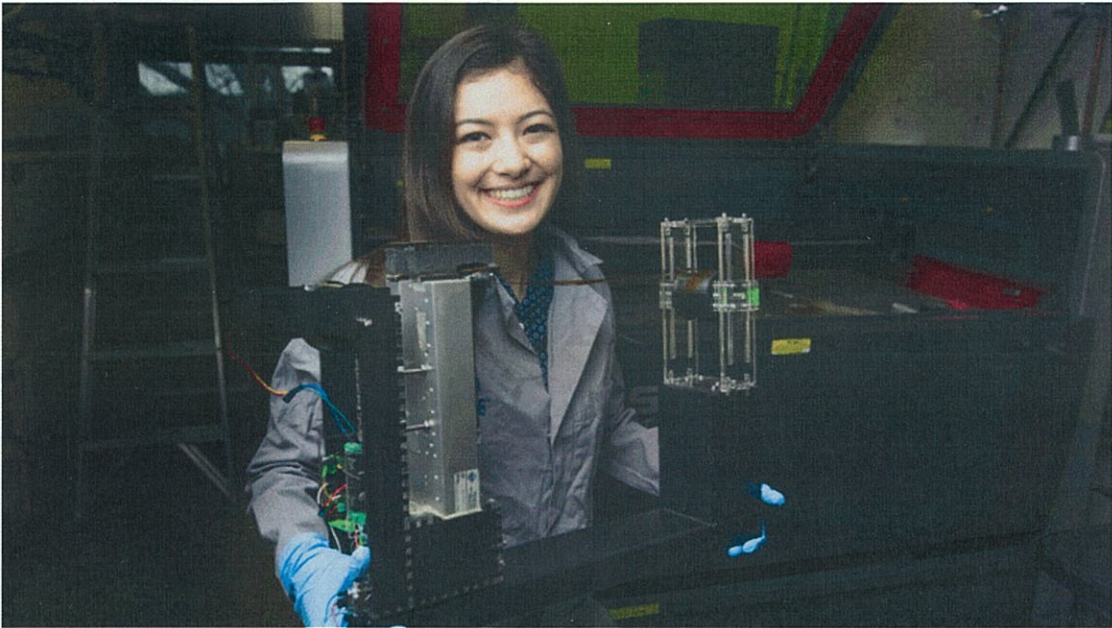


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^{'16} Savannah Cofer: pursuing interesting things



Savannah Cofer is passionate about research. Her interest was sparked in high school when her robotics team designed a solution for a friend who had developed hand-tremors. The team was able to decrease the amplitude of the tremors by 65 percent.

“That inspired me and made me realize the impact that innovative research can have on people’s lives,” she said. “Seeing how research can impact and improve our world made me want a mech degree.”

In 2017, she traveled to Japan as a Nakatani RIES Fellow. The program serves as a catalyst for U.S. and Japanese students interested in future graduate study and research. U.S. Fellows spend a summer in Japan, working with a host lab.

“The program is nice because the program allows students to be fully immersed in Japanese culture,” she said. “The 12 American Nakatani Fellows split up and go to different host labs, and you make friends both at the Japanese host lab and with the Japanese Nakatani Fellows. The fellows spend the first three weeks together in Tokyo, which is an opportunity to bond with the other fellows and take language classes that give you more confidence with speaking skills.”

Cofer is currently working in professor James Tour’s lab as part of Rice’s Century Scholars

Program, which funds freshmen and sophomores to pursue research with a mentor.

Her current research deals with the 3D printing of graphene. Graphene is a 2D material with unique mechanical and electrical properties. Her most recent goal was to build a machine to additively manufacture 3D printed objects out of graphene – and she ended up building two.

“Working in the chemistry department as mechanical engineering major, I got to explore the intersection between these two disciplines,” she said. “I saw how mechanical automation can have an impact on microstructures.”

Her advice for new students is simple: “Pursue interesting things.”

“I would recommend that new students carve out their own path. Don’t feel pressured to pursue any pre-set track,” she said. “Learn about things that are interesting to you and find things that you are passionate about, even if it’s outside of your field.”

She said her own experience with research has propelled her along this track.

“Nakatani was my first experience doing nanoengineering research abroad and I hope to continue to pursue interdisciplinary research in the future.”

Field hockey team, 13 players earn academic honors

Posted: Apr 03, 2018

WATERVILLE, Maine -- The Colby College field hockey team had 13 players on the National Field Hockey Coaches Association (NFHCA) Division III National Academic Squad and earned the National Academic Team Award.

Catherine Berry, Kate Burkett, Sarah Gaffney, Kallie Hutchinson, Meredith Keenan, Delaney Keithley, Krisy McNichol, Holli Olson, Merrill Read, Kat Restrepo, Maddie Schoeni, Merel Van Gijzen, and Lauren Walter were honored. The National Academic Squad recognizes those with at least a 3.30 cumulative grade point average through the first semester of the 2017-18 academic year.

Seniors Keenan and Restrepo both earned National Academic Squad honors all four years.

The Colby field hockey program was honored with the National Academic Team Award for teams with at least a 3.30 grade point average during the fall semester of the 2017-18 academic year.



COMMENTARY

Starbucks' diversity training won't help unless it makes white people uncomfortable

To be sustainable, it must measure outcomes and give people the tools to enact change



Protesters gather on April 16, 2018 for ongoing protest at the Starbucks location in Center City Philadelphia, PA where days earlier two black men were arrested. Starbucks announced they will close all of their stores on May 29 for diversity training. Bastiaan Slabbers/NurPhoto via Getty Images

BY EVELYN CARTER | @DREVVYCARTER

April 19, 2018

“Diversity trainings don’t work” is an oft-repeated refrain. And yet, Starbucks will devote an entire day to “conduct racial-bias training to address implicit bias and prevent discrimination” for all employees. This decision follows last week’s incident in which a Starbucks store manager called the police on two black men in a Philadelphia Starbucks.

Within moments of the story going viral, many identified implicit bias – on the part of the store manager and/or the police – as the potential culprit. However, this suggests that, as a society, we have overlearned the lesson of implicit bias at the expense of acknowledging other societal and structural factors that might also be at play. Implicit bias alone, as pervasive as it is, cannot explain why black people in America are at risk when we get locked out of our own apartment

(https://www.washingtonpost.com/posteverything/wp/2015/11/18/my-white-neighbor-thought-i-was-breaking-into-my-own-apartment-nineteen-cops-showed-up/?noredirect=on&utm_term=.59797f7471a5) , have car

(http://www.slate.com/blogs/the_slatest/2015/10/20/police_shootings_corey_trouble (<https://www.cnn.com/2016/09/20/us/oklahoma-tulsa-police-shooting/index.html>) , laugh with friends

(<http://www.latimes.com/local/lanow/la-me-ln-black-women-kicked-off-apa-wine-train-20150824-htlmstory.html>) , and, yes, sit quietly at Starbucks.

Starbucks should absolutely train its employees. But if this training has any chance at making a lasting impact, it should not begin and end with implicit bias. Social science has a lot to say about other elements that should also be included to construct a training that will lead to lasting change.

Create mild discomfort

As humans, our instinct when we feel uncomfortable is to avoid whatever is creating those feelings. However, discomfort is a faulty litmus test for success when it comes to conversations about race. For one, plenty of research shows that white people tend to find conversations about race to be more uncomfortable and anxiety-provoking than black people. Moreover, experts who study attitudes and behavior emphasize that, without mild discomfort, we may not be sufficiently inspired to change how we think or

act. Finally, when we focus on comfort, we may compromise other goals. For example, emerging research demonstrates that framing discrimination as the result of unintentional, implicit bias (rather than intentional, explicit bias) can cause white people to judge the discrimination as less intentional; they also see the perpetrator as less blame-worthy and the victim as less harmed. Clearly, we undermine the efficacy of any training when we overprioritize the comfort of the majority in the room.

Bridge the bias detection gap

Conversations about race between white and black people often make it seem that we are living in different countries. And, at least psychologically, that may be partially true. For example, research shows that white people are less likely than black people to consider subtler behaviors (such as feeling uncomfortable around black people) as indicative of racism. These differences in bias detection have measurable consequences, as evidenced by the interpersonal, psychological, and physical consequences of contending with bias. Thankfully, some research indicates that educating white people about the subtle discrimination black people face can improve their bias detection. Despite all this, little attention is granted toward *increasing* the bias detection of white people during diversity training, even though the available research suggests this is exactly what needs to happen. A good training must increase awareness of the differences in bias detection and provide foundational knowledge for attendees about the way the world is – for *all* in the room.

Provide tools and support to enact change

Finally, this training must acknowledge that many of us have good intentions that fail to materialize into actual behavior. This is especially the

case when it comes to speaking out against bias, as concerns about what to say, how to say it, and whether it will be effective can cause us to freeze in the moment. If any change is to occur, the training must equip attendees with actionable steps they can take to confront bias in future situations. Then, importantly, there should be time for attendees to practice implementing those steps in a variety of scenarios. This increases the likelihood that they will spring to action in the future, instead of standing on the sidelines hoping or expecting someone else to intervene.

Moreover, Starbucks must reinforce that its culture is one that *expects* everyone to uphold the shared values of anti-discrimination and inclusion.

Starbucks should pay as much attention to how it will measure its desired outcomes as it does to developing the content for this training. Did people become more aware of the ways that bias manifests? Do they feel empowered to enact change? Do they believe these efforts will be supported by their immediate supervisor and co-workers? In truth, it would be foolish to expect magnanimous behavioral change as the result of one training.

On its own, one training can do little more than increase awareness, state ideal cultural norms and lay the foundation for continued conversation. However, by developing a curriculum that is evidence-based, Starbucks could be an early model for how to develop a diversity training that does, in fact, work. Let's hope it uplifts implicit bias as a point of entry into a much larger conversation.

Evelyn Carter is a social psychologist at UCLA. A self-described data geek, she is passionate about using science to effect change. Originally from the Midwest, Evelyn is enjoying the California sun as an LA transplant.

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ICE HOUSE

This Company Makes It Easier for Employees to Report Sexual Harassment at Work

Houston-based B3OND offers anonymous surveys and other analytics for industries to assess risk.

By Abby Ledoux • 4/24/2018 at 12:00am • Published in the May 2018 issue of Houstonia

'93

EARLY ON IN HEATHER YANAK'S CAREER, she walked into her office to find a piece of masking tape across the floor. Placed there by the company's CEO, it was a literal line that a male colleague was forbidden to cross. If he came anywhere near Yanak's desk to talk, she was to flip a small hourglass. When the sand elapsed, the

coworker had to leave. Time, as they say, was up.

The term "sexual harassment" was never used, and the coworker never formally faulted for anything. Yet Yanak's new office accessories were the result of a series of complaints, by witnesses, about the man's unsavory behavior toward her, which had reached the CEO.

Today she considers the incident with detached amusement and a bleak realization: "That was their version of proactive. That was their version of not ignoring it," she says. "For the day and time, that CEO was pretty progressive."

Of course, things have advanced, but not far enough. From Weinstein to Wynn to—here in Houston—Shipley, nary a day goes by that new charges aren't levied against some corporate executive, somewhere, for misconduct that ranges from unsettling to utterly egregious.

Last October, just as initial reports of Harvey Weinstein's decades of alleged sexual abuse became front-page fodder, Yanak and a longtime colleague, Tracy Davis Bradley, launched B3OND (pronounced "beyond"), a line of anonymous surveys and other analytics that, among other things, allows a company to assess the prevalence of sexual harassment among its staff.

Available in eight languages, the surveys are short, simple, industry-specific, and affordable enough that smaller companies can make use of them.

Yanak, a Houston-based attorney with extensive experience in compliance and risk management, serves as B3OND's CEO; Davis Bradley, who has a PhD in organizational development and statistics, is its vice president of data and analytics. Former public relations executive Caroline Starry serves as director of business development and communications. We chatted with Yanak and Starry about the new venture.

Last year a group of discouraged female Nike employees began circulating an informal survey about their workplace experiences, which led to the ousting of two top-ranking execs. What is the takeaway for B3OND?

Heather Yanak: For them to reach a point where that is what you believe to be a good option in a corporate structure, that speaks volumes. Because that is really putting your neck out there. The fact that this is the outcome of an unorganized, ad hoc survey should make every single organization wonder: What is the power

behind one that is out in the open?

B3OND launched within weeks of the Weinstein scandal breaking. Was that a coincidence?

HY: No. Around that same timeline, I was touching base with some friends who are chief compliance officers or regulatory attorneys. I always want to hear, "What's your big thing right now?" More than one—male and female—said sexual harassment. Every day it was validated with every single article that came out. There's a need.

Caroline Starry: When the sexual harassment stuff started really blowing up and snowballing, it became obvious that there was a dearth in the market.

HY: It astounds us a little bit. Places say that they are trying to assess this, but they don't actually use the word. We tiptoe, and we allude.

Have you seen more interest in your product as more sexual harassment-based scandals break?

HY: we've been getting a lot of inquiries. The time has come that being passive is no longer acceptable. We need to be proactive. We can't wait. When do we say, "Enough"? How many people have to suffer before we say, "I guess we'll address it"? Being proactive is good business. You can't afford a scandal.

CS: Look at Shipley's. That CEO got sued by three very underling people who were not management. They cleaned the Shipley's, and they said that he was abusive, and a lawyer was willing to listen to them. When you start seeing everyone in the pyramid of the organization, including those who maybe before had been looked at by corporate as expendable—if they can cost you millions of dollars in a lawsuit, maybe we should protect them.

HY: When your employees are frightened, when they dread coming to work every day, it doesn't matter what level they're at; you're not getting the best work out of them. You flourish when you take care of your best asset, your biggest asset, which is your employees.

Are companies surprised by their results?

HY: It's astounding to a lot of organizations how much is taking place. But it's tough to argue with a neutral third party. I don't want to go to any organization and present them with findings that are upsetting or bad, but it's a lot tougher to argue with me than someone whose paycheck you're cutting every couple of weeks.

CS: Let's say people are squeamish about saying "strongly yes" to their own situation, something that they've personally experienced. If you have a high percentage of people saying, "I have witnessed this type of behavior," that's indicative that it's going on.

What misconceptions might people have about this product?

HY: We're not anti-corporation; we're not going after them. We also don't come in with a preconceived notion of what's going on—or that anything is going on. My best day would be to go back to a place and say, "It looks like everything is trending very positively." You're giving that organization peace of mind to continue along the path they're on with a level of confidence they didn't have before. This is not some kind of witch hunt.

What's the importance of making it easier to report these incidents?

HY: When I was starting out, I had to pay my rent, I had to pay my law school loans, and frankly I was the poster child for the person who says nothing because I had so much at stake. I had to make it work, and that meant navigating some of the issues, which I'm a firm believer in. I think you still have to learn proper skills and navigation, but I also believe in giving people enough voice. When employees see that organizations are taking it seriously, they're more willing to speak up and nip something in the bud. They're more apt to speak up for others, too.

Strong | Brave | Humble

Patriotism. It has always been held as an honourable quality in a person, portraying loyalty and belonging, commitment and sacrifice. In sport, especially, we display our international colours and hold our flags high with pride. Our homes mean the world to us. Our upbringings and values are reflected in our representatives abroad – our forces, diplomats, sportspeople and politicians.

Each year at Wimbledon I watch the British public swarm to the latest potential British hope irrespective of birth nationality, class or privilege. Citizenship alone suffices to stimulate support, no matter of attitude, manner or personality. People who wear your flag, were raised in your time zone and speak your language, hold familiarity and that bond does much to irradicate otherwise poignant differences in people. Those holding other flags assert opposition to the tribalist tendencies we crave to mark our territory and our very identity. It is entirely ridiculous in actuality, but it is universal human behaviour. Australians hate to be beaten by South Africans. The Welsh detest English sport. Everyone wants to beat the Americans. The closer we are, in culture and heritage the more we emphasise our differences. Sport becomes the perfect platform to market the productivity and advantage of our unique 'brands' of culture.

I've found it relatively easy to interview the subjects I have chosen for Australian Triathlete so far. It has always been my mission to expose the true personalities, motivations and histories of the understated and underexposed stars of our sport. Candid, honest and descriptive answers, only, allow me this level of personality-penetration.

When the editor asked me to interview an American triathlete, I got nervous. I hadn't chosen to interview an American champion for the series yet. American sports personalities present very differently to British and Australian



sportspeople, who tend to level with their audience, rather than be ascended to glossy, filtered, 'heroes of life'. In a culture where motivational speaking is embraced without eye roll, I was worried that cliché and quote would dilute the integrity of the piece.

More fool me. How extraordinarily injudicious. Some brands of positivity remain very real, and the personality of Meredith Kessler¹⁹⁶ is one of them. There are optimists who can understand trauma; there are those that can speak of regret.

"Positivity too is a mindset – a productive mission and one can always choose an attitude that moves you forward. Of course, this is never easy for anyone. This outlook also stems from experience. Personally, I feel stronger because of the hard times, wiser because of the many failures/mistakes that I have made and certainly happier because, like everyone in life, of course, I have felt epic sadness as well. These experiences have helped to enable me to look through a brighter lens rather than dark negativity," says Meredith.

Meredith has indeed lived some rough patches. Like all of us, there have been as many mistakes, trials and tribulations as there have successes, glory and happiness. I have witnessed some of the lows personally, even featured in some of the drama and supported some of the heartaches.

I've shared in her disappointments at too many Ironman World Championships where she truly deserved better results. I've never really understood the issue with Mere's below-par performance at the two majors, Meredith being a perennially tough racer who excels on extreme courses. Her best 'World' result was a respectable fourth in 2014,

on the hard, hilly but fair Ironman 70.3 course of Mont Tremblant in 2014. Her best Ironman World Championship was a good seventh in 2013. Neither result demonstrates her pedigree. I have raced her at her best – when she has ‘whipped my arse’, twice for the top spot at the Ironman 70.3 St George American Championship.



"I fail in Kona every time – yet with that failure, I have also learned more than I ever thought possible and maybe, just maybe, that will help me try to ‘conquer’ it for once in the future. Once again, I have made many approaches to Kona – the conservative, the analytical, the preparatory, the fly in-fly out – we have done it all. Not caring about it, caring about it, changing my diet, not swimming in the ocean, trying to figure out through every means at my disposal. I watched a few videos this year of competitors that didn’t succeed, and a lot of their symptoms were what I have felt too. I don’t claim to have any answers, but I know there are other areas on the globe at different times of the year where I feel pretty good during a race. So, all you can do is continue to learn and try to figure out the island," she muses.

Having logged a magnificent 11 Ironman titles in her nine-year career and claiming a further 21 Ironman 70.3 titles, it is clear that Meredith reacts well to pressure, and has the ability to lead and win races. The equation of Kona hasn’t worked out for her, but I have a nagging feeling it will – at the right time, in the correct headspace. I’m not saying that because I am nice. I am not that nice, not like Meredith.

"In 2009, I was just an aspiring female professional triathlete at the age of 30, looking to make a living and get on the podium in some races. Fast-forward to now, and I am genuinely grateful for a total of 30+ victories in our sport – none of which are ever taken for granted. I am not discounting ‘world titles’ in the slightest and to be able to get one in this lifetime would be cherished, as it sets up a platform of great things for the future," Meredith continues.

I fail in Kona every time – yet with that failure, I have also learned more than I ever thought possible. – Meredith Kessler

Rarely have I seen such commitment to friendship or kinship in a competitor as given by Meredith to most in our sport. Truthfully, the extent of support initially felt so outrageously alien to me that it spun me off guard. To receive emails of luck, of congratulations, of support or indeed of genuine friendliness for no reason (other than friendship) from a competitor, is rare in our profession. So sceptical of genuine care in our competitive circles, trust of Meredith's authentic generosity took me some time to build. It's a scathing reflection of my own experiences in professional sport.

"The truth is: I think I'm just not that competitive – really? Unclear. I'm not sure how to accurately describe my thought process on it. That word – "competitive" – isn't my favourite either because it means something different to me internally. I do not do cutthroat in sport, ever, and I often view some 'uber competitive' people that are obsessed with winning as just that – cutthroat. There is also a fine line between having a 'friendly competition' with your fellow competitors vs. having a deep seated obsession with defeating them so adamantly. When you are flirting with the latter, it makes the experience deflating and negative. The best way to balance this with triathlete colleagues is to never do facade. It's more important to me to treat people how I would like to be treated," says Meredith.

A successful professional athlete who doesn't prioritise winning ...



As professional athletes, we spin stories of strength, endeavour and perseverance that lead to our success. Compact sayings encapsulate winning formulas and satisfy the branding of winning. A champion's words are so forceful, sure and confident.

Mohammed Ali: **"My only fault is that I don't realise how great I really am."**

Vince Lombardi: **"Winning isn't everything, it's the only thing."**

Knute Rockne: **"Show me a gracious loser, and I'll show you a failure."**

Billie Jean King: **"A champion is afraid of losing. Everyone else is afraid of winning."**

Tiger Woods: **"Winning solves everything." ... (Except sex addiction it would seem).**

Time, perspective and reality paint a different truth to these pithy one-liners. Imagine saying these sentences in public.

It isn't a coincidence that these quotes come from American Champions. Sporting prowess fits impeccably with the concept of the 'American Dream' and perhaps explains the magnetism and concept of sports hero worship in the States. There is a definite trend to disengagement with such rhetoric elsewhere in the world. Meredith Kessler understands that.

"'I'm here to win.' 'I am going to win.' 'I work harder than anyone else out there, and I will win.' These cliched statements feel like nails down a chalkboard to me. Where's the modesty, the vulnerability? It takes me back to my youth, being around the sport a lot, and those 'winning quotes', the cocky ones that float around like: 'Winning isn't everything, it's the only thing.' 'The person who said winning isn't everything probably never won anything.' Yikes. Let me tell you something. I have never been treading water at the start of any race and been that certain that a win was on the cards. Never. A heck of the lot of the time I am feeling vulnerable, uncomfortable, unsure, scared – a heck of a lot of the time," she confesses.

Meredith is on a mission to change perceptions of what constitutes sporting success in her country. In understanding that winning is (very much) not the only thing, even in elite sport, is to redefine 'success' and 'failure' from the devastatingly 'black and white' terms that guarantee failure for 99 per cent of people in sport. Sport offers much more in life than a victory or a podium place and that really is what all participation sport is about. It teaches ways to ride the journey of life and strategies to pursue the ultimate goal – a life of happiness.

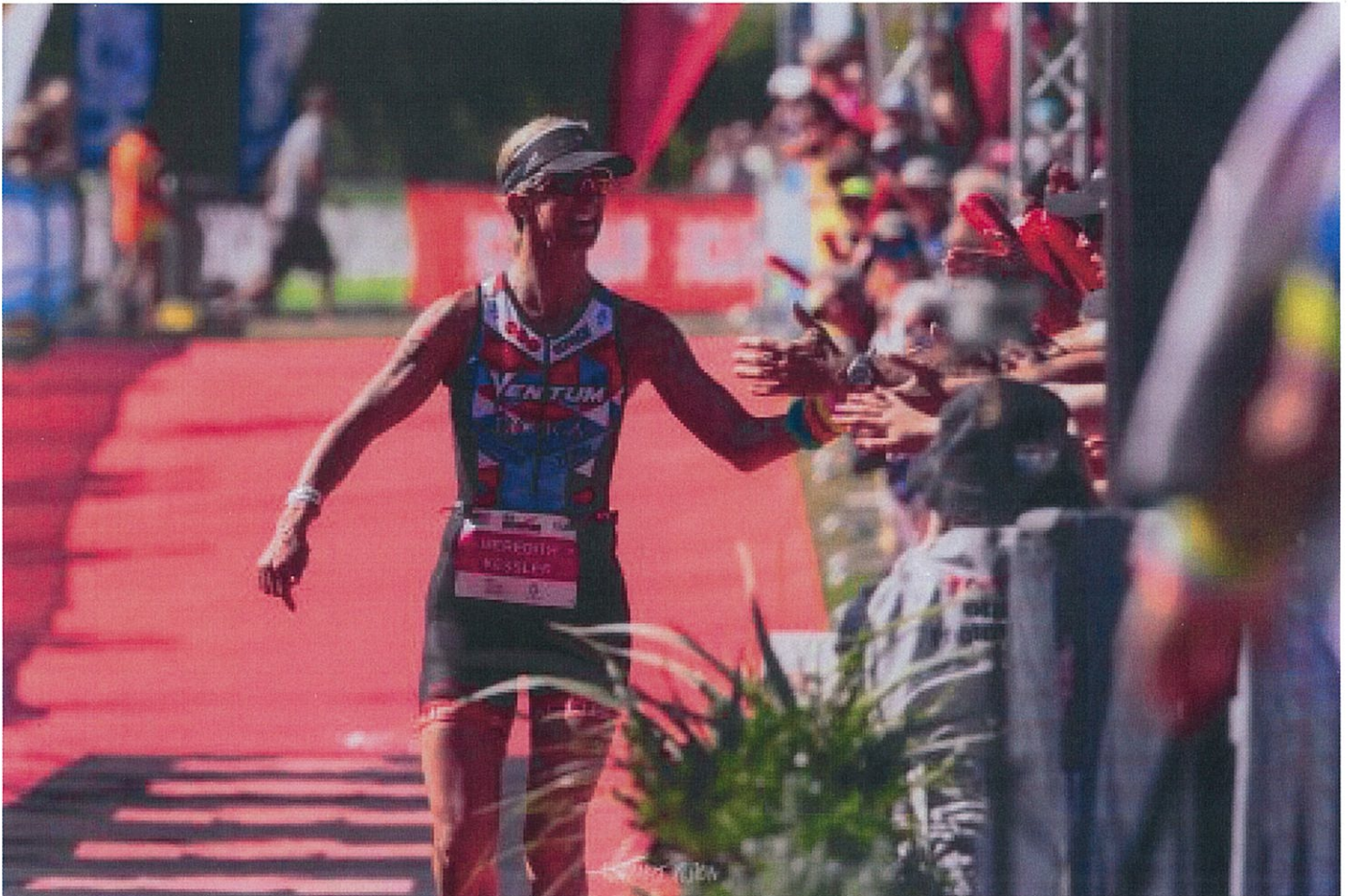
"If I'm a happy human than I'm a happy racer," says Meredith.

While sentences from Meredith's dialogue can be extracted and can easily sound like cliched motivational speak, in totality, her approach is far from that. Unlike others, she values balance over obsession, prioritising family and friends over career and fortune in any sporting arena to pursue perfect equilibrium for happiness in her life.

"Becoming World Champion may never be on the cards for me, no prize is worth messing with that equilibrium," she adds.

Now, as a 39-year-old veteran of the sport and the harsh lessons it teaches, Meredith feels more qualified to offer life advice to others. She is stronger in ignoring criticism, and the inevitable negativity that comes with occupying the limelight and scrutiny associated with American sporting fame.

"I am all about decluttering the riff-raff from our lives too. The 30-year-old Meredith is so different to the 39-year-old Meredith. That 30-year-old said yes to everything, ran around completely maximised, totally not present, not present at all. The older, wiser Meredith has learnt over time (and is still very much a work in progress) that we have to say no to good things to say yes to important things. Part of this valuable decluttering process is being very cognisant of making time for people that make time for you," shares Meredith.



If there is any time to have learnt and processed such lessons it is the now of Meredith's life; about to birth her first child*. She will face the delicate balance of prioritising a child with maximising her time spent training and racing to the best of her ability. It's a pursuit she does not take lightly and one she is already allocating strategy and resource to in preparation for upheaval. The family recently moved cross-country from their 17-year base in San Francisco back to their family origins in Ohio where the help of grandparents and childhood connections will become the village to help raise a baby.

"We needed to simplify life and live in a more sustainable area of the US. My husband has been working hard to launch his new companies, and this was something we needed to do as a team, as he has done for me in the past on our life journey together," explains Meredith.

As a support through our concurrent pregnancies, if pregnancy has caused me a headache, it has presented Mere with the nightmare of migraines. She has faced multiple complications and concerns, compared to my smooth experience of being a pregnant athlete, with grace and honesty. My perpetual moans, borderline pessimism, and hatred of pregnancy probably felt rather contrary in comparison, but I never felt judged or guilty for not 'enjoying the journey'.

"Oh J! I don't view you as less positive at all – I view you as realistic. I appreciate this candid and real outlook because it is ok for humans to feel regardless of the circumstances. The goal is to bust out BBK (baby boy Kessler) as best as we can in early November and return to my job of racing relatively quickly. These legs have several more years of competitive racing left in them – hopefully just with a tiny human in tow! I would venture to say that I would like to race professionally well into my mid-40s and/or when BBK starts to have extra activities going on in his life," vows Meredith.

Meredith has made no bones about the fact she will pursue a full race schedule in 2018. Training, although understandably stilted and compromised by the progressing pregnancy, will not be affected likewise by motherhood. It is a tricky area for women in our sport, and any, to negotiate.

Our bodies must become vessels for children at a time running parallel to their physical maturation and optimisation in our careers. That coupled with the need for financial backing to pursue a professional season and a dwindling economy in the sport has laid heavy on Meredith's mind through this year, on the sidelines.



"As we know, it is a business – and businesses have to sell a product, and we need to show them that we can help them accomplish this. With that being said, I constantly point to Rachel Joyce and other mums in our sport who have crushed it after having a child. They get a lot of press for their sponsors, they generate a whole new following of age group mums, and they are beacons of light for women in the sport. Sponsors have to love and respect this type of exposure. That said, with a lot of my contracts up this December, I am still a squirrel trying to get a nut in the sponsoring department. Sponsorships (and money/support in general) have vastly declined in triathlon over the last few years. Even as a veteran triathlete in our sport, I often struggle to snag some contracts equivalent to when I was a first-year pro. This was even an issue when I was not pregnant, and racing was going well! Thus, I feel like I'm at a disadvantage going forward, yet I hope that sponsors will keep their faith and belief that I will deliver in 2018," Meredith confides.

The approach of the crop of currently pregnant triathlon champions to their return to racing and their sponsors is uniquely interesting. Some have sat back, enjoyed time away, and trusted in the most natural process in the world – that life will evolve, babies will come, and sponsors will return. Others have grafted alternative paths of exposure and work for their sponsors, reached out to women in the sport, and assimilated projects and plans for an imminent return to the sport.

We are yet to discover which strategies pay off for each individual. Meredith has used the time to write a second book with her husband, this time concentrating on business plans and revenue generators for professional sports people to employ.

These legs have several more years of competitive racing left in them – hopefully just with a tiny human in tow! – Meredith Kessler

I feel like Meredith has a perpetual fire in her belly for action. Her energy is infectious, even to an eight and a half month pregnant seal. Sorry...athlete.

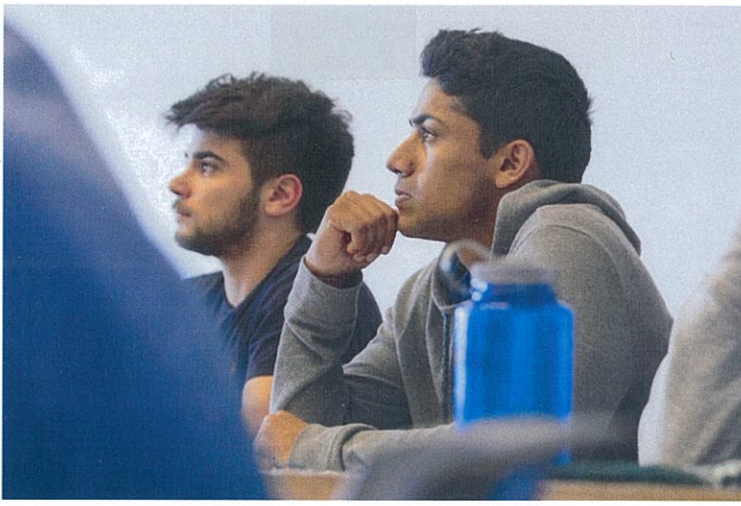
"Publishing a book was a bucket list item. It always feels good to start and finish something in the form of a book you can touch, feel and read. We were very grateful to receive wonderful notes from age groupers who learned tidbits of information from it – this is what makes it all worthwhile," she says proudly.

I'll end my piece about this remarkable competitor with one of Mere's optimistic, sugar-coated gems of information. A piece of advice that should resonate with all – Aussie, Pom or Yank. Young, old, novice or expert.

"Never let success get to your head nor failures to your heart," finishes Meredith.

Now that is brilliant advice.

*At the time of this edition of the magazine going on sale Meredith had given birth to a baby boy, MAK – Madden Ace Kessler.



UConn's student-athletes are often lauded for their on-field or on-court achievements, but there's an equally important – often unseen – dimension to the student-athlete. UConn Today's Student-Athlete Strong series highlights the academic prowess of selected high-achieving student-athletes and provides an inside look at their lives beyond their sport.

'15

Nabeel Khan '19 (ENG)

Hometown and high school: Westerville (Columbus), Ohio; Columbus Academy

Sport: Men's Golf

Area of study: Mechanical Engineering

Anticipated graduation: May 2019

How did you decide you wanted to pursue engineering as your major?

From a young age, I was always interested in building, design, and how things functioned from a technical standpoint. So I knew studying engineering would be the best fit for me, allowing me to excel in areas of studies that intrigued me. Also, I have always been better at the subjects of math and physics, so that was another hint. I ended up choosing mechanical engineering because it seemed like the engineering category where I could do the greatest variety of work.

What attracted you to UConn's mechanical engineering program?

UConn, the school itself, interested me because it is a highly ranked public university and that speaks for itself and the programs offered at the school. Also, the undergraduate engineering program offers multiple great on-campus research experiences: they have the five-year,

Eurotech study abroad program, as well as the hands-on senior design program. They also guarantee admission into the mechanical engineering graduate program if your GPA is higher than a 3.5. These are the factors that stood out to me when I was looking at the prestige of the UConn mechanical engineering program.

What advice would you offer to a student considering going into mechanical engineering?

I would say it is definitely not an easy path but it is definitely rewarding. Obvious advice would be to attend class, don't be afraid to ask questions, and try not to fall behind. The hard work will be worth it in the end; the challenges faced and the wide variety of skills you will gain provide a number of different opportunities post graduation.

I understand your mom and dad are from India and Pakistan respectively, although you grew up in a suburb of Columbus, Ohio. How do you think your background may have contributed to your experiences at UConn?

My background has helped me better interact and understand others from various different backgrounds. UConn is a very diverse campus, whether you look at ethnic, gender, or geographic diversity. My

experiences also help me contribute a unique point of view to discussions and conversations in class and around campus, and to be open to other people's points of view and opinions.

How and when did you take up golf?

I took up the game at the age of 5 at a local range a couple years after my dad started the game. My dad picked up the game when

Tiger Woods came to the local range and put on a clinic. He took me and my brothers to go watch Tiger, and that's my first memory of starting the game.

Golf is one of the more unusual sports for high school and college athletes to be involved in. Does that present any particular challenges?

I'm not really sure this question holds true. Golf was unusual for many kids to play in middle school, but my entire life I've been surrounded by people who play the game, and I know many people in college – friends, coaches, and professors – who play it. So I don't see any challenges that relate to the sport being unusual.

Where do you practice when the weather is bad?

Here at UConn we have an indoor practice facility that has two simulators, a turf putting green, and additional space to practice our short game. Not being able to practice outside is not always ideal, but we make the most of what we have. Also, the team takes two training trips down to Florida every year at the beginning of our spring season to prepare for the season.

If you could meet one professional golfer, who would that be and why?

Tiger Woods would definitely be the professional golfer that I would want to

meet. To me, he is the greatest to ever play the game, and he's my favorite player. Based on what he's accomplished in the sport, there are endless things to learn from him and his experiences both on and off the course.

What does it mean to you to be a Husky?

First and foremost being a Husky means being a part of, embracing, and carrying on the traditions of UConn Nation. I believe it is important to have strength of character, always give my best performance, and embrace the challenges I face. As an athlete, I get to represent these qualities and more all the time, because I have the opportunity to travel around and compete representing the school. Being a Husky means so much to me not only because of the opportunities that

have been available to me, but the experiences, memories, and friendships made while being a Husky here at UConn are going to be lifelong and hopefully memorable.

Carry that weight

Towing tips for safe fun this summer



ABOVE: CHEVROLET; BELOW RIGHT: NATIONAL ASSOCIATION OF TRAILER MANUFACTURERS

BY **TOM BEAMAN** '70

AUTOMAKERS SOLD almost 11 million light-duty trucks across the United States in 2017. As demand for these brawny machines grows, so does people's yearning to hitch up a trailer and head with family or friends to the lake or campground, demonstrated by an increase in registrations for towable recreational vehicles and boat, horse and livestock trailers.

The Costco Connection asked towing experts for their top tips to help our readers have a safe and enjoyable trailering experience.

Stay within your limits

From Todd Brinkman, a Chevrolet trailering engineer.

- Refer to your vehicle's towing capacity in the owner's manual or trailering guide to ensure that the vehicle can handle the weight of the trailer and its cargo.

- Some vehicles offer a tow/haul mode that optimizes shift patterns for towing heavy loads and climbing hills. If your vehicle doesn't have this feature, shifting the automatic transmission to manual mode allows you to downshift. Consult your vehicle's owners manual for specific information about which gears are appropriate for various towing situations.

- Make sure the vehicle's curb weight [its

empty weight with a full tank of gas], the weight of all passengers and cargo, and the tongue weight of the trailer do not exceed its gross vehicle weight rating [the total weight on the vehicle's tires].

Tongue weight is the downward force of the trailer's tongue on the hitch, and should be around 10 to 15 percent of the total weight of the loaded trailer to reduce trailer sway. For example, a 1,000-pound trailer should exert a tongue weight between 100 and 150 pounds.

- Choose the right trailer hitch. Depending on the type of trailer and its weight, you might need a ball [weight-carrying hitch], a fifth wheel, a gooseneck or a weight-distributing hitch with sway control. The vehicle's owner's manual, trailering guide or your dealer can help you choose the correct hitch.

A pop-up camper or snowmobile trailer rated at a 2,000-pound gross vehicle weight (GVW) typically uses a weight-carrying hitch. A 10,000-pound horse trailer can require a fifth wheel or gooseneck hitch.

- With the extra weight behind you, you can't accelerate as fast, you need more room to merge and you must allow for increased stopping distance. And be especially aware that your trailer does not sway into an adjoining lane.

TOW TIP

MANY TOWING accidents involve improperly weighted trailers, as well as gas pumps and making right turns. Drivers don't always allow enough swing room for the tail of the trailer when turning away from the pumps. Use your mirrors for every maneuver, and make sure you pull out farther before making a turn. And make sure to load heavier items in front of the trailer, with 60 percent of the cargo weight in the front.—TB

TOW TIP

A BOAT trailer's taillights are often immersed in water during launching. Disconnecting the seven-pin connector prior to launch can prevent the bulbs from breaking. Use LED bulbs in the taillights to avoid breakage.—TB

Don't skimp on safety

From Colin Holthaus, technical director of the National Association of Trailer Manufacturers (NATM.com).

• A trailer's shipping weight and gross vehicle weight rating [GVWR] are listed on its title. Its GVWR is also printed on the vehicle identification number placard mounted on the driver's side of the trailer. If a trailer's shipping weight is 1,500 pounds and it has a gross vehicle weight rating of 7,000 pounds, you should never put more than 5,500 pounds on that trailer. Consult your owner's manual to make sure the cargo is evenly distributed from front to back and side to side. Use cargo straps, rope and tarps to secure the load.

• Regularly check your trailer tires' pressure and tread depth, and adjust them to the manufacturer's specification. Many trailers sit for months in the winter, often outside, and that can lead to dry rot and flat spots on your tires.

• Replace tires and brake pads if necessary, and check all the lights, electrical connections, flooring and roof. Attach safety chains to the tow vehicle and invest in a hitch lock that will prevent the hitch from coming off the ball over rough terrain.

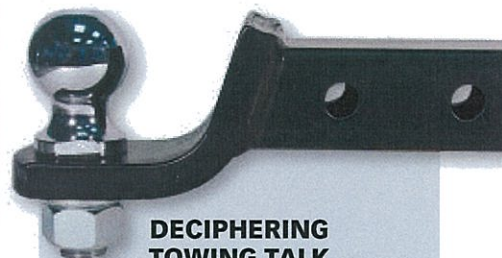
• Check the speed rating and load-carrying capacity for your tow vehicle and trailer tires, and ensure that you have tires designed to handle the weight you intend to pull. And never exceed the tires' speed rating—typically a maximum of 65 mph.

• Federal law requires that commercial trailers with a GVWR over 3,000 pounds have brakes on all axles. State laws differ for personal, recreational or farm use, so always follow the trailer brake laws of the state in which you are operating. **C**

Costco member Tom Beaman is a freelance writer in Rochester Hills, Michigan.

TOW TIP

WHEN HAULING one horse in a side-by-side two-horse trailer, load the horse on the left side. This helps maintain better balance on crowned roads and better control if the right-side wheels inadvertently drop onto the road's shoulder.—TB



DECIPHERING TOWING TALK

IT MIGHT seem that towing enthusiasts speak a different language: GVWR, GCWR, RGAWR, FGAWR, GTW, axle ratio. The experts who work at auto and trailer dealerships can help you decode this terminology and select the right vehicle or trailer for your particular need. Here's a brief primer on towing acronyms.

GVWR (gross vehicle weight rating): The total allowable weight on the tow vehicle's tires.

GCWR (gross combined weight rating): The total allowable weight of the completely loaded vehicle and trailer.

RGAWR or FGAWR (rear or front gross axle weight rating): The maximum weight that can be supported by a tow vehicle's rear or front axles.

GTW (gross trailer weight): The total weight of a road trailer that is loaded to capacity, including the weight of the trailer itself, fluids and cargo.

Axle ratio: Axle ratio refers to the number of times a vehicle's drive shaft turns in order to turn the axle shaft once. In general, a higher axle ratio on a tow vehicle offers higher trailer weight ratings, quicker acceleration and less fuel efficiency. A lower axle ratio provides more fuel efficiency and quieter vehicle operation, but slower acceleration and lower trailer weight ratings.

Gooseneck: A trailer hitch used to tow heavy loads that is anchored through the bed of a pickup truck with a hitch ball.—TB



THE COSTCO CONNECTION

Costco members will find a variety of trailer tires, utility trailers, back-up camera systems and more in the warehouses and on Costco.com.

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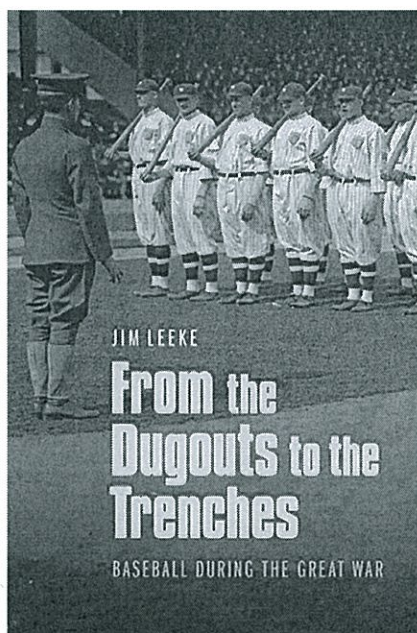
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[Jim Leeke's](#) 'From the Dugouts to the Trenches' wins 2018 Larry Ritter Book Award

Jim Leeke's engaging and informative historical account of the impact of World War I on the world of baseball, *From the Dugouts to the Trenches: Baseball During the Great War*, published by University of Nebraska Press, has earned the [2018 Larry Ritter Book Award](http://sabr.org/about/larry-ritter-award) ([//sabr.org/about/larry-ritter-award](http://sabr.org/about/larry-ritter-award)).

The award is granted annually by SABR's [Deadball Era Committee](http://sabr.org/research/deadball-era-research-committee) ([//sabr.org/research/deadball-era-research-committee](http://sabr.org/research/deadball-era-research-committee)) to the author of the best book about baseball between 1901 and 1919 published during the previous calendar year. The winner's work must demonstrate original research or analysis, a fresh perspective, compelling thesis, impressive insight, accuracy, and clear, graceful prose.

Meticulously researched, engaging, and well written, *From the Dugouts to the Trenches* opens with American League President [Ban Johnson](http://sabr.org/bioproj/person/dabf79f8) ([//sabr.org/bioproj/person/dabf79f8](http://sabr.org/bioproj/person/dabf79f8))'s attempts to embellish Organized Baseball's patriotism and preparedness as America entered the Great War



SABR Headlines

Jim Leeke's 'From the Dugouts to the Trenches' wins 2018 Larry Ritter Book Award ([/latest/jim-leeke-s-dugouts-trenches-wins-2018-larry-ritter-book-award](http://latest/jim-leeke-s-dugouts-trenches-wins-2018-larry-ritter-book-award))

This Week in SABR:
April 13, 2018
([/latest/week-sabr-april-13-2018](http://latest/week-sabr-april-13-2018))

Pirates president Frank Coonelly, broadcaster Joe Block, Wendell Smith panel to highlight SABR 48 ([/latest/pirates-president-frank-coonelly-wendell-smith-panel-highlight-sabr-48](http://latest/pirates-president-frank-coonelly-wendell-smith-panel-highlight-sabr-48))

This Week in SABR:
April 6, 2018
([/latest/week-sabr-april-6-2018](http://latest/week-sabr-april-6-2018))

in 1917, nearly three years after it ignited in Europe. Johnson persuaded the teams in his league, and even some in the rival National League, to engage in military drill exercises, brandishing baseball bats rather than rifles, a quaint practice not embraced by all players.

As 1917 unfolded, the effects of the war became less ceremonial and more material, as players left the major and minor leagues to serve in the military. Boston Braves catcher [Hank Gowdy](https://sabr.org/bioproj/person/afac3842) ([//sabr.org/bioproj/person/afac3842](https://sabr.org/bioproj/person/afac3842)) was among the first to enlist, while Washington Senators owner [Clark Griffith](https://sabr.org/bioproj/person/96624988) ([//sabr.org/bioproj/person/96624988](https://sabr.org/bioproj/person/96624988)) initiated a fund-raising program to buy baseball gear for doughboys serving “over there” on the front lines in France. By 1918, the impact of the Great War was acutely felt by baseball. In June, Provost Marshall General Enoch Crowder, the director of the military draft, decreed that all draft-eligible young men must be employed in an occupation essential to the war effort by July 1, or be subject to the draft. Despite efforts by some owners, Organized Baseball was not exempted from the “Work or Fight” order. Although the deadline for baseball was eventually extended, players continued to enlist or were drafted, and more than 1,200 served in uniform before the conflict’s end.

Scores more went to work at steel factories and ship building dockyards, and some represented their companies in industrial leagues that rivaled the major leagues. Leeke tells how team owners, including Chicago White Sox magnate [Charles Comiskey](https://sabr.org/bioproj/person/8fbc6b31) ([//sabr.org/bioproj/person/8fbc6b31](https://sabr.org/bioproj/person/8fbc6b31)), openly questioned the patriotism of the players who chose to work (and play) rather than fight, including his star slugger [Shoeless Joe Jackson](https://sabr.org/bioproj/person/7afaa6b2) ([//sabr.org/bioproj/person/7afaa6b2](https://sabr.org/bioproj/person/7afaa6b2)), who [played for a shipyard team](https://sabr.org/research/delaware-river-shipbuilding-league-1918) ([//sabr.org/research/delaware-river-shipbuilding-league-1918](https://sabr.org/research/delaware-river-shipbuilding-league-1918)).

Leeke chronicles the challenges to Organized Baseball, as able-bodied young men served in the armed forces or vital service industries. Most minor leagues folded or suspended operations early in 1918, and the major leagues shortened their schedules to finish more than a month early. After the Boston Red Sox defeated the Chicago Cubs in the World Series in September, team owners released their players to serve or work. The 1919 season was in doubt and the future of Organized Baseball appeared to be in great peril.

But in November, with news of a war-ending armistice, owners began to make plans for the 1919 season, and players started to return to their teams. While most continued their careers with minimal interruption, Leeke tells the story of [Christy Mathewson](https://sabr.org/bioproj/person/f13c56ed) ([//sabr.org/bioproj/person/f13c56ed](https://sabr.org/bioproj/person/f13c56ed)).

and [Grover Cleveland Alexander](http://sabr.org/bioproj/person/79e6a2a7) (<http://sabr.org/bioproj/person/79e6a2a7>), who were permanently impacted, and of a small number, including former New York Giants infielder [Eddie Grant](http://sabr.org/bioproj/person/0d10da81) (<http://sabr.org/bioproj/person/0d10da81>), who were killed in the war.

It is these individual stories of owners, players, and sportswriters who served in uniform at the battlefield and in coveralls on the home front during the Great War that makes Leeke's work so impactful. Using a variety of contemporary sources, including the military periodical *Stars and Stripes*, the U.S. Navy veteran brings these century-old stories to life.

Leeke's own story is also compelling. After his Navy experience and journalism school at Ohio State University on the GI Bill, he worked as a reporter, columnist, and sportswriter, and covered major league baseball for a suburban daily newspaper in Northern California. He now resides in Columbus, Ohio, and works in communications and advertising with clients across North America and worldwide.

From the Dugouts to the Trenches is Leeke's third book to be nominated for the Larry Ritter Award. *Nine Innings for the King: The Day Wartime London Stopped for Baseball, July 4, 1918* and *Ballplayers in the Great War: Newspaper Accounts of Major Leaguers in World War I Military Service* were considered in previous years. Leeke is an active SABR member and has [written a number of Deadball Era biographies](http://sabr.org/author/jim-leeke) (<http://sabr.org/author/jim-leeke>).

"I joined SABR in 2010, specifically to write an account of a nearly forgotten WWI ballplayer, [Captain Edward "Doc" Lafitte](http://sabr.org/bioproj/person/07d30704) (<http://sabr.org/bioproj/person/07d30704>), for the SABR BioProject," Leeke said. "That initial bio led to several others, which eventually led to *From the Dugouts to the Trenches*. SABR members always have been generous, helpful, and encouraging. I believe the 2018 Larry Ritter Award is less about the author than a recognition of the American and Canadian ballplayers who served in the armed forces during the Great War. I hope soon to read more books and research on this fascinating period in baseball history. I'm tremendously honored to receive an award named for [Larry Ritter](http://sabr.org/about/lawrence-s-ritter) (<http://sabr.org/about/lawrence-s-ritter>), especially given the many excellent books on the Deadball Era published over the past year."

From the Dugouts to the Trenches edged out three other finalists:

- *Urban Shocker: Silent Hero of Baseball's Golden Age*, by Steve Steinberg (University of Nebraska Press)
- *The Half-Game Pennant of 1908: Four Teams Chase Victory in the American League*, by Charles Alexander (McFarland & Co.)

- *Connie Mack's First Dynasty: The Philadelphia Athletics, 1910-1914*, by Lew Freedman (McFarland & Co.)

Conferred annually since 2002, this year's Ritter Award will be formally presented to Jim Leeke at the DEC meeting at [SABR 48](#) (<http://sabr.org/convention>) in Pittsburgh. The winner was selected by the Larry Ritter Book Award Committee chaired by Doug Skipper, with members Mark Dugo, David Fleitz, Ben Klein, Craig Lammers, John McMurray, and Mark Pattison.

For more information on the Larry Ritter Award, including a list of previous winners, [click here](http://sabr.org/about/larry-ritter-award) (<http://sabr.org/about/larry-ritter-award>).



QuestBridge Stories

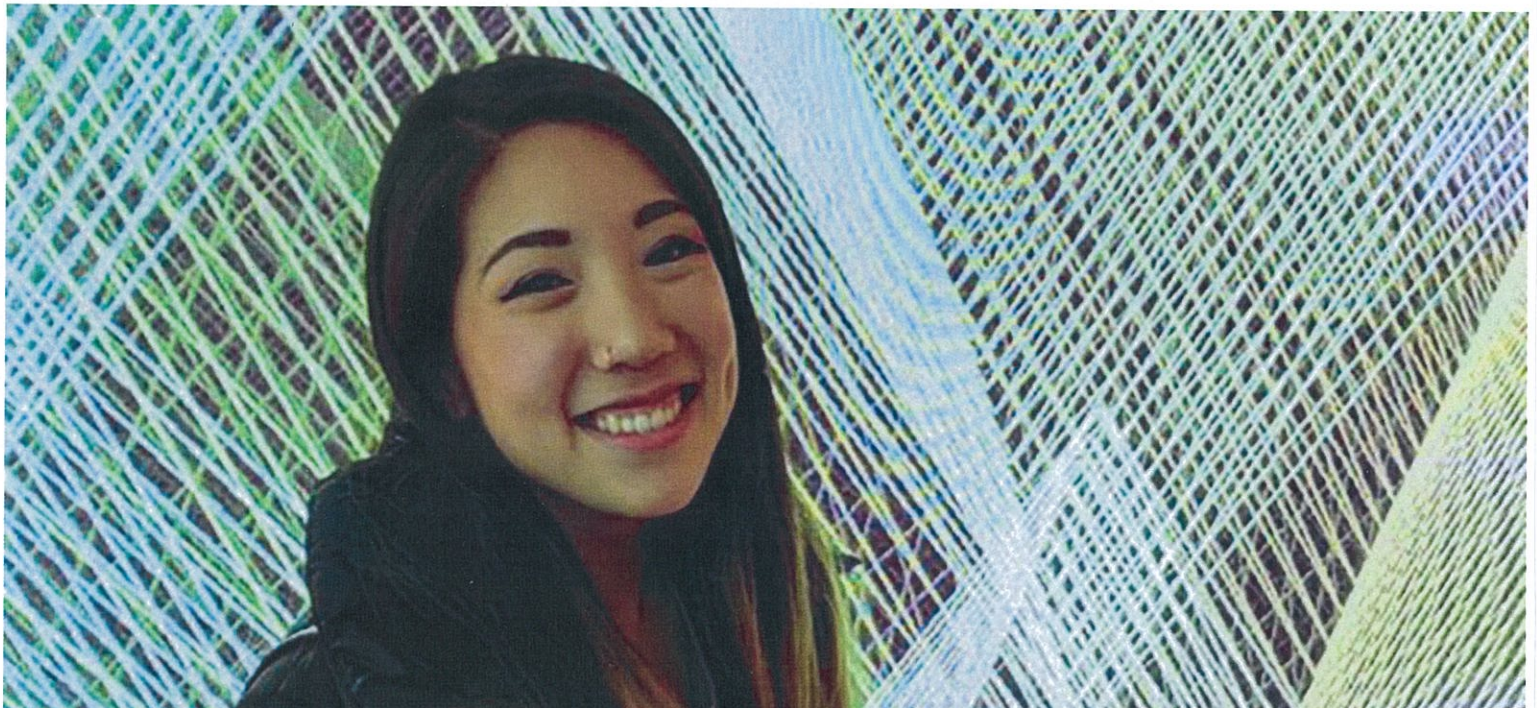


CLASS OF 2018

Published on 25 Apr 2018 — Leave a Comment

SueSan's Story *SueSan Chen '14*

written by [questbridgestories](#)



Growing up with a single mom who did not speak English, I did not know if affording and attending college was a possibility, let alone getting a Master's degree. Going into high school, my life changed when I was fortunate to earn a scholarship to the best private school in Columbus, Ohio. Suddenly, I found myself having access to teachers, mentors, and resources to help me realize my unlimited academic and career possibilities. With the assistance of dedicated and caring college counselors, I was matched to Northwestern through QuestBridge.

Since arriving at Northwestern, I feel incredibly lucky that between my financial aid package and working part-time, I have been able to have a well-rounded, fulfilling undergraduate experience without incurring any student debt or having to worry about finances. Throughout the past four years, I have participated and held leadership positions in a variety of student groups including Treblemakers a cappella, Design for America, and Society of Women Engineers, as well as began my Master's in Engineering Design Innovation (EDI) as a BS/MS student. I am excited to complete my MS degree in December 2018 and continue working at United Airlines, where I have interned summers and part-time for the last two years.

After graduation, I am excited to start my career as a product manager in a customer-facing company. With an education in human-centered design and engineering, I am passionate about making an impact in for-profit organizations by using design not only as a business strategy, but as a method for ethical operations. Through experiences in my internships and academics, I have realized that large companies have a huge impact not only on products and consumer behavior within their market segments, but also on cultural attitudes and government policy through marketing and lobbying. By shifting the focus from the bottom line to human-centered solutions through design, these organizations will inherently create a more ethical and empathetic operational structure, resulting in a better product offering and experience for all of the stakeholders involved.

As I graduate from this stage of my life, I am excited to maintain connections at Northwestern and QuestBridge to give back to the communities that have offered me so many opportunities.

As I graduate from this stage of my life, I am excited to maintain connections at Northwestern and QuestBridge to give back to the communities that have offered me so

many opportunities. I could not have been as successful as I am without the people that have helped and believed in me along the way, and I hope to someday make an impact on others in the same way.

SueSan is completing her MS degree in December 2018 and will continue working at United Airlines as a product manager.

MedTech Intelligence

April 11, 2018 (<https://www.medtechintelligence.com/column/snowflake-syndrome-creates-cybersecurity-roadblocks/>)

MEDdesign (<https://www.medtechintelligence.com/category/meddesign/>)

Snowflake Syndrome Creates Cybersecurity Roadblocks

By Stephanie Domas '05

• No Comments (<https://www.medtechintelligence.com/column/snowflake-syndrome-creates-cybersecurity-roadblocks/#respond>)



There are too many unique needs on the part of both manufacturers and providers. More collaboration is needed.

Medical device cybersecurity has come a long way over the past few years. I have the unique privilege of working with both medical device manufacturers and healthcare delivery organizations on cybersecurity of medical devices, so I get to see the situation from a lot of unique angles. One of the questions I get asked often is, "what are the current struggles or roadblocks we face in addressing cybersecurity for medical devices?". Right now, the biggest

roadblock I see is that both medical device manufacturers and healthcare providers are suffering from special snowflake syndrome. Everyone is overrun with too much uniqueness, on both sides.

Let's start with the device manufacturer perspective. Have you ever heard the phrase, "if you've seen one hospital, you've seen one hospital"? It is estimated that there are 5,500 hospitals in the United States, and most of them are approaching cybersecurity of medical devices in their own unique way. What this means to manufacturers is an avalanche of unique stakeholder needs. If you ever find yourself talking to the head of product security for a manufacturer, ask them how much of their day they spend filling out hospital security questionnaires, then watch as the look of exhaustion and defeat spreads across their face. Hospitals, filled with good intentions, have developed in-depth cybersecurity questionnaires to gather information about the medical devices they are considering for purchase. The intention is great, but the issue is they all use their own unique form, forcing manufacturers to repeatedly fill out similar but different forms with sometimes upward of 100 questions. While there has been an attempt at standardizing this form with the MDS2, the form is often found inadequate by hospitals, causing the slurry of unique questionnaires.¹ There is a desperate need for hospitals to come together to unify around a standard set of questions, so manufacturers can not only have pre-produced in-depth responses to them, but it establishes a consistent baseline of what's important to hospitals, which helps manufacturers guide security design decisions.

The unique questionnaires may take up insubstantial amounts of product security officers' time, but what about the struggles in actually designing more secure medical devices? Well, the same avalanche of unique stakeholder needs makes this difficult, too. I was recently working with a manufacturer on a system design, and based on discussions with a dozen of their largest customers, they had gathered that they had to support five different types of wireless authentication, to satisfy all of them. Several of those authentication mechanisms we're deprecated years ago due to known security flaws. To satisfy customer needs, this manufacturer chose to build in support for all five unique authentication methods, creating a tremendous amount of extra software coding and maintenance work for the manufacturer, while simultaneously forcing insecure technologies on hospitals with cutting edge wireless security. But what's a manufacturer to do? Networking equipment is expensive, and hospitals can't go around buying the latest and greatest every time a new solution comes out. Providing patient care is, after all, the reason we're here, so until some minimum security bar can be set for hospital systems, I agreed with the manufacturers decision to support all five. This is just one example of many that I've been involved with, where the unique stakeholder needs forced redundancy in capabilities and insecure technologies to be supported.

But let's shift perspectives and look at this from the healthcare providers viewpoint. The Mayo Clinic recently released some statistics regarding their medical devices, so I will use them as my example. At the Mayo Clinic, they have 25,000 networked medical devices, with more than 6,000 unique makes and models. To quote Kevin McDonald, Mayo Clinic director of clinical information security, he and his team are "buried under an avalanche of medical device special snowflakes". Even if every single one of those 6,000 unique models was designed to meet the highest of security standards, there are still usability, maintenance and scalability issues. With regards to usability, if every single system followed industry best security practices, healthcare workers would be required to have a unique 20-character password for every system they touched that locked them out after 10 minutes of inactivity, and needed to be changed every 30 days. This is not realistic. My job is cybersecurity, and even I get frustrated with having to remember several passwords—imagine how a healthcare worker feels, whose number one job is to care for patients, when they are routinely blocked from doing their job by password prompts. Authentication is just one example of the dreaded cybersecurity and usability tradeoff.

Stephanie Domas will be speaking during the Medical Cybersecurity & Patch Management conference / May 1 - 2, 2018 / Learn more (<http://www.cvent.com/events/medical-cybersecurity-vulnerability-and-patch-management/event-summary-bdb5c171b04c45f2b4be330b6803574f.aspx>)

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Moving Target: Playing Catch-Up in Cybersecurity

(https://www.medtechintelligence.com/news_article/moving-target-playing-catch-up-in-cybersecurity/)

What about the maintenance side of having 25,000 medical devices? With so many devices, and the physical portability of them, it's a near impossible task for a hospital to tell you at any given time what medical devices are on their network, where they are, are they running an out of date version of software, what information is the medical device sharing on the network, who it's sharing it with, and is it doing it in a secure manner? Traditional enterprise security tools don't work well in these situations, leaving a need in the industry for medical device specific solutions, and increased uniformity among medical device manufacturers on how to maintain their systems. Taking software updates as an example, the method by which updates are distributed for each medical device may be different. How does the hospital become aware there is an update? Does the device have the ability to download an update itself? Does the hospital need to go to the manufacturer's website to download it? Then how do they get it on the system? A USB drive? Do they have to call the manufacturer to have a technician sent out? Looking at 10 different medical devices, you'll likely get 10 different sets of answers.

For the past few years there have been great strides made in tackling cybersecurity across the healthcare space, I don't want to discredit the incredible lengths we've come so far. But cybersecurity is never done; we need to continue to grow. There have been pockets of collaboration amongst the industry, but much of what's been accomplished has been in isolation with manufacturers and healthcare delivery organizations tackling problems on their own. To continue to push cybersecurity we need to increase collaboration amongst hospitals, amongst manufacturers, and both sides together.

In my new role as vice president of research of MedSec, I'm excited to be joining a great team of professionals who have built a strong reputation for expertise and quality within the healthcare industry. We will continue to partner with healthcare manufacturers and providers to develop solutions and service that protect the healthcare community and patients from cyberharm.

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1. NEMA. (n.d.). Retrieved from Manufacturer Disclosure Statement for Medical Device Security: <https://www.nema.org/Standards/Pages/Manufacturer-Disclosure-Statement-for-Medical-Device-Security.aspx> (<https://www.nema.org/Standards/Pages/Manufacturer-Disclosure-Statement-for-Medical-Device-Security.aspx>)

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About The Author



Stephanie Domas
Vice President of Research
MedSec (<https://medsec.com/>)

Stephanie Domas is vice president of research at MedSec, where she leads the development of services and products aimed towards addressing cybersecurity of medical devices in healthcare. She

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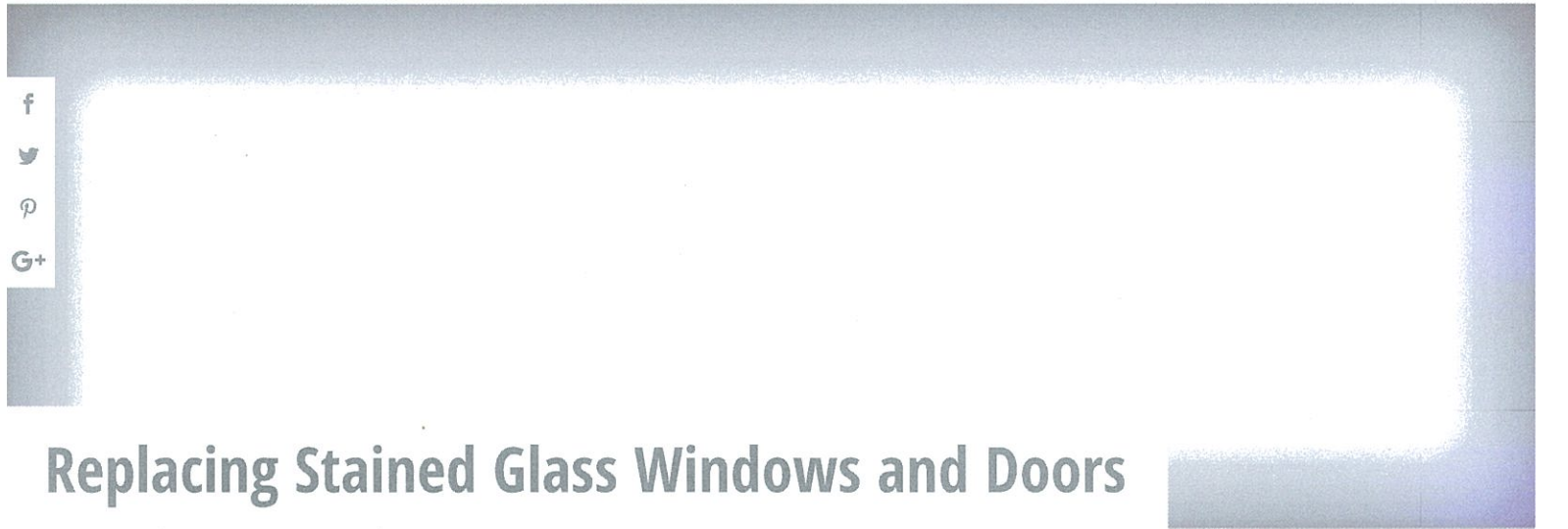
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Replacing Stained Glass Windows and Doors

Home

Remodeling

Replacing Stained Glass Windows and Doors

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It's a sad thing when Andrea Reid talks of how older houses have suffered over the years from the loss of their original stained glass windows and doors.



Despite it's timeless beauty, stained glass windows can fall prey to changing tastes or lack of proper upkeep.

Once a popular feature in homes of a certain vintage, she points out that stained glass was often removed due to changing tastes, or when neglect left it beyond repair. Common glass panes were typically installed as replacements, which only served as phantom-like reminders of the lost splendor that once filled the space.

But like the glow of sunlight filtering through a stained glass window, Reid offers some hope.

Her employer, **Franklin Art Glass Studios**, has been experiencing a surge in owners of older homes looking to return the luster to their aging stained glass doors and sidelights, transoms and windows. As a world-renown creator of stained glass for residential, commercial and religious entities for over 90 years, Franklin would be naturally at the forefront of such a trend.

Interestingly, part of this can be attributed to empty nesters, who are finally undertaking some long-delayed repairs after having decided to remain in their homes. Even more promising, Reid suggests that owners of more contemporary aged homes are also looking to add stained glass where none existed before, as

"something they've long wanted to do, but have put off."

It certainly helps that companies like Franklin Art Glass are making this process easy and surprisingly affordable.

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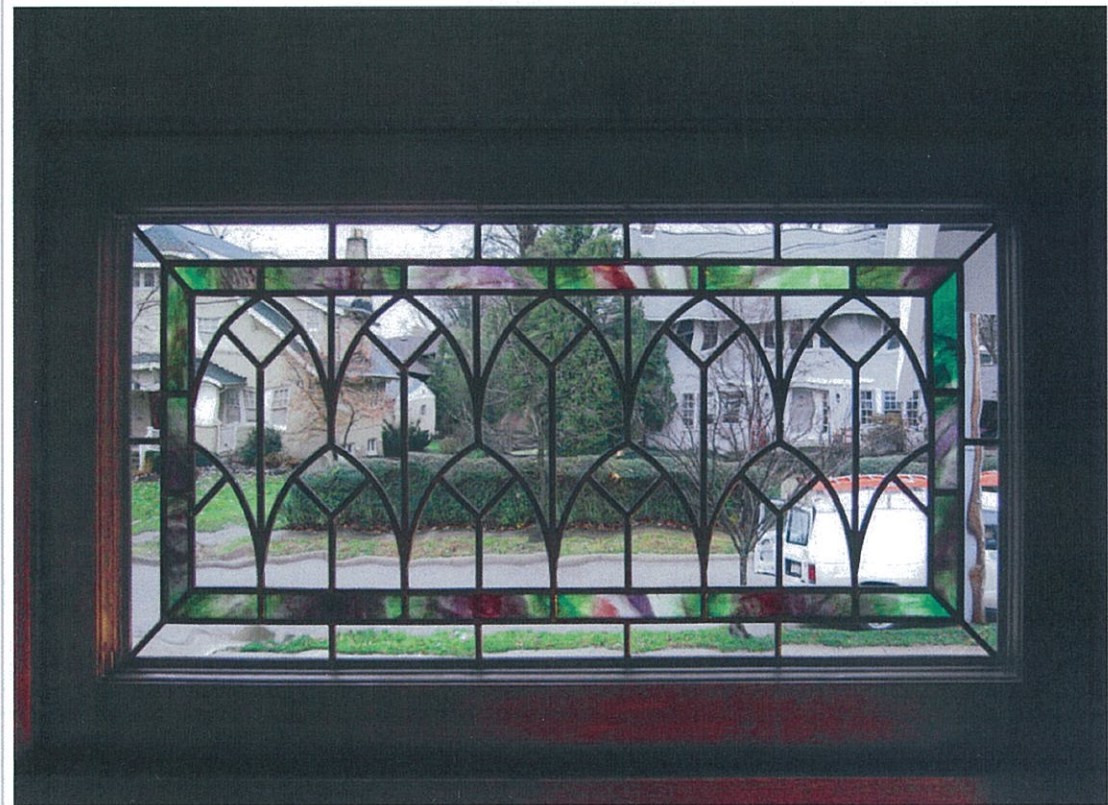
According to Reid, it typically begins with a customer bringing in a vintage photo of their home that was taken before the stained glass had been removed. While not necessarily interested in completely replicating the original designs, all homeowners tend to be driven by the need to "bring the old glass back to life in some fashion."

Often this means being selective among the items they choose to restore. "It's not uncommon for them to concentrate on one element, such as the transom above the door, while leaving the sidelights alone, or maybe for later."

To help jump start the creative process, Franklin maintains a sizable library of vintage and contemporary design books that help demonstrate the array of possibilities that are available to homes both historic and modern.

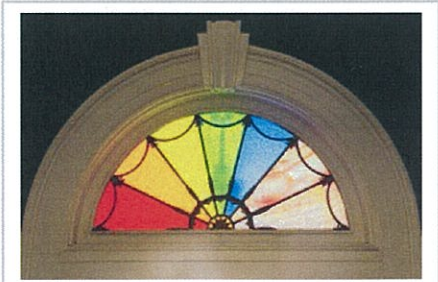


Homeowners are reportedly becoming more interested in bringing their aging stained glass back to life.



The piggy back replacement process used by Franklin Art Glass Studios calls for the stained glass panel to be installed up against the existing window.

To help keep project costs down, Franklin Art Glass uses what they call a "piggy back" installation process that doesn't require the time-consuming repair or replacement of the trim. Instead, the new stained glass panels are simply set flush against the existing clear glass from the inside. With a few tack screws and some silicone caulk, the new glass is secured into place in a matter of minutes with very little disruption to the home.



Homeowners can select from Franklin Art Glass Studio's large library of historic and contemporary stained glass designs.

For Reid, the only thing standing in the way of more homeowners reviving their old stained glass is a misconception that this type of custom work is either unaffordable or no longer feasible. "But for those who aren't afraid to ask us for help," she wants to make clear, "the possibilities are truly endless for any age of home, given the large range of design styles and capabilities that we can make available to homeowners today."

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JACKSONVILLE 7
20-12

LIPSCOMB 12
14-15

	1	2	3	4	5	6	7	8	9	R	H	E
Jacksonville	1	3	2	0	1	0	0	0	0	7	10	1
Lipscomb	0	2	1	2	0	6	0	1	X	12	12	3

W: KEMP (1-2) L: PALMER, T. (1-1)

April 07, 2018 at 2:05 PM
Dugan Field , Nashville, Tenn.
Umpires: HP-Drew Ashcraft; 1B-Nathan Huber; 3B-Brandon Bennett
Attendance: 187 Duration: 3:52 Weather: 37, Cloudy

- PREVIEW (/BASEBALL/NEWS/2017-18/15089/BASEBALL-SHIFTS-FOCUS-TO-JACKSONVILLE-IN-ASUN-SHOWDOWN/)
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Bats heat up as temps cool down in Baseball's 12-7 victory over Jacksonville

Saturday, April 7, 2018
By Russell Vannozzi

NASHVILLE, Tenn. – Saturday’s freezing temperatures didn’t keep the Lipscomb baseball bats from catching fire.

The Bisons exploded for 12 runs on 12 hits, evening the ASUN Conference series against Jacksonville with a 12-7 victory at Ken Dugan Field at Stephen L. Marsh Stadium. The series will be decided on Sunday at noon in Nashville.

“I thought we looked a little sluggish and slow to begin the game today, but then we started getting guys on base and that allowed us to put together some big innings,” Lipscomb skipper Jeff Forehand said. “This was a big win for us. After going down we had guys step up and play major roles. That’s what we want to see.”

The win moved Lipscomb to 14-15 overall and 3-2 in the ASUN, while Jacksonville fell to 20-12 and 3-2.

Temperatures stayed in the upper-30’s for the entirety of the contest, making for less-than-ideal conditions, however, Lipscomb used a 6-spot in the sixth inning to jump ahead of the Dolphins for good.

Trailing 7-5 in the home half of the sixth, Carson Wright got things started with an RBI single. Then a bunt from Blake Thomas brought chaos as Jacksonville catcher Jacob Southern’s throw to third, deflected off the third baseman’s glove and into left field, allowing Lee Solomon to score from second.

Zeke Dodson then drew a bases-loaded walk to plate Wright, before Jeffrey Crisan followed with a rare 2-RBI sac fly to center field. Freshman Maddux Houghton capped the frame with an RBI single that drove in Dodson to give the Purple and Gold an 11-7 lead – their first advantage since leading 1-0 in the first inning on Friday.



JACKSONVILLE AT LIPSCOMB APRIL 07, 2018						
PITCHING	IP	H	R	ER	BB	SO
Win: KEMP (1-2)	3.0	3	1	1	2	4
Loss: PALMER (1-1)	1.1	3	6	4	3	1
BATTING	AB	R	H	RBI	BB	HR
LEHANE (JU)	5	1	2	0	0	0
DUBRULE (JU)	4	0	2	2	1	0
CASSALA (JU)	3	1	2	0	1	0
GARRASTAZU (JU)	4	1	2	1	0	0
BASHLOR (LIP)	5	2	3	1	0	1
SOLOMON (LIP)	3	1	3	3	2	0

Lipscomb starter Chris Kachmar wasn't at his sharpest, as the junior went just 4.0 innings and surrendered five earned runs with a pair of strikeouts. Kyle Kemp relived Kachmar in the fifth and tossed three innings of one-run ball.

"When I came on in the fifth, I just wanted to get the game under control and allow us to get back in the game," Kemp said. "I made the wrong pitch and they took advantage, but I thought after that home run that I settled in and the bullpen finished out strong."

Robbie Knox slammed the door with scoreless frames in the eighth and ninth.

It appeared Jacksonville would clinch the series in the early going as the Dolphins jumped out to 4-0 lead in the second inning, before Solomon answered with a 2-RBI double in the bottom of the frame.

"Coach Forehand always tells us how conference games are back and forth and at some point you are going to be behind and you have to be tough enough to find ways to come back and win," Solomon said. "So I just went up there thinking about what I needed to do in order to get us back in it. I got a pitch I could drive and we were able to cash in a couple runs to get us going."

Crisan produced a run with an RBI groundout in the third, before Chris Bashlor launched a solo shot to left in the fourth. Sorrells added a run-scoring single to cut Jacksonville's lead to 6-5 after four innings.

The Dolphins plated their final run of the day on a solo home run from Connor Stephens in the fifth, before Lipscomb's decisive outburst in the sixth. The Bisons added an insurance run in the eighth when Solomon drew a free pass with the bases juiced.

"It was good momentum for us to get that big inning there in the sixth," Kemp said. "The tide turned on them (JU) and we were able to take advantage and put them away with six runs. And with our pitching staff on the backend, we knew the game was over."

Solomon reached base five times in his second start back from an injury. The senior last accomplished that feat on March 31, 2017, when he went 3-for-5 with 2 RBI against USC Upstate.

"It feels great to be back out there and trying to help this team win," Solomon. "It's been tough on the sidelines, but I've just tried to support the guys and deal with the hand I was given."

AROUND THE HORN:

- The Bisons are now 19-28 all-time against Jacksonville. The win snapped Lipscomb's 5-game losing streak to the Dolphins.
- Lipscomb stranded 10 base runners, while JU left nine.
- Bashlor and Solomon each finished with three hits apiece. Bashlor went 3-for-5 with his second home run of the season and a pair of runs. Solomon recorded a 3-for-3 afternoon with three RBI, a pair of walks and a run.
- Eight of the nine Lipscomb starters finished with at least one base hit and one run, while seven recorded an RBI.
- Thomas finished 1-for-5 to extend his on-base streak to 24 games.
- Tevin Symonette has reached in 16 straight contests after extending his team-best hitting streak to seven games with a 1-for-4 day.
- Lipscomb's 12 hits were its most since pounding out 12 base knocks in a 13-9 loss to UNC Greensboro on March 17.
- Knox's relief appearance was his 17th of the season. He lowered his ERA to a team-best 1.36.
- Kemp picked up his first victory of the season and the sixth of his career.
- Time of game was 3:52 with 187 fans in attendance.

UP NEXT

Lipscomb and Jacksonville will play the series finale on Sunday. First pitch is set for noon CT at Dugan Field. Lipscomb's Noah Thompson (3-1, 1.97 ERA) will battle with Jacksonville's Spencer Stockton (2-4, 4.81 ERA) on the bump.

"We've faced their guy a lot over the years, and the coaches do a great job of having a solid game plan, so I think our offense is going to have a good day tomorrow and get us out of the gate early," Kemp said. "And Noah (Thompson) is going to do what he's done all year by putting us in a position to win the game. He's been fantastic, especially for a freshman."



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Wittenberg Track & Field Recap From Wilmington College Invitational

Posted: Apr 07, 2018

Wilmington, Ohio – The Wittenberg University track and field team made their way down the road for the Wilmington College Invitational on Saturday afternoon. The Wittenberg men's team took fifth-place in the team competition with 70 total points on the day, while the women's side collected 48 points for a sixth-place finish. **Tyler Gittins** would take the 400m hurdles in a time of 54.76 for the first-place finish.



Miles Caine opened things up with a third-place finish in the men's 3000m steeplechase, finishing in a time of 10:51.81. **Gittins** took third-place in the 110m hurdles with a time of 15.62. **Matt Entsminger** crossed the line in the 100m dash in a tie of 11.63 for a fifth-place finish. **Garrin Bachinski** would add a fifth-place finish in the 400m hurdles with a time of 59.55. Wittenberg would go four, five, six in the 200m dash as **Tyler Branton** (23.18) crossed, followed by **Brandon Johnson** (23.45), and then **Entsminger** (23.54).

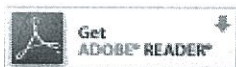
Zach Guyer took fourth-place in the long jump competition, clearing a distance of 6.26m. **D'Anthony Dorsey** took third-place in the shot put event with a heave of 14.49m. **Dorsey** would add a third-place finish in the hammer throw with a toss of 15.65m. **Curtis Quimby** finished the discus competition in fifth-place with a toss of 40.69m, along with a strong showing in the hammer competition with a throw of 39.62 for a seventh-place finish.

Taylor Barnhisel finished the 100m hurdles in a time of 16.82 for a fourth-place finish. **Alexis Johnson** took seventh-place with a time of 17.91. **Barnhisel** would add a fourth-place finish in the 400m hurdles in a time of 1:08.98. Finishing back-to-back in the 100m dash, **Samantha Mitchell** crossed the line in a time of 1:03.74 for third-place, while **Anna Lebold** crossed at 1:03.99. **Tiarra Avant** finished the 200m dash in a time of 28.14 for a seventh-place showing.

The women's 4x400m relay team of **Mitchell, Avant, Leah Hilley**, and **Ryelee Clary** took fourth with a time of 51.90.

Missa Spears finished the triple jump contest in second-place with a leap of 9.54m. **Hannah Eley** finished the shot put competition in seventh-place with a toss of 9.42m, **Eley** would also add a fifth-place finish in the hammer throw competition with a throw of 36.29m. **Hilley** finished the javelin competition with a toss of 21.14 for a sixth-place finish.

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TRACK & FIELD WEEKLY RECAP April 23, 2018

Click on a school to visit its athletics website

ALLEGHENY COLLEGE ★ DENISON UNIVERSITY ★ DEPAUW UNIVERSITY ★ HIRAM COLLEGE ★ KENYON COLLEGE
OBERLIN COLLEGE ★ OHIO WESLEYAN UNIVERSITY ★ WABASH COLLEGE ★ WITTENBERG UNIVERSITY ★ COLLEGE OF WOOSTER

Schedule

Next Week

Friday, April 27

[Big Red Invite](#)

Denison, Kenyon, Ohio Wesleyan, Wittenberg,
Wooster

[52nd Annual Hillside College GINA Relays](#)

Wabash

Saturday, April 28

[Ashland Alumni Open](#)

Oberlin, Ohio Wesleyan

Saturday-Sunday, April 28-29

[NCAC Multis at Oberlin](#)

Allegheny, Denison, DePauw, Kenyon, Oberlin,
Ohio Wesleyan, Wabash, Wittenberg, Wooster

Last Week

MEN

[PSU-Behrend Invite](#)

Allegheny - NTS

[Rose-Hulman Twilight](#)

DePauw 4th, Wabash 11th of 12 Teams

[Kenyon Spring Invite](#)

Wooster 2nd, Kenyon 3rd, Oberlin 4th, Wittenberg
5th and Denison 6th of 6 Teams

[Sparky Adams Invitational](#)

Ohio Wesleyan 1st of 8 Teams

WOMEN

[PSU-Behrend Invite](#)

Allegheny - NTS

[Rose-Hulman Twilight](#)

DePauw 7th of 10 Teams

[Kenyon Spring Invite](#)

Oberlin 1st, Kenyon 2nd, Wooster 3rd, Wittenberg
5th and Denison 6th of 6 Teams

Athletes of the Week

Men's Distance: Polo Burguete, DePauw

DePauw senior Polo Burguete (El Paso, TX/Culver Academies) won the steeplechase in 9:20.55 which set a Rose-Hulman stadium record and currently ranks 12th in Division III this season.

Men's Sprints/Hurdles: Tyler Gittins, Wittenberg

Wittenberg senior Tyler Gittins (Westerville, OH/Columbus Academy) turned in an outstanding performance at the Ohio State Jesse Owens classic in the 400-meter hurdles, finishing third with a time of 52.28. The time is currently the third fastest time in all of Division III.

Men's Field: Cade Richeson, Ohio Wesleyan

Ohio Wesleyan freshman Cade Richeson (Worthington, OH/Thomas Worthington) won the shot put with a throw of 16.68m and added a third-place finish in the discus throw (45.66m) and a ninth-place finish in the hammer throw (40.48m) to lead the Bishops to a first-place finish at the Baldwin-Wallace Sparky Adams invite.

Women's Distance: Grace Moses, Kenyon

Kenyon sophomore Grace Moses (Great Falls, VA/Potomac School) earned one of the Ladies' five event victories with her performance in the 1,500 meter run at the Kenyon Spring Invite. Moses crossed the line in 4:47.46.

Women's Sprints/Hurdles: Lilah Drafts-Johnson, Oberlin

Oberlin senior Lilah Drafts-Johnson (Melrose, MA/Melrose) became the only female in Division III this season to run a sub-60 in the 400-meters as she finished second in the event at the Ohio State University Jesse Owens Track Classic with a nation-leading time of 59.84.

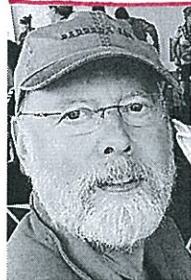
Women's Field: Jasmine Keegan, Oberlin

Oberlin sophomore Jasmine Keegan (Maplewood, NJ/Columbia) turned in an impressive performance at the Kenyon Spring Invite last weekend with three victories accounting for 30 points. Keegan won the shot put (12.22m), the discus throw (40.53m) and the hammer throw with a toss of 44.46 meters.

Weekly Notes

The first scoring events of the 2018 NCAC Track & Field championships will be conducted this weekend, April 28-29, at Oberlin. The men will compete in the decathlon, while the women will participate in the heptathlon. The 2018 NCAC Track & Field Championships will then be contested the following weekend, May 5-6, at Allegheny.

ALLEGHENY took part in the Penn State-Behrend Open as its final tune-up before the NCAC Championships. Bennett Falck (Northfield, MN/Northfield) led the way for the sprinters, placing third in a field of 22 in the 200 with a time of 22.88 seconds. Other third-place finishes belonged to Louis McUmber (Meadville, PA/Meadville) in the 1,500 with a time of 4:15.95 and Seth Conard (Cuyahoga Falls, OH/Woodridge) in the 5,000 (15:57.39). The women were paced by the mid-distance contingent in Erie. In the 1,500, Claire Morrison (Cheswick, PA/Deer Lakes) and Sarah Lucas (Monongahela, PA/Ringgold) placed second and third, respectively, with times of 5:10.06 and 5:17.12. Tori Valachovic (Bridgeville, PA/South Fayette) earned runner-up honors in the 100 meter hurdles with a time of 16.47 seconds, while Kara Travers (Philadelphia, PA/Abington) took third in the 800 (2:25.58) and Liz Delich (Kittanning, PA/Leechburg) fourth in the shot put with a throw of 11.63 meters ... DEPAUW competed at the Rose-Hulman Twilight Meet on Friday. DePauw totaled 17 points in the 3,000-meter steeplechase, led by a stadium record from Polo Burguete (El Paso, TX/Culver Academies) who won in 9:20.55. Samuel Votz (New Palestine, IN/New Palestine) was second in the 800 meters at Rose-Hulman and his time of 1:52.56 broke the school record of 1:53.74 set by Scott Shafer in 1988. Kamal Apatira (West Chester, OH/Cincinnati Country Day) turned in a second-place showing in the long jump (6.39m). Leading the women's team was Tori Flowers (Granville, OH/Granville) with a second-place finish in the steeplechase at Rose-Hulman in 11:58.43 as the Tigers picked up 17 points in the event with an additional third and sixth place finish ... KENYON hosted DENISON, OBERLIN, WITTENBERG and WOOSTER for its annual Spring Invitational on Saturday. Oberlin earned the women's team championship with 196 points, while Kenyon was second (141.5). Wooster third (123.5), Wittenberg fifth (91) and Denison sixth (48). Mount Vernon Nazarene captured the men's title with 128 points, followed by Wooster in second (127), Kenyon in third (113), Oberlin in fourth (96), Wittenberg in fifth (88) and Denison in sixth (80). The Oberlin women won the Kenyon Spring Invitational with 196 points, while All-American Lilah Drafts-Johnson (Melrose, MA/Melrose) ran at Ohio State with fellow All-American throwers Ana Richardson (Eugene, OR/South Eugene) and Monique Newton (Sacramento, CA/Rancho Cordova) competing at Rice University. Drafts-Johnson headlined the weekend by posting the top time in the nation in the 400-meter hurdles as she became the only person in Division III to go under 60 seconds in the event with a school-record time of 59.84. Yeomen freshman Adriano Atallah (New Rochelle, NY/Regis) earned a victory in the 400-meter hurdles, clocking in at 57.51 to top the seven-runner field, while junior Hank Sinn (Latty, OH / Wayne Trace) earned another Yeomen victory in the hammer as his toss bested the 14-person field by nearly three feet with a mark of 50.53m. There were five different event wins which helped the Ladies earn a second-place team finish. Jonah Edwards (Charlotte, NC/ Providence Day) was the only Kenyon Lady to win multiple events on Saturday as she claimed first in the 100- and 200-meter dash events with winning times of 12.33 and 25.20, respectively. Grace Moses (Great Falls, VA/ Potomac School) took home first place in the 1,500-meter run in a time of 4:47.46. Colton Orr (Shelby, OH/Shelby) and Jordan Potter (Minneapolis, MN/ The Blake School) highlighted the day for the Lords. Orr won the 110-meter hurdles (15.59) and Potter was victorious in the shot put (14.28m) and discus (43.75m). Wooster junior Carolyn Webster (Fredericktown, OH/Fredericktown) was a double-winner in the high jump (1.57m) and long jump (5.39), while first-year Jenna Cooley

Dr. Richard M. Engel '70

Dr. Richard M. Engel, 65

CUMBERLAND CENTER - Dr. Richard M. Engel, 65, of Cumberland Center, an internal medicine specialist for the last 39 years, died Wednesday evening, July 5, 2017, with his family by his side, of complications of a stroke he suffered early Monday.

Richard was born in Cleveland, Ohio, to Carl H. Engel, a finance executive and engineer, and Helen Masson Engel, whose father was a professor of finance at Harvard Business School. After graduating cum laude from Harvard, Richard attended the University of Cincinnati College of Medicine, where he and his wife, Barbara, met as lab partners. He graduated with honors in 1978, and then completed his internship at the University of Rochester, and his internal medicine residency at the Maine Medical

Center in Portland.

Richard had many roles in his medical career, as leader, teacher, mentor and innovator. He was devoted to improving the quality of care for adults in the state of Maine, as well as the work lives of his physician colleagues. He was active in leadership roles at both Maine Health/Maine Medical Center and the Greater Portland Medical Group, a practice that he helped conceive. In addition to enjoying a very real connection to his patients, he had a passion for teaching and was a Clinical Assistant Professor of Medicine at the University of Vermont from 1980-2009 and held the same position at Tufts University School of Medicine from 2009 until his death. He served as director of the Division of General Internal Medicine, Maine Medical Center, for many years, as well as medical director of the Greater Portland Medical Group. He served as the elected governor of the Maine Chapter of the American College of Physicians from 2006 to 2010 and received the organization's Laureate Award in 2011. The award is given to Fellows of the College of Physicians who demonstrate an abiding commitment to excellence in medical care, education and service to their community.

Richard was an intelligent, quiet and generous friend with an impish and wry sense of humor. He had a love for Jeeps, animals and the outdoors, which he developed as a boy at Camp Najerog in the Vermont woods, and as a young adult volunteering as a medic in the Sahara desert, North Africa, with his camel, Edna. He enjoyed adventures with his family throughout his life, especially boating along the Maine coast. He was always trying to learn and earned his commercial captain's license along the way. He appreciated the simple pleasures of, in his words, "a sail on the bay and a tramp in the northern woods." He was the best of dads and will be missed more than he could have possibly imagined.

He is survived by his wife of 38 years, Dr. Barbara Chilmonczyk, of Cumberland Center; son Hadrian, wife Kate and their 3-month-old daughter, Jordyn, of Woburn, Mass.; daughter Kathryn, of Yarmouth; and son Christopher, of Boston, Mass. He is also survived by his sisters: Carolyn (Richard) Comfort, of Paris, France, and Chatham, Mass.; and Margaret (Walter) Parker, of St. Paul, Minn.; and Aunt Jane M. Jackson, of Shaker Heights, Ohio, and Centerville, Mass. Richard also leaves behind his constant canine companion of the last seven years, Suzie.

Memorial visiting hours will be held Saturday, July 22, 2017, from 2-4 p.m., followed at 4 p.m. by a Celebration of Life at the Maine Audubon Center in Falmouth. You may offer your condolences or share your stories at:

www.lindquistfuneralhome.com.

The family requests that any tributes be in the form of contributions made in his name to:

Maine Audubon

20 Gillsland Farm Road

Falmouth, ME 04105

Online at: maineaudubon.org, or

MMC General Scholarship Fund

at: https://fundraising.mmc.org/Maine_Track_Program

This fund provides scholarship support to medical students enrolled in the Tufts University School of Medicine Maine Medical Center Program, otherwise referred to as the Maine Track Program.

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