able to play in those high pressure games in front of fun crowds with your best friends by your side is just indescribable until you are actually there experiencing it. All that hard work you put in from October 15th, getting up at 4 am for the morning practices are all worth it 'cause it led you to that point. Experiencing that early on in college also just makes you wanting more the next seasons of your career. I think those of us who were there to experience the Elite 8 and the run we had want to get back and go even farther even more because we know how great it is.

Last season, you broke out statistically, scoring almost 22 points a game, including your 1,000th career point. What was the biggest difference for that jump?

I wouldn't say that there was a big difference that I can point to, but more just the years of experience. My freshman season I was a bit timid with my play and my sophomore season I stepped into a larger role but I still didn't feel the need to be a strong leader on the court because we were all leaders in a sense. I think this (past) year when Brynn (Lauer) got hurt and it was just Sarah (Kaminsky) as a senior, I felt the need to step up and help her and help the team and that just translated onto the court and into the stats without any focus on the stats.

You've volunteered for the Lancaster County Project for the Needy delivering 1,500 Christmas dinners to needy families on Christmas Eve. How did you become involved in that?

I actually became involved through my high school basketball team. It was a tradition that we would get up 6am on Christmas Eve morning and go down to the local baseball stadium where there were hundreds of volunteers which included a lot of our Township friends and we would create these huge assembly lines to help pack the Christmas dinners.

Alexandra Leslie



It's just such a fun time and everyone is so happy and even though it's freezing, it's worth it because you feel proud that you were to contribute just a little to the community.

The summer before you came to UR, you volunteered at the Schreiber Pediatrics Rehab Center, working with Special Needs students. How challenging is that?

That was definitely challenging because a lot of the work we did was trying to get the kids to participate in different physical activities and sports and they all were different ages and had different skill levels so it was hard to combine all of them into one soccer game and have them all enjoy their time. But the longer time I spent there it got easier because I grew close with the children and picked up on each individual child's strengths and what they liked and didn't like and then we were able to cater to that and it was just super fun for us all. Fun for the kids who enjoyed their time and for the volunteers to see how happy the kids were.

At UR, you're a member of the St. Sebastian's Society, another service organization. You tutor 4th-8th graders at different city schools. Which subjects do you help them with?

Any subject! I often get assigned different children who are struggling in all different types of subjects and then I try to help and teach them the skills for them to continue improving and learning. The subject I am always most nervous to tutor in is math though, because trying to remember how to do long division stresses me out!

Which courses have you taken that you've really enjoyed?

My favorite course I have taken within business was an econ class I just took with Professor Gilbert. It was just a course that really made sense to me and it was really fun and enjoyable to go to class every day. It was even enjoyable to study for exams because the material just made sense. Outside of business my favorite class was a history class I took for fun which was called Hitler's Germany. Though the topic was extremely depressing and at times sickening, I learned so much. It was so interesting that I loved it.

Which courses will you take this year that you are really looking forward to?

I am taking a lot of business courses this year like accounting and finance. I am really looking forward to taking the continuing history class to Hitler's Germany which is about the post war era of Europe and the Cold War. I got to visit Germany this summer and see Berlin and the Berlin Wall and I'm really excited to get a better understanding what exactly happened after World War II and learn more about the Cold War. It's a topic I wish I knew more about and now I'm excited I get the chance to do that.

HOMETOWN: Lancaster, PA MAJOR: Business

You've had success as a reliever. That takes a certain mindset, right?

I think so. I'm not sure how others think when they're about to come into a close game, but for me, it's all about confidence. If you out there and trust your stuff and you genuinely believe you are better than the competition, you'll be alright.

Have you always been a pitcher? Maybe as early as Little League?

Yes. I started back in Little League the first year we were eligible to pitch, but I was always a two way player. When I wasn't pitching I was playing the field and vice versa. So coming to school and strictly pitching took a while to adjust to.

Your brother Jake was here and you guys played together for a couple of years. Was that important to you?

Absolutely. I have three brothers and we all played sports. The only one I never had a chance to play with was Jake and having the opportunity to play college baseball with him was truly special. Having said that, there were definitely times we wanted to kill each other, and it made for some good entertainment for the team.

You were a T-A for political science for two years. Which courses did you teach and how did that go for you?

I TA'd twice for Argument in Political Science (PSC 202W), one of the upper level writing courses in the department. I loved it! Having the opportunity to help teach other students material that I thought was important and interesting was very rewarding. Not to mention, this school has given me so much and so many opportunities after graduation, that being able to TA for a couple semesters was a great way for me to give back in a sense and help others when they needed it.

What attracted you to PoliSci as a major?

As a child I always argued (to this day my coach would say I still do), so, growing up my parents would say I needed to become a lawyer. When it came time to graduate high school and I had to begin to think about a possible career path in the future, I knew Political Science was great for applying to law schools. I did my research and when I got into UR, I knew our department was highly respected and sought after by students pursuing a Political Science degree, so I went with it. And what a great decision it was!

You've been an intern at a New York City law firm for two summers. What branch of the law does the firm handle?

The firm mostly handles Insurance Coverage, Employment Law, and Healthcare Law. Some would say the work is thrilling!

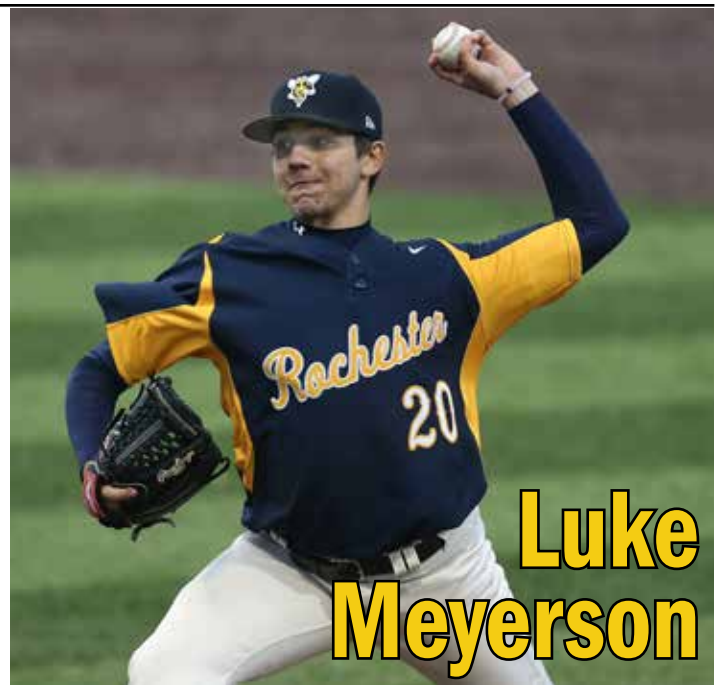
What have you learned about the business of law during the internship?

I learned a lot, and it would take a long time for me to go through it all. But one thing really stood out to me. You learn a lot while in undergrad and at law school that will help get a job, but it teaches from a book. Working at the law firm taught me you not only need to be smart, but you have to have great social skills and know how to deal with people. As an employee at a law firm, I realized how vital it is to maintain a strong working relationship with the client to always keep them informed and up to date with the case at hand. Transparency and being able to speak with others (clients, judges, attorneys, support staff) makes for a much easier work day and can make you a more successful employee.

Which branch of the law appeals to you as a career?

Honestly, I have no idea. Most lawyers I've spoken to said I'll figure that out when I get to law school, but recently I've been really interested in pursuing a career as a sports agent. What a life that would be, representing world class athletes at the pinnacle of the sports world for a living.

You helped form a non-profit (Bright Light Israel) that fundraises for victims of terrorism. How tough a job is fund-raising?



It's definitely not easy, yet. Due to the fact that we are still so new and our founding members all attend/ed universities across the country, finding time to meet or facetime on our busy schedules hasn't been easy. But, once we work out all the kinks and growing pains of being a new organization, I think we will have a much easier time fundraising. One of our goals is to develop clubs and groups at universities all over so they can fundraise at their respective schools and we can grow the organization tremendously.

What led you to form the group?

On the plane ride back from my Birthright trip to Israel, about five others and I were discussing how great of a time we had and how amazing of an opportunity it was to get a trip for 10 days to see one of the most historically important locations in the world. We then all began discussing how other people we didn't even know made sacrifices and donations so we could get this chance, and without them we wouldn't have had this experience of a lifetime. So we asked ourselves how we could give back to a country and group of people who took us in for a week and half and basically made us family. Almost immediately one of us said they wanted to start a charity. We brainstormed and thought about one of the biggest lessons stressed on the trip, every life counts. So, we decided to form a charity that would help save the lives of individuals negatively affected by the growing number of terrorist attacks in the region.

You're a member of the Undergrad Curriculum Reform Committee. What does that group do?

The committee was responsible for reshaping the Political Science and International Relations majors to try and increase the number of students joining our department. We were in charge of writing a brand new major changing classes required, tracks students could take, and increasing the level of freedom students had when making their schedules. Basically the gist of the group was to get more students involved, increase the freedom students have, and to create a closer knit community for all members (professors included) of the department. We really wanted to make it a 'family-like' atmosphere!

And lastly, where do you hope to be next year at this time?

I hope to be in law school and still have a job in place for next summer. It would be really cool if I could also find a summer team to possibly help out with and coach. I tend to not look too far in the future as I like to live in the moment and enjoy where I'm at! I like the line from John Lennon, '...life is what happens when you're busy making plans...'.

You were a member of both the marching and the symphonic bands in high school. Each of those requires a different style and focus, don't they?

Absolutely, the two are so different in so many ways. In marching band there's so much more of a focus on the presentation, which requires spending a lot of time rehearsing the movement alone. In a concert style band, the focus is completely on the music.

Which instrument did you play in the bands?

I played the trombone, which I've been playing since elementary school.

You are also a vocalist. Do you have a preference in performing – between singing and playing?

That's a tough one; I definitely don't have a strong preference either way. Performing trombone as a part of a band, or singing in a choir has a feeling of accomplishment to it, because it's satisfying to see how the whole group comes together in the end. But singing as a soloist, like I do on campus as a part of No Jackets Required, is so exciting, and the feeling is like nothing else.

Where did the interest in music come from?

I've been singing around the house as long as I can remember, and my parents had put me in piano lessons, so being a part of the chorus and band was a no brainer in elementary school. Both have stuck with me ever since.

Did you think about attending college for music?

I knew that I didn't want to pursue music as a career, but that I wanted to continue playing trombone and singing as hobbies. The U of R was a perfect fit, because having the connection with Eastman, there is a lot of music happening around campus always. So I've been able to continue with my musical interests, while having my main focus on school and volleyball.

Coach Iya said you played in the brass choir last semester. What drew you to the choir?

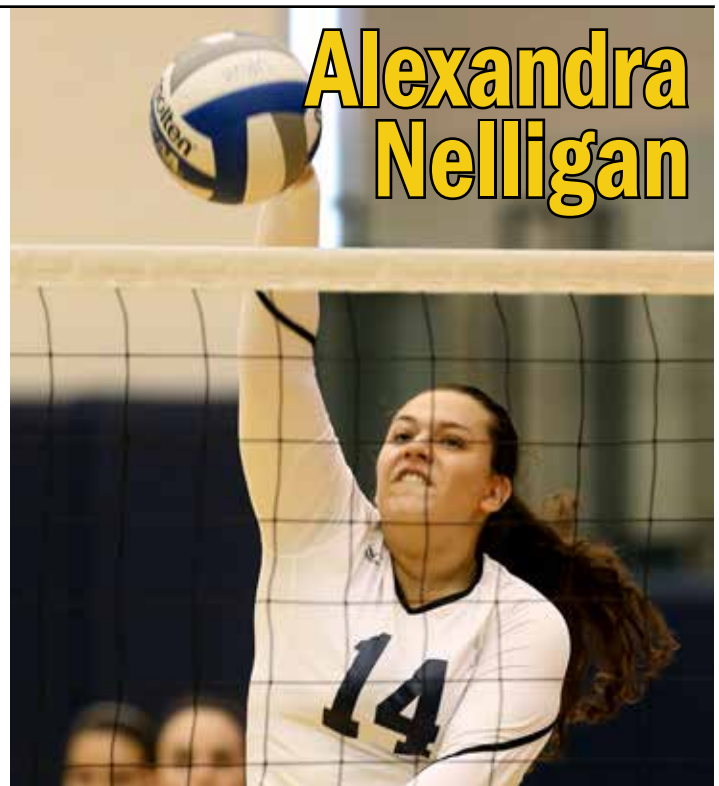
I wanted to find a way to keep playing the trombone, that was a time commitment I could manage on top of school and volleyball. I heard about the brass choir, and it fit into my schedule, so I immediately joined.

When did you start playing volleyball? What made that sport attractive for you?

I started playing rec volleyball in fourth grade. My mom had played volleyball growing up, and my older sister played so of course I wanted to as well. I had played several other sports but volleyball was the one that stuck. It's such an exciting game, and is always so much fun.

You were an outside hitter as a junior. If the casual fan was going to watch you, how can they tell you are playing well?

The easiest way to objectively tell I'm playing well is to see how many of my attacking attempts are kills (terminal hits).



This summer, you interned at a design firm, tied to your major in mechanical engineering. Which firm was it and what did you do during the internship?

I interned at a small design firm called DesignTech, doing work in HVAC design. I got to go out to job sites to take surveys of existing equipment, perform heating and ventilation load calculations of buildings the company was working on, and draw ductwork and piping plans in AutoCAD.

What drives your interest in mechanical engineering?

I ended up in engineering because I've always really enjoyed math and science courses. I love all of the problem solving involved because it's almost like a puzzle. And there's so much satisfaction that comes with completing terribly long and difficult problem sets.

Which courses have you taken that you've really enjoyed and which courses have helped you prepare for the internship?

Pretty nerdy answer, but my favorite class has been multivariable calculus. I've also enjoyed Dynamics and a Mechanical Fabrication class, that taught use of machines, and was all hands on. Thermodynamics, Heat Transfer, and Intro to CAD definitely helped prepare me for my internship.

What plans do you have for next year?

I'm going to be looking for a job in the industry, not grad school, but have no idea in what area of mechanical engineering I'll end up. While I thoroughly enjoyed my design work this summer in HVAC, there are so many other possibilities.

When did your interest in tennis begin? Where did you play?

I started to play some back in 6th grade. I had always participated in a one week camp at the local Fellows Road park, and I became too old for the program so I started to go once a week over to a club called Turin, but I never became too serious about until 9th grade when I stopped playing baseball.

You played soccer and baseball at Fairport HS along with tennis. Did any of those sports conflict with each other?

Definitely. Tennis for me for the longest time was just a side sport with baseball being my primary sport until 8th grade, then I focused primarily on soccer through 10th grade, and then I started to focus more on tennis. It wasn't until senior year in high school that tennis became the only sport I played.

It's a sport that takes a good deal of work, isn't it?

Yeah, since tennis is so predicated on timing, it takes a lot of repetitions just to get good. Then, as soon as you stop playing for a few weeks, all your strokes, and serves fall apart, so it takes a lot of maintenance to keep one's tennis game up.

Have you done any teaching at local clubs?

For one summer in high school I helped instruct at Mendon Racquet and Pool club. I taught mainly just the younger kids about 5-10 years old.

You have been an ITA Scholar-Athlete for each of your three years on campus. How are you able to compete effectively in tennis and succeed in a challenging major?

It's not easy, and takes a lot of planning out one's work schedule. My freshman year, when I experienced my first full spring season of tennis, I was exhausted, but I learned after that to value my sleep and plan out my studying, and keep track of my tasks rather than procrastinate.

Let's talk about that major of neuroscience for a moment. What drove your interest in that field?

Well, I was interested in the field of medicine, and I got to reading some books about neurology, and learned about the impact brain disorders could have on one's behavior. I just found it fascinating how damage to different areas could lead to problems with speech, or motor issues, and I loved learning about how plastic the brain was. The idea that one's brain could be altered through different experiences really amazed me.

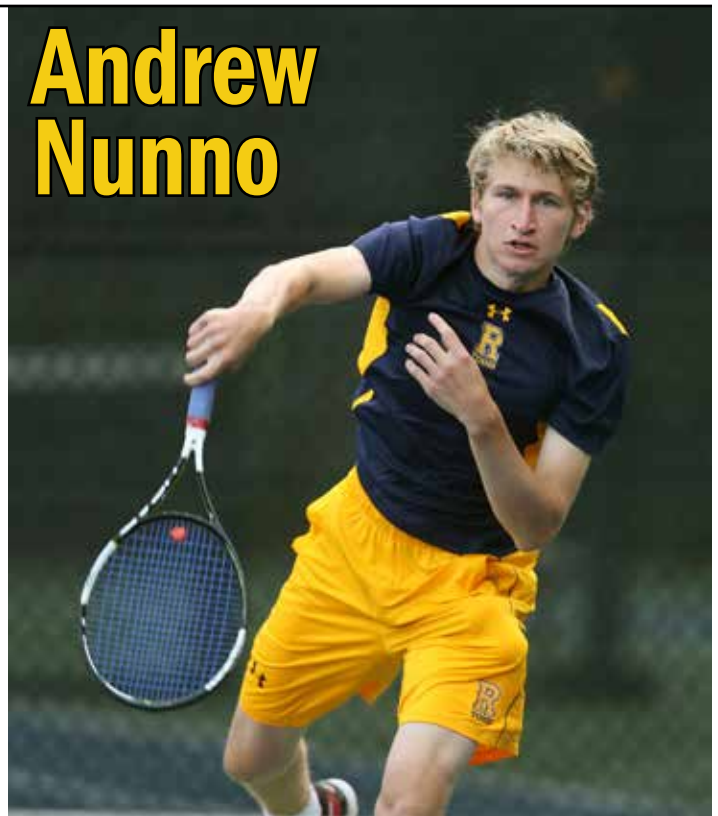
You were awarded a summer research fellowship this year. Can you talk about that?

Sure, I worked in the CAOs laboratory which is in the Brain Imaging building across from the medical center. I received the fellowship to work on a project that focused on using intraoperative data collected from stimulations of the brain during brain surgery to better predict which areas are important for language. The goal was to improve the accuracy of surgeries.

Which courses have you taken that you've really enjoyed?

A couple of my favorite courses were probably BCS 110 which is was an introductory course to cognitive science, and NSC 242 which was neuropsychology. Both of those classes were fun for they talked a lot about the impact different brain disorders affected behavior.

Andrew Nunno



Now that you're a senior, which courses are you really looking forward to this year?

One of the courses I am excited about is a class in Anatomy, for although I am a pre-med student, one doesn't get to learn a lot about the human body on a more macro level. Another course I'm pretty interested in is public health ethics for it should be fun to get to take a class outside the sciences, and look at more the impact it can have society.

Back to tennis: last fall, you reached the semifinal round of the ITA regional doubles championships. What's the key to succeeding in a tournament like that?

Although it sounds foolish, the most important thing is to play well. In doubles, since the matches are shorter than singles, it is important to be locked in from the very beginning for a match can get away in a hurry if you are struggling. Also I think previous doubles experience is key. Both Sam and I last year were entering our 4th, and 3rd seasons respectively playing doubles which played an important role in beating some of our less experienced opponents

In general, what makes for a good doubles pairing between teammates?

Like all relationships a good doubles team centers around some key principles being quality communication, trust, and forgiveness. You got to be comfortable telling your partner what you think you should do with the serve or game plan, and you have to trust in what your partner thinks is the right idea, and give them your full support as well. Also, in doubles both you and your teammate are going to get mistakes, and it so important for each person to be able to forgive each other's mistakes in order to minimize damage. For once you start blaming each other, or illustrating negative body language following the other player's blunders then things start to spiral.