



*The 2020
Garnish
Scholar
Awards*

The 2020 Lysle "Spike" Garnish Awards

From the Director's Chair

George VanderZwaag

Executive Director of Athletics

We are pleased to 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.



Devin Woodyard (c.) of the football team was the first Garnish recipient last year. He received his plaque from George VanderZwaag, Executive Director of Athletics (l.) and University President Sarah Mangelsdorf (r.). Then he headed into the locker room for halftime instructions.



University of Rochester President Sarah Mangelsdorf (fourth from right) presented the Garnish Scholar Awards to 10 people during the 2019 home football opener. The Garnish Scholars are (l-r): Colleen Maillie (field hockey), Jamison Seabury (lacrosse, soccer), Jorie Freitag (soccer), Stephen Savchik (diving), Noah Chartier (track & field), mascot Rocky, Michaela Burrell (track & field), President Mangelsdorf, Garrett Renslow (baseball), Beth Ghysel (volleyball), and Zach Lawlor (soccer).

Ryan Algier

He's able to see the big picture, on the basketball court, in the classrooms, and on campus.

Sophomore year, you were a key player up front appearing in all 27 games, including two in the NCAA playoffs. What did you work on in the off-season following sophomore year to get ready for your junior season?

I of course worked a lot on my strength, agility, shooting and everything else, but truly the biggest difference was my mentality. We graduated 6 seniors after my sophomore year and all of those guys were key contributors for us. All the returners knew we were going to have to step up to fill the holes the seniors left. It was a big mentality shift to become much more aggressive and take on more of a leadership role for all of us, but we did a great job of taking on the challenge.

You broke out early last season – 54 points and 22 rebounds in two wins in the Mark's Pizzeria Tournament. What got you going?

Those games are really special for me and that tournament is amazing. Being a local of Rochester and growing up playing with and against a lot of the players in that tournament specifically always adds a little something. It always great to see how everyone is doing and progressing in their game too.

At 6-10, you usually have a height advantage over opponents. What do they try to do to prevent you from dominating inside?

Everything they can think of. Luckily, a lot of guys aren't as tall as me but almost all of them are stronger and they certainly use that to their advantage. I'm getting a lot more comfortable banging with those guys inside, but I can tell you I'm often feeling it the next day. Once the adrenaline from the game wears off, you can find me in bed trying to recuperate for the next day.

You hit eight threes last season. Will this be a part of the arsenal?

Hopefully haha. I've been working on it a lot and it helps open up the floor for me and my teammates. As long as it's the right shot for the team, I'll definitely throw some up this year.

In the past two years, you have 80 total blocks (86 for your career).

What's the key to successfully block a shot?

Being 6'10" and having really long arms is a great starting point. But it's definitely more important to stay straight up and contest; only block the shot if you can do it cleanly. Staying out of foul trouble keeps you on the floor longer which naturally adds up to more blocks. My dad would be disappointed if I didn't mention I learned a lot of it from him and that he is the all-time leading shot blocker at Geneseo, but it really comes down to the height thing.

You have a double major in Data Science and Business. Where do you hope Data Science will take you?

I haven't nailed down where I really want to go yet, but there are several things that excite me. I think combining my passion of basketball and working on analytics for sports teams would be incredible, but I also would enjoy working with a team of data scientists in a more traditional office setting. I think there is still so much to learn about all the information available to us in the world and I want to be a part of that learning process.

And how does business fit into that?

I picked up business to learn some more applications of data science and how companies work to use the information. I felt like knowing how to crunch numbers was valuable but understanding some more of the applications of it and understanding the underlying principles of why companies need the information can really take me to that next level.

What plans do you have for VSAAC this year?

We are really just getting started back up and trying to lock down our ideas. Many of our annual plans like blood drives and community fundraising events might not be possible this year so we are trying to get creative. We are still going to have league wide SAAC conferences virtually and I think I will be participating in the UAA one with a few other members soon. As a whole, we would like to possibly bring in some speakers and discuss the current social justice issues we are facing as both a nation and Rochester community.



I also think this could be a big year for VSAAC to just bring athletes together since so many of us are facing similar difficulties with sports restrictions due to COVID.

Has the St. Sebastian Society drawn up its community service programs for this year?

We had some good plans coming into the year, but a lot of our stuff has been postponed indefinitely. Unfortunately, our jail mentoring programs and work with the Boys and Girls Clubs has been deemed a no-go as of right now. We hope to put together at least one in-person event this year but we are still working out what we can do safely. There are a lot of creative thinkers in the group and I know we will end up with some good ideas.

You are a member of the UR Late Night Committee. What does the committee do?

The committee provides funding and support for groups putting on events during the "late night" hours. All of the events we sponsor take place on Friday and Saturday nights from around 10pm-1am. These are always pretty cool events that give students an opportunity to hang out with friends and meet new people in ways that don't revolve around traditional college parties. My personal favorite that we have done in the past is grocery bingo where you actually win like a Wegmans bag full of groceries.

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

Looking back, I enjoyed a lot of the coding classes I have taken for data science. While I was taking them I don't think I would've told you that, but being done with them, I can appreciate the work I put in and have some neat projects that I've made. My cluster courses in English classes, particularly with Professor Memmott, were fantastic too. I met some great people in those classes and improved significantly as a writer.

What are you taking this semester that is interesting?

I am a TA for the first time this year for a data mining class, which has been something I've always wanted to try but has been difficult to fit into my schedule. Everything going online has really opened up some flexibility in everything which is a nice silver-lining I guess.

What are your goals following graduation?

At this point I honestly have no idea. So much is uncertain and I'm trying to keep all my options open. I'm thinking about doing a take5 or e5 program, applying to grad school, looking for a job or continuing my playing career perhaps overseas if that's an option. My real goal is to figure out what I am going to and commit to doing whatever it may be as well as I possibly can.

HOMETOWN: Fairport, NY MAJORS: Data Science and Business

Eileen Bequette

Running, jumping, throwing, designing - all in a week's work for an All-American.

In your first year (2018), you and Kylee Bartlett both competed in the pentathlon. She was the defending NCAA Champion. Did she offer any advice about the event?

Kylee was such a great mentor, especially that first year. I think she was going through her own struggles during that indoor meet, but watching her poise and concentration before every event was really something.

Those first-year experiences helped because you rallied strongly in the heptathlon as a sophomore, earning All-America honors. Were you more relaxed in your sophomore year?

I struggled indoor sophomore year, partially because of the pressure to compete as well as the year before, but something in that week between indoor and outdoor it seemed like I got it together and re-focused. Coach Jay (Petsch) had some awesome 400 hurdle workouts that seemed to help me mentally and physically through outdoor.

Which was the most challenging event for you in the multi-event competitions? Why?

High jump has been a mental battle since entering college. It's been the event I've cared the most about in the past, so I think that's why it hurts so much when I have trouble reaching heights that I am used to.

Did you approach the coaches to compete in the multi-events, or did they approach you?

Going into college I knew I'd be doing multi-events, but entering high school I started off as distance, then asked to do high jump. I think I've considered myself a multi ever since the first outdoor meet my freshman year of high school when I first did the Pentathlon.

When you train as a multi-event athlete, how is your time apportioned?

We do a lot of early morning weight room, then for practices usually Mondays are our longer workouts for 800 training, Tuesdays/Thursdays are hurdles and jumps, Wednesdays throwing, Fridays are pre-meet/run-throughs.

This year, the 4x400 relay broke the UR school record and qualified for the NCAA Championships. When did it start to feel like everything was clicking?

We started getting really excited in December when Coach Albert first had us all run together, but it was that February BU meet that had us out-of-our minds ecstatic. The environment and people around us made us so focused on running fast, it seemed to take a second to register the time as Kristin (Hardy) went past the line with 200 (meters) left. Susan (Bansbach) was jumping up and down and we were shaking each other yelling because we knew the time was looking way faster than we expected.

As you waited for the handoff from second leg to third leg in the 4x400, what is going through your mind?

Every relay I am on I can't seem to remember exactly how it is right before my leg, because I am so nervous, focusing on when I need to get on the track. We had been practicing handoffs a bit, so I just needed to know when to leave, but I can't really think about anything else. I maybe feel myself getting the baton and entering the first turn. At BU, before we got on the line our whole relay was all over the place, so that's funny to think about. Kristin and I were being told 3x by an official to get to the line and nodding enthusiastically but not having it register, Susan was looking through all our stuff for her lane numbers, and Michaela (Burrell) was in her lane trying not to (be ill). It was very chaotic, but all that energy seemed to add up and make it feel even better

There were 60 teams competing in that 4x400 at Boston University – many Division I's. That must have been an amazing environment.

It was so crowded in the building, and we saw some big named D1 schools, and some pro runners, but we knew that we could run with our heat, having



watched some earlier races. We did think Coach Albert had seeded us fast. I wasn't worried about what the others could run, but I felt like I had had a bad run in the open 400 and I knew I needed to run a lot faster to not let our team down. After our race we were still so high, and bouncing around during our cool-down we saw some pro distance runners like Jenny Simpson walking in. (Ed. Note – Jennifer Simpson represented the United States in three Olympic Games-2008, 2012, 2016).

What drew your interest in Mechanical Engineering?

I've always been interested in how little things work, and have liked tinkering with different objects. In high school I took a couple engineering/ design electives where we did things like bottle rockets and sling shots as well as used some architecture programs. Those were also made fun due to the classmates and teachers involved.

As a member of Engineers Without Borders, what projects do you undertake?

So during the Fall last year I was working with the group on the Project Committee, and specifically researching easily buildable and manageable compost toilets. The main project being worked on was a water treatment and testing process for a school in Don Juan, Dominican Republic. I didn't get to meet up with EWB in the Spring, but I am again this fall, hoping to work on local projects in Rochester such as with Taproots, working on fixing up a greenhouse to survive winter, and redoing its current gutter.

You tutored refugee students at Carlson Library. How did that go? Are you continuing with it this year?

I got in touch with this program through the club Refugee Student Alliance, and it was tutoring for local students at the high school level. I think a lot of them were refugees, but I am not exactly sure. I only went a few times, but each time the coordinator, Chojy Schroeder, was there offering snacks and was so appreciative of any time spent with the students

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

I enjoyed my Lab Fabrication class that I got to take with a couple of my friends in the Fall, in the Rettner Machine Shop. I made a little model Javelin that I was going to test in the wind tunnel for Fluids Lab in the spring, but due to Covid we were sent home beforehand. I ended up giving it to Coach Jay.

What are you taking this semester that is interesting?

For my last cluster course I am taking Intro to the Art of Film, which has already been awesome. We watch a movie every week and analyze things like film structure and narrative styles. I already like it because the professor picks out very engaging films from early cinema to current thrillers. Also, I want to stay current with my brother who is a cinematographer and assistant camera in Manhattan.

Kathryn Colone

The rugged challenge of defending on the field and leading off of it.

You are majoring in Biomedical Engineering with minors in Philosophy and Mechanical Engineering. How do you find the time to compete?

My minors have actually fit into my schedule really well since I had some credits from high school that I used to place out of courses here at Rochester. I have been a research assistant in a lab working for Dr. Lerner for about two years, though, which is definitely time consuming but extremely rewarding. I really enjoy having a structured schedule so I make sure to plan ahead to fit in time for lab work between academics and athletics!

It's been said that the busier a person is, the more organized they are. Can you discuss that as it pertains to you academically and athletically?

That definitely applies to me! I tend to procrastinate if I know I have more time to get things done, so hockey- especially when we're typically traveling for games- helps me stay on top of my school work. Our team is also very academically oriented. It helps to be surrounded with like-minded people.

What drew you to Biomedical Engineering as a major?

I've always been really interested in medical devices and felt that BME was a discipline where a lot of my interests overlapped. I liked the design component as well as the medical component and the way devices can improve the quality of people's lives.

How do your minors – Philosophy and Mechanical Engineering –fit?

I love the way my minors complement my biomedical engineering coursework. It made sense for me to pursue a minor in Mechanical Engineering because my BME concentration is Biomechanics, and they both overlap quite a bit. As far as philosophy goes, I'm very interested in ethics so I've taken courses like Contemporary Moral Problems and Ethical Decisions in Medicine. These philosophy courses have given me a unique and valuable perspective that are actually very relevant to my major.

Coach Andreatta said you took the leadership course taught by Coach Apple and adopted some of the principles. What were some of the takeaways you had from that course?

The Leadership Experience was a very rewarding class and it helped me recognize my leadership style and my purpose. Some takeaways that resonated with me were that leadership is an evolving process, and there are a variety of leadership styles which are effective. Before I took the class I had this misconception that good leadership was one kind of entity with a specific set of traits and behaviors, but leadership isn't necessarily A, B, and C- leadership can also be X, Y, and Z. People who lead by example rather than vocally can also be extremely effective - and in some situations, leaders have to adapt to the needs of the group.

How did you apply them to your off-the-field role with the team?

The course helped me find my identity and recognize that my leadership style is leading by example, and enabling others to act through supporting and motivating individual players. I would say my leadership style and the way I apply my knowledge from the course are really similar in both on and off-the field settings.

When the pandemic spread and the spring semester was completed remotely, what were the biggest challenges you had? There were no practice sessions?

It was pretty difficult to get into a routine and adjust to sitting at the same desk all day, but I'm really fortunate that I'm close with my family and had the resources I needed at home to complete the semester remotely. Unfortunately we weren't able to start our spring season with the coaches, but we stayed in touch through Zoom and started reaching out to the incoming class to get to know everyone while we were staying safe at home!

How have the first-years adopted to the team and the college experience itself?

We definitely have a talented group of first-years, and there are a lot of them! Our preseason was a bit unusual due to small group practices because



of COVID-19, so unfortunately we're not used to being together as much. But, we just had our first scrimmage which was a lot of fun, so I'm really excited to see how the team works together because we have a great group of players!

Who were upperclass players who helped you when you first arrived on campus?

I went to high school with Nancy Bansbach where we were close friends, so I constantly asked her questions about Biomedical Engineering, research, and about campus life in general. The upperclassmen were all very welcoming and made me feel like a part of the team as soon as I arrived.

When did you start to play field hockey? What got you interested?

I actually didn't start playing field hockey until 7th grade since there weren't many opportunities in my area at the time to start playing very young. One of my nanny's played field hockey in high school and introduced it to me, so I tried out for the team with some friends and fell in love with it immediately. I loved the pace of the game, the strategic aspect, and how team-oriented it was.

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

I absolutely love learning so I usually enjoy all of my classes. One of my favorite courses was Human Anatomy, which was taught by Dr. Gdowski who was really engaging and made the course even more interesting. I also enjoyed Contemporary Moral Problems, Fluid Dynamics, and Biomaterials.

What are you taking this semester that is interesting?

I'm enjoying all my courses this semester. Some are an integral part of my major like Senior Design Seminar and I also find Biosolid Mechanics very interesting because it overlaps with a lot of the work I'm doing in my research lab. My Social and Political Philosophy course has also been very impactful- we're discussing the relationship between freedom and equality in a society, which is extremely relevant and important in thinking about the structure of our society today.

What are your goals following graduation?

I'm planning on applying to Masters and PhD programs in Biomedical Engineering for next fall. I'm especially interested in macro-scale biomechanics and I've enjoyed finite element modeling in my research lab. I hope to learn more about medical device innovation and apply that knowledge toward the development of products to improve the quality of peoples' lives. My research involvement studying the cornea and meniscus have enriched my undergrad experience here at Rochester, so I'm excited to continue learning in a graduate program next fall.

HOMETOWN: Manlius, NY MAJOR: Biomedical Engineering

Hugh Curran

Learning to make numbers work - in the business world and on the soccer pitch.

Have you always been a goalkeeper in your playing career, or did you play elsewhere on the field before moving into goal?

I started playing goalie in seventh grade because I was quite tall for my age. But I also played center back my senior year of high school. I also got to play striker occasionally with my club team. Playing these other positions definitely helped me understand the game better and gain perspective for what it's like to play on the field.

An opposing coach once declared that a goalkeeper who can rule his box is golden. How do you go about that?

Confidence is key, with communication being a close second. Being able to work smoothly with my back four makes the job a heck of a lot easier. Picking off a through ball or cross early on is very important to show the other team you're in control. If they see quickly that you are aggressive and seek the ball anywhere in your box, they will be more hesitant to try it again and again.

The team posted six consecutive shutouts last year, a school record. Was that something the team thought about as the streak got longer?

Honestly, our defensive unit took each game one at a time. We worked to always have each other's backs if there were any mistakes, and we never sought to break a record - just to play solid defense for our team every game. I have to take the time to recognize that without the experienced and tough back line that I had, we would have never set such a record.

You played every minute of every match last year. How was it?

It was very challenging physically and mentally. There were definitely some games that really pushed my body to the limits. Fortunately, I was able to work closely with Harry Campbell and the other Athletic trainers throughout the season to keep my body as healthy as possible. I spent my first and second years on the team training for when I could step up and be the starter. So as strenuous as it may have been, playing every minute was exactly what I worked for.

Are goalkeepers their own brotherhood to a certain extent? (Regardless of the team they play for). Sharing experiences, talking about playing the positions.

Goalkeepers, no matter what age or team, are definitely a different type of soccer player. It takes a unique mentality to be prepared to use any body part to stop a shot. Our goalkeeping unit has always worked closely to make each other better, and we really enjoy training as our own little small group.

If you watch a game on television – English Premier League, Bundesliga, European Champions League – do you critique how the goalkeepers play?

Absolutely. I think it is always good to watch and learn from whichever goalkeepers are at the top of their game any given season. You can see if there are any new trends for top notch goalkeepers: for example, the German national team goalkeeper Manuel Neuer showed just how far goalies can play outside their box and help their team defensively.

Or do you watch the games to see how they handle different situations and maybe there is something you can adopt?

One thing I definitely like to see in top level goalkeeping is solid playmaking without embellishment and unnecessary acrobatics. I think the best keepers are those who can make the save look simple.

What do you do with the Varsity Student-Athlete Advisory Committee?

Working on this committee gave me a chance to see the bigger picture of



college athletics at Rochester and in Division III as a whole. I met leaders from other teams and also got to see what new legislation the NCAA was considering.

What sort of research did you do for Political Science?

Working with Professor Gerald Gamm, I analyzed the nineteenth century Congressional Record to evaluate the evolution of caucuses. Professor Gamm is also our team advisor. He has been an important mentor for me throughout my college career. My findings helped solidify Professor Gamm's research hypotheses and gave me exposure to a different academic field outside my Business Major.

You interned with Accenture. What tasks did you undertake?

I worked virtually with a small team on new business development for current clients with Accenture's Technology group. I helped structure staffing and work proposals for these clients.

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

Last Spring I really enjoyed Economic Theory of Organizations. The course allowed me to learn about the development of corporate strategy and the importance of operational execution. I also really enjoyed taking Operations and Strategy last Fall, which provided an introduction into the concepts and analytic methods that are used in management of operations.

What are you taking this semester that is interesting?

This semester I'm taking Business Modeling in Excel, which I expect to be a very practical skill for my work in the business world after graduation. It's something that I've always wanted to delve more deeply into and to master.

What are your goals following graduation?

Following graduation I expect to work for Accenture in Chicago. Once the pandemic is under control, I'm hoping to do some travel in Europe and Asia before I start work. Our team had planned to travel together to Germany last spring, so I'm hoping to make up for missing that.

Declan Hickton

Reading greens and mechanical engineering plans to succeed.

When is the first time you remember picking up a golf club?

The first time I remember picking up a golf club I had to be only three or four years old. My dad is a golf fanatic and would often let me drive the cart while he was playing, so I was around the game a lot. I played mostly team sports growing up and didn't focus on golf until high school, though.

How long did it take you to feel comfortable with the club in your hands?

I still don't feel comfortable! I would say when I was about 15 or so in my sophomore year of high school was the first time I realized I had some potential, but honestly I never had that much confidence until a couple years ago. Each year I've been able to get a little bit better.

Once you felt comfortable, did you play as often as possible?

My summers all through high school were very devoted to golf. I grew up walking distance from a golf course, and there were many days that I woke up and walked to the course, often with my older brother Keenan who played golf at Emory University, and didn't leave until it was dark out.

How do you overcome adverse conditions – wind, for example?

When you play at U of R, you have to be able to deal with tough weather conditions. My belief is that you can never complain and you have to realize that it's affecting everyone out on the course, not just you. I embrace playing in the wind and rain because it separates the mentally tough from the mentally weak.

What attracted you to the University of Rochester?

So, my mother is an alumni, class of '79 and she competed on the swim team, which is how I first heard of University of Rochester. But, the opportunity to play college golf, while also getting an engineering degree from a highly-regarded university was what first attracted me to come here. Coach Wesley was a big influence as well because after meeting him, I instantly could tell that he was the right coach for me. We also get to play and practice at Oak Hill Country Club, and I'd be lying if I said that wasn't a big factor for me.

Why Mechanical Engineering as a major?

I chose mechanical engineering because I am definitely more math/science oriented and I knew it wasn't going to be easy. I'm also very interested in working in the aerospace industry, where there are a lot of opportunities for mechanical engineers.

How did you acquire the internship with Jacobs Engineering?

It's funny I actually heard that they were looking for interns over a round of golf with an employee of the company. I then went on their website and applied and was lucky enough to get accepted.

What did you do there?

I was on-site at the Pittsburgh International Airport everyday working in the Terminal Modernization Program. Most of my work was project management focused, and I assisted coordination meetings between designers, engineers, architects and others working on the new Terminal plan. Unfortunately, because of the pandemic, the plans to build the new terminal at the airport have been postponed indefinitely, but will hopefully resume once we go back to normal.



Then you interned at the Kennedy Space Center in Florida. What sorts of jobs did you perform?

My internship at Kennedy Space Center was more design focused, and I was given one main design project, which is what I worked on for most of my time there. The project was to design a shipping pallet and improved work order system for a hydraulic cylinder on the crawler transporter, which is the vehicle that transports rockets from assembly to the pad. It was an awesome experience and a really exciting place to work because everyone feels like they play a small part in the space program.

Since the season ended abruptly, did you find any time to get out on a course and play?

To be honest, since the season ended I have been taking it easy with golf. Still playing a good bit, but I tend to think of recreational golf and tournament golf to be completely different, and I have not had any tournament golf. It's been nice being back at Rochester because I've been able to compete a little with my teammates, which is always fun. I am hopeful that we can have a spring season.

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

Currently, I am considering several different options for the start of my career. But, if at this time next year I was on a golf course, I would be content.

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

Two of my favorite mechanical engineering classes have been engineering dynamics and fluid dynamics. I also really enjoyed our computer-aided design (CAD) and programming courses.

What are you taking this semester that is interesting?

So far, I have enjoyed all my classes this semester, but the one that stands out is the Leadership Experience course with varsity athletes and other on-campus organizational leaders. It's a really unique, discussion-based class where we learn about various different leadership theories. I believe I'll be able to take what I learn from this class and apply it in everyday life.

Rena Lapins

An in-depth study of science and pinpoint decision making on the volleyball court.

The province of Alberta is in the southwestern portion of Canada. What attracted you to the University of Rochester?

I actually had never heard of Rochester NY itself until my college guidance counsellor suggested the school to me. I started looking at the Volleyball program because I knew that I really just did not want to give up on the sport yet. Seeing that it was a DIII school played a large role in my decision because I definitely was looking for a balanced college experience between school and sports. On top of this, the BME program looked super interesting as well so it was really the best of both worlds if I could play and attend such a highly regarded school. I only decided that UofR was the right fit after visiting one weekend, and seeing the beautiful campus.

You are blending Biomedical Engineering with Psychology. What ties those two specifications together?

Hmmm, I think that these two fields crossover in the sense that BME can provide support for the more physical portion of Psychology. By physical, I mean the structures in the body that can affect psychological processes in people. For example, in my BME physiology class right now we are learning about Neurons and specific Action Potential processes, and this information is directly correlated to the release of Neurotransmitters which can psychologically affect someone's mood, actions or how they are feeling.

When did you develop an interest in Biomedical Engineering?

The first time I ever heard of Biomedical Engineering was when I received my results from a career quiz that I took in HS. I was always very interested in all sciences - physics, biology, chemistry - in HS but could never decide between just one of them. After looking further into BME, I realized that this general field of study kind of covered all sciences which solved my problem with deciding. Once fully enrolled at the UofR and taking BME101 I felt that I totally made the right decision in major which only made me more excited to keep learning.

When you returned to Calgary because of the pandemic, you acquired a position at a Biotech Lab at the University of Calgary. What did you do there?

During this remote job, I worked on several different coding projects with MATLAB. The main project I worked on involved creating a program that would be able to detect and measure stent absorption of bioabsorbable cardiac stent struts over time in OCT images. I also built code that is able to measure stent material coverage and pore density from a simple image through a glass tube. I am currently doing some work for this job remotely through the school year.

You've volunteered at the Alberta (CAN) Children's Hospital Rehabilitation Ward. Can you discuss that a bit, please?

This experience was rather brief but very insightful. One of my past club volleyball coaches is a prosthetist at the Children's Hospital and he kindly offered me the opportunity to shadow him a couple times. I learnt a lot about the processes involved in prosthetics and rehabilitation. I was able to as well experience some of his daily interactions with patients and learn more about the cool new technology involving computer aided design that is being implemented into this field.

As a setter on the volleyball court, you direct the offense with your passing and your decision making. When the ball is played to you, you have split seconds to decide what to do it with. How do you reach those decisions?

Honestly there are so many things that come into play when making these split decisions. The first thing I usually look at is who is blocking on the other side of the net, and how they match up with my teammates hitting on our side of the net. This along with who is having a good, confident hitting



day, is how I kind of rank 1st, 2nd, 3rd... options. The final set decision that needs to be made on the fly ultimately depends on: where the pass is, if the person hitting is ready to hit the ball, who is calling the ball, etc.

In 2018, an injury kept you sidelined. You came to the practices and games and were able to offer insight to your teammates. What kinds of things were you talking to teammates about?

For the most part I feel like a lot of my teammates during games would come ask me what they can improve on, or what my thoughts were on, for example, their passing. My ultimate goal was to be there for this feedback while also keeping everyone hyped up.

When did you start playing volleyball?

The first time I started playing volleyball was in Grade 6 at age 12 I would guess. I played on an intramural team, then once in Junior High (grade 7) I started playing for the school volleyball team and became obsessed. I had played basketball since I could walk, and then once I started playing volleyball I liked it so much that I ended up stopping basketball and only pursued volleyball in high school.

Did you play with travel teams across Canada, or in the US?

Yes! I played both beach and indoor volleyball with travel teams. Most of the year we would travel within Alberta, to several provinces across Canada and plan for one larger travel trip. Some of my favorite indoor volleyball trips were to Arizona and California in the U.S. For beach volleyball, on the provincial team, I was lucky to have been given the opportunity in the summer to train for and play nationals in both Parksville, British Columbia and Toronto, Ontario.

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

Since I am concentrating in biomechanics within BME, I have had to take several Mechanical Engineering courses as well, and these have been some of my favourite. The most notable was Fluid Dynamics with Prof. Lambropoulos. I just loved everything about this class, and it was very interesting to compare the more obvious fluid mechanics examples, such as water moving in a pipe to blood moving through our veins.

What are you taking this semester that is interesting?

Senior design class this semester is extremely interesting. In this year-long class we get to work in teams to solve device-based problems from real customers. I am excited to use the last 3 years of academic learning and apply this knowledge to hopefully make a meaningful difference.

HOMETOWN: Calgary, Alberta, Canada MAJOR: Biomedical Engineering

Tessa Ludwick

In the laboratories, in the classrooms, and on the court, she gets right to the point.

The Washington-Chicago weekend was a key last year. You were hosting them a week after losing to them on the road. What was practice like heading into that weekend?

We took losing to them very personally. All week through practice we were very focused. We watched a lot of film to correct our mistakes. The two teams thought they were going to come into our gym and destroy us. That gave us determination to practice harder and focus on what we needed to do in order to win and prove them wrong.

The coaches chose that weekend to celebrate the 50th anniversary of women's basketball as a varsity sport. How did it feel to have all of those alums in the stands on Friday night vs. WashU?

The coaches knew that this was going to be one of the biggest weekends on our schedule. Having all of the alums in the stands was an unforgettable feeling, especially while playing those teams. We wanted to make them proud of the program and the path they paved for us.

On Saturday, did you have a chance to meet some of the alumni at the reception?

It was really special to see all of the graduated players that I had previously played with! I loved catching up with them and seeing where they are in life. I also had a chance to meet other alums and it was great to hear all of the stories they told from their past years of playing. It was great to see how many people came back for the anniversary and show support for us and our program.

Then Sunday, you scored a career high 26 points, had eight rebounds, three assists, and three steals in a big win over Chicago. Can you tell right at the start of the game that you are 'on'?

I knew this was going to be the biggest game of the season. I knew I had to perform well so I prepared myself mentally all week. At the beginning of the game I was a little nervous, especially with the stands packed. As soon as the tip went up, the adrenaline rush was unreal. I knew from the start of the game that I was going to perform well and that gave me a lot of confidence to play my game. I felt great during warmups and I knew this was going to be one of my best and challenging games.

As you come down the court with the ball, what are you looking for?

I look to either get the ball down the court as fast as possible, or to slow it down and call a play. I read the defense and where my teammates are at and then I chose an approach that is best for the situation.

When did you start playing as a point guard? High School, Middle School, Scholastically?

I started playing point guard in the 6th grade where I grew up in a strong women's basketball program that represents the community. I really enjoyed representing my community all over the state of Ohio at such a young age.

As a team captain, what do you see as your responsibilities?

I see my responsibilities to be putting my teammates in a position to be successful and leading by example, while also being accountable, supportive, and a good teammate.

You take part in the wheelchair basketball games as part of Rochester Wheels. What's that like?

It is a really great experience meeting new people and having a lot of



fun. It is a great opportunity to put smiles on others' faces and impact their lives. I am glad we participated in this event and learned a new sport with great people.

When did you become interested in Chemical Engineering?

I became interested in Chemical Engineering my senior year of high school. I was always very interested in math, chemistry and physics. I wanted to learn more about all of those fields and Chemical Engineering was my best opportunity to do so. The subjects in Chemical Engineering have broadened my academic knowledge in a field that I am truly passionate about.

What's the next step in your educational process?

I am currently interested in the Take 5 program to learn more about Business. With my academic and basketball schedule, I never had the opportunity to pursue any other fields of interest so Take 5 would be a great next step for me. I am also considering getting my Masters in Chemical Engineering.

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

I really enjoyed Chemical Reactor Design. Learning about the different types of reactors used in many chemical processes and the optimal conditions needed to maximize the yield of a desired product was something I found a lot of passion in.

What are you taking this semester that is interesting?

I am taking a Bioprocess Engineering class this semester. It is really interesting to learn about the biological side of Pharmaceuticals since I have only learned about chemical synthesis through Chemical Engineering. I am interested in going into the Pharmaceutical industry so I took this class to learn more about the field and possibly pursue this career.

Mary Panepento

*Skillful dedication in the
microbiology classrooms and
on the lacrosse field.*

When did you begin playing lacrosse – on any level?

I started playing lacrosse in 7th grade on the modified team at Wayne Central High School. Our women's lacrosse program was fairly new at our school, and it was nice to see improvement over the years.

Did you prefer one position – attack or defense – when you started playing? Does the midfield position fit both of those roles best?

I preferred attack when I started playing lacrosse, however, I always was in the midfield. I have gained a love for defense as it is an adrenaline rush stopping the opponents from scoring. Being on the attack is always so fun particularly when you can connect with your teammates to put the ball in the back of the net.

The team got off to a good start this past spring. In the second half vs. Nazareth, you shut the Flyers out in the second half and rallied to win. Was that the best overall performance of the year?

Nazareth was a high intensity game and the score showed our hard work and dedication especially in the second half. However, our game against Geneseo was one of my favorites as we kept our heads up and persevered to put goals up on the score board towards the end of the game. Even though we did not win, it was a very exciting to be a part of and show our continuous drive.

Is there a key to protecting the ball from opponents' swipes at it?

They key to maintaining the ball on offense is being aware of your surroundings and keeping communication with your teammates. I love lacrosse since it is such a team sport and all the girls on and off the field are helping each other out and can tell you when someone may be behind you. When an opponent gets close, the key is to cradle the lacrosse stick close to your body so the opponent cannot swipe at it.

And conversely, is there a key to taking it away from an opponent?

On defense the most important thing you can do is to keep your feet moving and stay low. This will allow you to be on your toes and one step ahead of your opponent which can increase your chances of taking the ball away.

If a fan came to watch you play for the first time, how could they tell you are playing well?

A fan could tell our team is playing well by maintaining possession of the ball during transition from defense to attack. Additionally, when our team is doing our best, we have extremely effective communication, everyone is on the same page, and we make connecting passes that lead to goals. Personally, when I am playing well, I am very competitive and intense, so normally I am very exhausted by the end of a good game.

Let's talk about academics. You are majoring in Microbiology with a minor in Psychology. How are those two specialties linked together?

I really enjoy these concentrations since they both are so relevant to my daily life, especially with what is going on now. For microbiology, we are currently learning in depth about the immune system and we will be talking about vaccinations shortly which I am very excited about. For psychology, I find learning about development interesting since both our biology and our environment effects who we are today.

Coach classified you as a Social Science Pre-Med student. Please talk about Social Science.

As a pre-med student I am very passionate about the health of our community. I want to treat the mind body and soul as a future doctor and my background in psychology as a social science will allow me to better do so. Medicine in terms of treatment is great, but a large part of what effects our lives is our surrounding and the way we think. Therefore, psychology has taught me how to have a wider perspective on the health and fitness of others.

You were the head workshop leader for a BIO course and for a BIO lab. What did that involve?



As a workshop leader and lab teaching assistant I was responsible for fostering fellow students learning within the classrooms. As a first-generation student, I really enjoy seeking out mentorships, and it has been great to be a mentor for others in terms of biology and college life.

You've worked at Rochester General Hospital as a Patient Care Technician and worked in Strong Memorial Hospital's Emergency Department. ED can be a bit stressful at times, can't it?

Working last year in the emergency department was a unique experience, as I never have been in the ED myself. I got to work with a diverse patient population and see the non-stop environment for the healthcare workers. It opened my eyes to emergency medicine and how awesome the staff is.

What's the next step in your education?

Currently, I am applying for medical schools to attend in fall 2021 as I will be graduated from the University of Rochester. I am looking at schools close to Rochester, but also far away to experience living in a different city.

And what is your long-term goal for a career?

My goal is to become a physician that can advocate for patients and advance medicine through research. The University of Rochester has provided me a great foundation to accomplish this goal. Additionally, being a patient care technician has confirmed my desire to serve others in the community during their most vulnerable moments, especially the underserved.

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

I have taken MBI 221W lab which was four credit upper-level writing class where I completed my own independent microbiology project over the course of the semester. I love being hands on, and it was very beneficial to apply what I have learned in the classroom in lab. I loved critically thinking and problem solving that allowed me to complete my project. Additionally, I really enjoyed my physiology class I took since it was relevant to my pre-med track. Everything I learned in the class seemed applicable to my future career and my daily life since I learned about the processes that take place in our body.

What are you taking this semester that is interesting?

I am taking a bioethics class called Biomedical Ethics at the Bedside which is a class that discusses the ethical and legal dilemmas that arise within medical practice. I will use this knowledge in the future as a physician to provide the best care to my patients.

HOMETOWN: Walworth, NY MAJOR: Microbiology

Alexis Pope

Her experience stretches to multiple areas - academically as well as athletically.

When did you begin playing softball – on any level?

So I actually started out playing baseball when I was 5 years old and then when I was 8, I switched to softball. I started playing competitively on a travel team when I was 9.

What made the University attractive to you as a place to study and to play?

I was drawn to the fact that this was a top-tier research institution, in addition to the flexibility of the curriculum. But when I came for my overnight visit for softball, I fell in love with the campus and the people – the atmosphere around campus and the team dynamic was awesome- I knew right away that I wanted to come here for the next 4 years.

You played at first base as a first-year, then at the other three positions (second base, third base, shortstop) in your second and third years. Each spot requires a different skill, doesn't it?

Absolutely. Playing the corner positions is focused on reactivity, whereas, the middle infield requires a lot more range which was tough when making the switch.

Do you have a preference for one position over the others?

I played third base throughout HS, so I definitely felt the most comfortable and confident there. Also, I get a lot of action at third which I love, so I have a preference for third base, for sure!

You have been among the Liberty League leaders in sacrifice bunts. What's the most challenging part of doing that?

When you're sacrificing you have a job to move the runner & if you aren't focused it's really easy to pop up & ruin momentum. You always want to make sure you bunt in a way that won't give the defense a chance to throw out the lead runner, so they can get in good scoring position so placement is huge.

And now looking at it from the fielder's view: you know the hitter is going to bunt. How do you play it?

If I can tell that someone is going to bunt, I'll usually move up on the line. If there is a runner on first, I'll try to get a quick jump and set my feet to second to get the lead runner.

You are majoring in Biochemistry. How did your interest develop in that field?

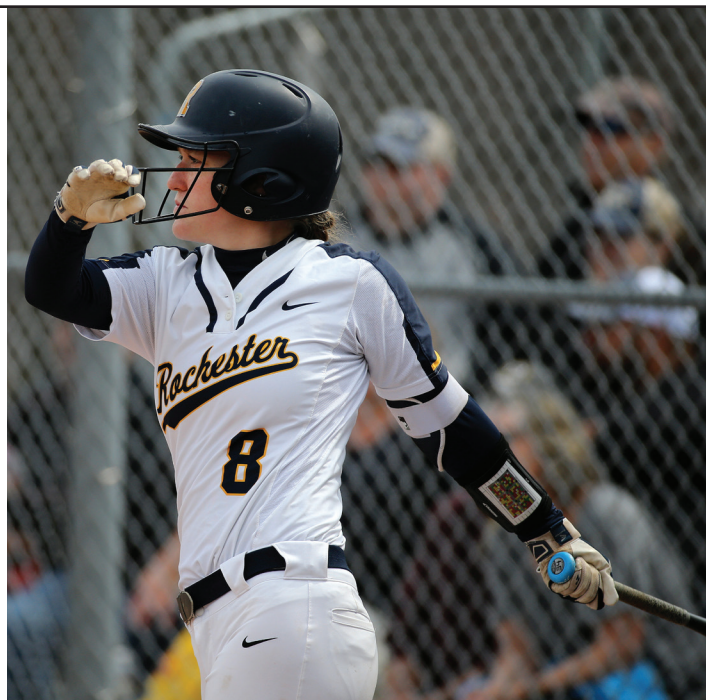
When I was in HS, I took chemistry and LOVED it so I knew I wanted to do something in the STEM field when I was deciding on my major. Ultimately, the confirming factor was when I started getting involved in research. I started in the Gorbunova Lab during my sophomore year and did a lot of cool biochemical experiments that solidified that I loved learning about it, but I also really loved applying it as well.

And your minor is Chemistry. Can you tie in the two for us please?

I really enjoyed chemistry and I already took many of the required classes for the minor as part of my major in biochemistry, so it just made sense to add it on; Plus it gives further understanding to my major.

As a teaching assistant in a Genetics Lab, what kinds of tasks did you perform?

Genetics lab is intended to teach techniques that are commonly used in molecular biology and genetics-based research. Every week, I would teach a 3 hour lab section where we'd run experiments to enhance lab



skills and knowledge about applying what you learn in lecture in real life scenarios. My main tasks includes teaching the protocols each week, grading lab reports, and generating quizzes based on the material.

You were a tutor for five different classes in the Center for Excellence in Teaching and a study group leader in organic chemistry. That's very challenging work. Can you talk about that a little, please?

So when I came in as a freshman, I definitely had a tough transition and often found myself using CETL resources like tutors and study groups, especially because talking to professors can be intimidating when you're in a lecture of 300 students. When I finally got the hang of classes and felt confident in the material, I wanted to be able to help other students and started tutoring as well. It can definitely be busy, but I really enjoy teaching others, especially in classes that I loved, so it's really fun to do.

Did you join the College Diabetes Network as soon as you entered UR?

Actually, I joined CDN very late - I started in my junior fall. I really wanted to be a part of a club that I thought was impactful within the community and on campus. Although the club is rather small, it's one of the things I like the most about it because I immediately felt welcomed and was able to contribute to the conversation openly.

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

My favorite class that I've taken (which is a very unpopular opinion) was probably organic chemistry II. I really liked the material and my professor was great! I also really enjoyed taking cell biology last semester.

What are you taking this semester that is interesting?

This semester I'm taking Molecular Biology and the Biology of Aging which I'm pretty excited about. Molecular is really cool because a lot of biology courses teach concepts and background, whereas this class focused on applying these fundamentals into your research and how we can use various molecular biology techniques to answer scientific questions. Also, my Biology of Aging course breaks down updated knowledge that explains how and why we age, in addition how we can use this information to manipulate lifespan which I think is really cool!

Jon Turk

Recording statistics on the field... then studying real-life numbers academically.

When you think back to your sophomore year, what do you remember?

Definitely winning the Liberty League Championship. It was our goal all year to win it and everyone on the team worked the whole year for that moment. We had to win 2 games on the last day and both games were back and forth and really showed how resilient we were. Looking back 20 years from now that's going to be the memory I'm most proud of.

You won two pressure-packed games late that year, beating RIT in the elimination game and then shutting down The College of Wooster in the first round of the NCAAs. Any nerves?

Usually I don't have any nerves before games but for the RIT game it was the most nervous I'd ever been. If we had lost, our team goal would have been gone and it would've been a really disappointing end to the season, so before the game I definitely felt the pressure a little bit. For the Wooster game I felt like we had nothing to lose so I went in with a more aggressive mentality and wasn't very nervous.

Way back in major league baseball, a pitcher used to find out he was starting because the manager would stick a new ball in his spikes in the locker room. How did Coach Reina tell you he wanted you to start versus Wooster?

It was pretty last minute actually. Coach Shattuck told me early in the day before the game that I might be starting and then Coach Reina confirmed it that night. But even though it was last minute I think we were all ready to go for that first game, and it ended up working out.

When did you begin playing baseball – and where?

I started playing back in first grade in my hometown Ramsey, NJ and it's been my favorite thing in the world ever since.

Were you always a pitcher?

I played 1B and outfield in high school, but I always knew my future was as a pitcher and I liked pitching a lot more.

Let's talk about academics for a bit. You have a major in Statistics. What kinds of statistics are you dealing with?

Surely not runs, hits, walks, strikeouts, etc.

At UR I've learned a lot of ways to analyze data and to determine risks with statistics. I think it's a good skill to have because of how applicable it is in so many fields.

Where did the interest come from in that field?

I honestly think I'm interested in stats because of being such a big baseball fan and looking through all the numbers year after year.

You were a TA for two semesters in Statistics. How do you help the students in the classroom?

I would mostly just facilitate a workshop where the students would be given problems and work in groups to solve them, and I also helped with homework and test prep.



Your major is Applied Math. How is that different from mathematics?

I guess my interpretation of it is that applied math has more of a practical use. It involves statistics and data analyzation, and you can apply it to science, technology, software, finance, etc.

You are pursuing an actuarial certificate. Are you looking to become a financial planner after graduation?

My internship over the summer was as an Actuarial Intern, so my goal is to become a full time actuary but I'm not 100% locked into that.

You interned at Aon in Health & Benefits. What did you do during the internship?

It was a lot of looking at how insurance claims and policies had been affected by COVID-19 and what they would project to be in the future. It was an overall great experience to work with knowledgeable people and get a feel for the industry.

You volunteered with your hometown Little League program in New Jersey. Did you coach, or did you work behind the scenes as an organizer?

I helped coach my town's 11U and 12U summer teams, and it was very rewarding to help teach young kids what I know about the game.

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

My favorite class in my four years has actually been an English class - I loved Presidential Rhetoric. Professor Smith's knowledge of politics and all the fun facts he told us were super interesting and it was a fun class.

What are you taking this semester that is interesting?

Business Modeling with Excel, I'm excited to learn more of what you can do with Excel since I'm going to need that in the future.