

## LETTER FROM THE PRESIDENT

### DO YOU WIN BECAUSE YOU'RE HAPPY?

I don't always start a Varsity O column with a reference to a beer commercial, but when I do, I prefer a commercial that aired during the Super Bowl.

The commercial got me thinking, but not about drinking beer.

Featuring photos of famous athletes with big smiles, the narrator in the commercial said:

What if we were wrong this whole time?  
 Wrong in thinking that joy happens only at the end?  
 After the sacrifice.  
 After the commitment.  
 After the win.  
 What if happiness has always been there?  
 Fueling the run toward greatness.  
 It's not a distraction.  
 But instead, something more vital.  
 What if joy is the whole game.  
 Not just the end game.  
 So ask yourself.  
 Are you happy because you win?  
 Or do you win because you're happy?  
 It's only worth it if you enjoy it.

At The Ohio State University, there is a great deal of emphasis on winning. College athletics is serious business. There is intense pressure to perform at a very high level, in the Big Ten Conference, and in the NCAA. The stakes are high, and so is the stress.

During competition, athletes usually look grim, concentrating, involved, focused. Woody Hayes once said, "I never saw a football player make a tackle with a smile on his face. Never." When I was on the Buckeye wrestling mat, and caught in a front head lock, then thrown to my back, I'm sure I wasn't grinning.

At the same time, though, athletes are enjoying themselves, having fun in the moment, and excited to participate in a sport they love.

What was your happiness level in your sport?

Did happiness only come if you made the winning shot? Clutched the championship trophy? Beat the archrival?

Or was it from the thrill of the competition? The mastery of a skill? The friendship of teammates?

For you, was joy the whole game?

Olympic Gold Medalist Jackie Joyner Kersee said, "The medals don't mean anything and the glory doesn't last. It's all about your happiness. The rewards are going to come, but my happiness is just loving the sport and having fun performing."



## LETTER FROM THE PRESIDENT (CONT.)

Mike Singletary, NFL linebacker and coach, said, "Do you know what my favorite part of the game is? The opportunity to play. It's as simple as that. God, I love that opportunity."

Our own Jack Nicklaus, the best golfer of all time, said, "It's great to win, but it's also great fun just to be in the thick of any truly well and hard-fought contest against opponents you respect, whatever the outcome."

Pittsburgh Pirate star Willie Stargell made a telling observation: "It's supposed to be fun. The man says, 'Play ball,' not 'Work ball.'"

And from college basketball, Coach Jim Valvano said, "When I played sports, my parents never once said to me, 'Did you win?' They'd say, 'Did you have fun?' Winning the game was important, but not nearly as important as giving yourself a chance to win-playing as hard as you could and enjoying yourself. The joy of sport. That's what it is all about."

As I thought more about joy, and happiness, in sport, I pondered two things for us former college athletes.

First, we should remember the fun. The road trips. Laughing and joking with teammates. Silly things they (and we) said and did. The pranks. Kindnesses shown. Generosity given. The opportunity to play a game we love. Wearing the scarlet and gray uniform representing a great University, known around the world for excellence. We should remember the whole game, and the joy that was present.

Second, sport is a metaphor for life. We should remember that we are not really trying to "win" the game of life, and should not be thinking that there is a big trophy at the end, that goes to the "champion". Thinking that way will inevitably lead to disappointment, not happiness, or joy. As tennis great Arthur Ashe said, "Success is a journey, not a destination. The doing is often more important than the outcome." In sport, and in life, times can be hard. We face challenges, and adversity. But those challenges do not define us. Not unless we allow them to. We get through the tough times, smile through the good times. We win, in life, because we are happy.

Relax. Have fun. Feel joy. **Go Bucks!**

**Steve Chappellear**  
Varsity O President  
Wrestling ('71-'74)



# GEORGE BESHARA: 102 AND STILL HAPPILY WRESTLING WITH LIFE

By Tami Kamin Meyer

George Beshara has been a fan of the Ohio State Buckeyes for as long as he can remember. And, at 102 years old, that's a mighty long time.

Born on September 11, 1918, the Cleveland, Ohio native enjoyed a stellar wrestling career in high school. He was undefeated in high school, and in his senior year, he earned a state championship in the 112-pound weight class. The year was 1937.

Despite his successes on the wrestling mat, Beshara did not seek out the sport on his own.

During his sophomore year of high school, his gym teacher was recruiting for the wrestling team, which he also coached.

"He said he needed me real bad," recalled Beshara.

Beshara's wrestling prowess garnered recruiting attention from several universities. He was highly recruited, but he said his decision to become a Buckeye was never in doubt.

"I had already made my mind up and I went to Ohio State. OSU has always one of my favorites. I was born in Ohio and very much a Buckeye. I like Columbus and lived there 75 years," he said.

Beshara wrestled for Ohio State during World War II. "The fact a war was going on didn't impact you but I enlisted upon graduation in 1942," he said. While a student-athlete, Beshara was a Letter winner in 1940 and 1941, and is a proud member of Varsity O.

He taught high school for four years upon returning home from service in 1946; the army recalled him from 1950-1954. Upon his return stateside, Beshara taught business-related courses at Belmont High School in Belmont, Ohio, for 35 years. Not surprisingly, he started a boys' wrestling team at the school, and coached it for 16 years. He led the team to one state championship and once the team were state runners-up. "I worked with a lot of outstanding wrestlers," he said.

His advice to today's student-athletes at Ohio State? "They should value and respect the unique opportunity of being a student-athlete at OSU. The relationships and closeness you develop while a student-athlete are lifelong and extremely valuable."

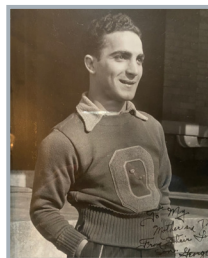
Beshara is the father of four adult children. Two graduated from OSU and all graduated college. In fact, seven Beshara family members are Buckeye alumni. He also has five grandchildren and seven great-grandchildren.

When Beshara relocated to Naples, Florida 27 years ago, it was both to be near one of his daughters and enjoy the sunshine. He unabashedly attributes the warmer climate to his longevity. "Living in Florida has been a blessing to my life and has added years of joy and fulfillment."

Meanwhile, he has discovered another benefit of living in Naples. "I see a lot of young Buckeyes around here and it's great to see! We are all Buckeyes, no matter the age!"

Being over a century old has not dimmed Beshara's enthusiasm for Ohio State one iota. He still thrills to walk into a Naples restaurant wearing an Ohio State shirt because, invariably, someone welcomes him with a warm Buckeye greeting.

"They say, 'Oh, you're a Buckeye,' and I proudly agree!"



*Tami Kamin Meyer is a Columbus attorney and freelance writer. She is the Editor of Write Now Columbus, a monthly e-newsletter about the burgeoning literary scene in Columbus. She is also Marketing Chair of the American Society of Journalists and Authors. Her byline has appeared in Forbes, MarketWatch, Cannabis & Tech Today, Next Avenue and Ohio Magazine. She tweets as @girlwithapen.*

## ATHLETIC FACILITIES FOR COVID

*By Hanna Gottschalk, Rowing 18'*

The Schottenstein Center has certainly looked different this basketball season as a result of the COVID-19 pandemic. Although cardboard cutouts fill the stands, recent vaccination efforts have brought a different group of Buckeyes into the arena - eager Ohioans awaiting their COVID-19 vaccination. Ohio State University Wexner Medical Center has transformed the newly remodeled concourse into a mass vaccination site - known as "Shots and the Schott" beginning January 19, 2021.

The site stood up and turned around in nearly a month after the first vaccine was approved in the US by the FDA. Like many other responses to the challenges of COVID-19, this was a result of collaboration between many departments at the medical center. Pharmacy, Ambulatory Services, Nursing, Physicians, Registration and many more came together to create the blueprint as well as the resources to staff the clinic 6 days per week.

Crystal Tubbs, associate director in the Department of Pharmacy at the medical center, speaks about using the Schott for these efforts. "It's certainly a really exciting opportunity to be in this beautiful space," Tubbs said. "I think you'll see and feel the Buckeye spirit. The team that has brought this to fruition is a really incredible, dedicated and gritty team. We're really looking forward to offering this to our patients and the general public."

The first few days were a "trial" run with Wexner Medical staff - preparing for the 1B rollout for the vulnerable members of the general public. The site is set up to vaccinate nearly 3,000 patients per day. The first member of the general public to receive their vaccine was Helen Former, a 100-year old retired Wexner medical center employee. She has a 32-year streak without missing an Ohio State football home game. Each week, with increasing vaccine supply, the number of patients vaccinated per day grows.

As of March 1, 2021 OSUWMC has delivered more total doses of vaccine in the Schottenstein Center concourse than 3X the seating capacity of the arena. Nearly 41,000 first doses have been administered and 27,500 second doses have left Ohioans with a new sense of safety. The Buckeye Spirit will continue to press on and help keep the great state of Ohio healthy.



Gene Smith getting his vaccine at the Schott.

*Source: Twitter*

## VARSITY “O” SEEKING CANDIDATES

Varsity O is seeking board candidates for the upcoming 2022 year. Please submit resume and cover letter by May 1, 2021 to: Candace Dark, Past President at: [candacedark@gmail.com](mailto:candacedark@gmail.com).

Applicant interviews will occur over the late spring and summer and will likely be virtual. Previous Varsity O membership and engagement as well as attendance at Varsity O sponsored events is a plus.

## CALL FOR AWARD NOMINATIONS

The Ohio State University Varsity “O” Alumni Society seeks nominations from members for its four annual awards.

The Barbie Tootle Buckeye Spirit Award recognizes individuals who have demonstrated unconditional loyalty and support of athletics at the Ohio State University. The winner may be, but is not required to be, a former athlete, or a coach or member of the Athletics Department staff.

Previous winners of this award include Barbie Tootle, Ruth Hyde Porteus, Helen Fryoff, Larry Romanoff, Peg Schafer Jackson, Denny Tishkoff, Kate Griffie, Kristen Watt, Craig Little, Sandy Slomin, Andy Geiger, Jan Wolf, Donna Ball, Teri Casperson, Linda Logan, Dr. Debbie Mendel, Kim Dally, Theresa Bowers, and Vlade Janakievski.

The Phyllis Bailey Career Achievement Award pays tribute and recognition to a female Ohio State letter winner who, through her career, has contributed to the honor and fame of The Ohio State University, having capitalized on the values learned in intercollegiate athletics and having achieved singular success in her career.

Past winners of this award include Phyllis Bailey, Barb Vogart Holman, Robin Tucker, Dru Ann Hancock, Tara VanDerver, Sally Dellinger, Michelle Willis, Andy Teitelbaum, Mamie Rallins, Denny Hoobler, Katie Smith, Stephanie Hightower, and Kristen Watt (some of these were selected before the award was restricted to females).

The Jim Jones Career Award pays tribute and recognition to those male Ohio State letter winners who, through their careers, have contributed to the honor and fame of The Ohio State University. These award winners have capitalized on the values learned in intercollegiate athletics and have achieved singular success in their career.

Past winners of this award include Charles Csur, Jameson Crane, and Clark Kellogg.

The Loyalty Award pays tribute to those individuals who, over the course of their lifetime, have been extraordinary in their services to Varsity “O” and/or the Ohio State University Athletics Department.

Past winners of this award include Lou Fisher, Dr. William D. Heintz, Dr. Chalmer Hickson, Marv Homan, Sol Maggied, Frank “Moose” Machinsky, Robert Ries, Alex Schoenbaum, Ralph Waldo, Larry Romanoff, and Jeff Logan.

Please submit names and relevant supporting information to Awards Committee Chair Matt Finkes, at [Finkes.1@osu.edu](mailto:Finkes.1@osu.edu) by May 1.

## GENE SMITH SPEAKS WITH VARSITY “O”

OSU Director of Athletics participated in a Zoom conference with Varsity “O” members on February 17, 2021.

Varsity “O” President Steve Chappellear conducted the interview, passing along questions to Director Smith from many Varsity “O” members.

The discussion was wide ranging and interesting.



Some of the highlights of the discussion are below.

### **Name, Image, Likeness**

A couple years ago I was asked to co-chair the federal state legislative working group on name image and likeness. My co-chair was Val Ackerman, the Big East Commissioner, and I think I was asked, because I felt, and I had shared in previous years prior to that, that name, issue, and likeness for student athletes was something that we could do, that we can embrace, and can do the right way.

But I still feel that way that student athletes can monetize their name and their likeness the right way. And, just like other students have and so and a lot of that was because of social media and the digital space and what's going on there. And so where it is right now is we ultimately created some legislation at the NCAA level. We were going to pass that legislation in the January Convention, but the NCAA received a letter from the Department of Justice that caused us to stand down and table the legislation and so it's tabled. There's 33 states in this country, right now, who have bills that are lined up around NIL. There's six states that have actual bills in play with effective dates. Florida is one that has one that's effective July 1 of this year. So, it is, and we have a number of legislators, including our own, Anthony Gonzalez, who we've worked with who has a bill to try and get passed around NIL. Most of, the super majority of Anthony's bill, we embrace it. It aligns with our thinking at Ohio State and within the NCAA. And there are a couple others. Senator Wicker has a bill that's very close to our thought process and then there's some that are totally out of whack. We're asking for schools to share their revenue and things of that nature and basically becomes pay for play so right now we're all on pause until we can hopefully get a national solution. We need the federal legislation so that we have consistency across all the States, because obviously we can't have different laws in each state and have competitive equity.

And so that's being worked on by the NCAA, our state and federal legislative people, and all of our institutions are involved with trying to get a bill passed that will bring some sanity across all states. Don't know if it's going to happen in time for July 1 when Florida's and some others go into effect. But that's the effort right now and internally we have a working group and we've been working on educating our student athletes on how to take advantage of NIL the right way.

You're running your own personal business, you got to pay taxes, so at the end of the day don't worry about the NCAA, worry about the IRS.

So we're trying to help them understand if you're going to run a business, this is how you do it. And I know everyone talks about the 1%, you know Justin Fields of the world.

But many of our equivalency sports student athletes, leave college in debt, and so this is a way for them to earn some money and hopefully mitigate the debt that they incur because they might be on you know 15% or 20% and so scholarship.

And then we have to teach them if they have to set up an LLC, we have to teach them how to do it.

So that they've never filed for taxes, we've got to teach them how to do it. So there's a lot of things that come with this and one of the things that I'm proud of our athletes, we we've been doing this for a while, is teaching them about their social media space and helping them understand if they're trying to develop a following where they can ultimately be an influencer in a certain space and sell that following to a company where they can become an influencer for that company and they better make sure that they're building their social media platform in a digital space in the right way. And so we've been doing for a while, but now we're transitioning it into more of a business model form.

### **Circle of Care**

Every athlete has a circle of care.

Our athletes have their head coach, an assistant coach, their athletic trainer, a strength coach, a sports psychologist, their academic advisor, a nutritionist, and I could just go on and on. And so all those spokes around that athlete work to help that athlete be the best that they could be.

We have doctors come in and talk about sleep. So at the end of the day we have enough people around our athletes that are driven to help them be the best that they could be. All of our coaches have to understand how to bring the talents and skills together to help the athlete be the best that they can be.

We have 21 athletic trainers, 20 strength coaches, all those people work with our coaches.

And our coaches have to have relationships with all those people to help our athletes be the best. So they don't work in a vacuum. Our leadership Institute has employees that work specifically to make sure our student athletes are developing on track so that when they leave, or stay there in Grad school, or have a job.

### **Relationships or Networks Between Coaches of Different Sports**

The best people to help our coaches be the best that they can be are the coaches themselves.

We've created formal and informal communication platforms where our coaches get together and share ideas.

We were dealing with some summer school aid issues and some policy issues, and so we picked three coaches who served on a committee to help us look at summer school aid. Throughout the year, we have six coaches that we meet with on different topics and then those coaches drop off and we pick up six more.

The best people who can help coaches be the best that they can be are their colleagues. I enjoy listening to Chris Hogan and Ryan Day have conversations it is just so rewarding to listen to them and so when you get Ty Tucker and Lori Walker in a room or you know. And actually what's really cool is when we have our new coaches come on board, like Amy Bokker or Jen Flynn Oldenburg, those coaches can just meld into our coaches group and they learn from our coaches more than they learn from administration.

### **Football National Championship Playoff System**

At some point we're going to expand and I think we need to. I don't know what the number is, if I had a crystal ball I'd probably say it would be eight teams.

I was an old BCS guy, I believed in it.

And, and I knew that and I share at that time that once we create the playoff system, then the bowls will become disenfranchised. They will become minimized and that has happened. And it's going to continue to happen. And when we expand to eight it's going to give even worse. Now there's probably some bowls that probably shouldn't exist. But I'm kind of old school traditionalist and I still think that bowls serve a purpose for those teams who perform to a point where those young men should have a reward and go to a bowl game as a reward.



I just think that the CFP is going to expand.

It probably should now that we have data, we can look back at the data. Three years ago we really didn't but now we got some data and we can justify moving to eight when you look at the participants, and you know I just hope that we're in every single year.

### **Athletic Department Strives to Support Student Athletes in Post-Graduation Job Placement, Graduate or Professional Studies, or Professional Sport Pursuits: Recruitment to Career**

I've always felt that we should have, and I started this years ago before I came to Ohio State and we were brought here, the total student athlete development model.

Our coaches recruit great students and great athletes, but what do we do for them beyond helping them be the best athlete and the best student.

Years ago I made it a requirement that our student athletes need to have a resume in their sophomore year. And I was pretty stringent on that for the first couple years and then it became a part of our culture. Everyone had to go through fiscal literacy programming. So we were kind of diligent on that.

But when you look at athletes who really struggle after they leave the University, that's because we didn't do everything that we could to position them to make sure that they had something to look forward to beyond this little incubator called Buckeye Nation. So we needed to make sure that we had a strategy to help them figure out what they want to do and I'm just passionate about that.

We'll have 175 graduates this year. We're sitting at 166 of them right now, 61% who've already secured employment or who are going to grad school. 44 of them are going to graduate school.

So we have 69 left who are looking and 15 of them have applied to graduate school, 12 are getting ready to apply, 2 are going to go on this gap year thing. It is always somebody that does that. You know back in the days we used to say you're going to go find yourself, and we know what that meant, and so we gotta go find yourself, but not a call it a gap year so.

My whole deal is I want our student athletes, before they walk across that stage, to know what they're gonna do when you're done. Last year we were at 86% before graduation and my goal is to get it well north of 95%. So we work hard at it and that's the promise that we make to them and their parents when we're in their living room, we're going to help them get their degree, going to help them be a champion athlete, but we're going to help them figure out what they want to do when they're done. And graduate school has become a big issue has become a bigger thing for us, it's amazing. For all these kids get in well have 71 of the 175 going to graduate school. That's like, that's phenomenal.

So anyway I'm passionate about it too.

### **Bucks Go Pro Internships**

Years ago, when my office was in St. John, we had a fencer and she was phenomenal and she just decided she wasn't going to chase her fencing dream anymore. And she had a 3.8 GPA, spoke four or five languages, and just a star. And she wanted to meet with me to see what how I could help her and I looked at her resume, it had no work experience and it really just hit me, our student athletes, and the culture that has changed, our student athletes don't work anymore.

They're running around AAU, the summer league, they didn't work like many of us did all summer long. So they don't have work experience on their resume so we brainstormed and came up with a program which started on campus. We went to different departments on campus and asked them to create micro internships because athletes can't go to work, you know 20 hours a week in some cases, they can maybe only work 11 or 12.

So we had different departments work with us, kids were here in the summertime working out going to school, but they get to experience what it is like in a work environment because many of them have never been in a work environment and never understood what it meant to show up on time to a work environment.

And so we created the internships, I think we had 26 in the first year and then we expanded it to the community, and now we have Bucks Go Pro 1, Bucks Go Pro 2.0.



And the whole mission is to expose our student athletes to the work environment and help them try and understand what they might be interested in, and we have them all over the country, Amgen in California, or Chase in New York, or Ritz Carlton in Florida. We got them all over the place in the summertime and so trying to get them to see just what it means to actually show up on time to work and it's one of my things that I tell them. There's two things I tell them.

If you're supposed to be at work at eight o'clock what time do you get there? 7:50.

And then you want to be that person that's missed, not that person that they are glad he's gone.

We all have people in our life that we miss, but we also have people in our life we're glad they're gone. And so we have to tell them all the time, you know when you leave you want to be that person that is talked about.

When they're trying to figure something out, saying God I wish Steve was still here. If Steve was here, he'd knock that out. That's what we try and teach our student athletes.

Varsity O members could help with the Bucks Go Pro internships by, anyone who works in a business environment, or owns a business or whatever, or who is an environment where they'd be willing to have student athletes be an intern in the summertime. We pay, we pay the athletes. You know some companies do pay, but we will pay, and so if you can figure it out, figure out how you can help create an internship. We, we need a job description, you need a supervisor.

It has got to be like a real job. Maddy McIntyre oversees that program.

But, at the end of the day we need internships and we have a lot of them already ,but that's the one area where we need help. The other thing is we also just do tours.

So we've had athletes who have gone up to Cleveland and gone to Eaton Corporation, or they went to Cleveland Clinic, just for a day.

And we're able, because one of the things that usually is at a corporation, for example, they have marketing, finance, they have logistics, the whole nine yards, so it's not just a single company is they have different units in their company so helping us find internships, that's huge.

## **Helping to Recruit Elite Athletes**

Coaches will ask me to meet with maybe a family or a student athlete and try and share with them our vision.

Talk about our values and what we're all about. Sometimes, you have a group of kids and I'll come in and talk to the families and the kids in a group, and you know I'm just trying to help personalize what we're all about. And for any organization, any company, your mission starts at the top. I want the parents and the athletes to understand that we want to win championships, we want you to be the best athlete that you could be, and if you have a chance to go pro, go represent our country in the Olympics, we're going to help you do that. But it's more than that. And so I spend a lot of time with parents and athletes understanding that Ohio State, it's not just about winning in contests, we're about winning in life. How do we help you be a winner in life? We're going to give you those tools. And so I spend a lot of time doing that, sometimes one on one, sometimes in group settings.

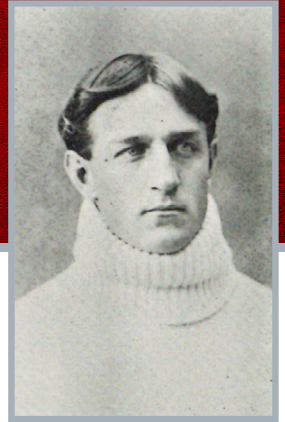
Talent acquisition, talent development, and retention, it's the most important thing we do. And that goes to our student athletes and our coaches and staff, so that's a high priority for me.

## **Varsity "O"**

I appreciate everything Varsity O does for our student athletes and our former student athletes, but

I feel fortunate, I feel blessed to be your Athletic Director. I know I stand on the shoulders of so many. When you think back to Jesse Owens. It was 1913 when his family moved from the South to the East side of Cleveland in the great migration of blacks to the north for the industrial movement. You think about his legacy and everything that he's done for The Ohio State University, I take it as a huge honor to have an opportunity to sit in the seat when you think about someone like Jesse and all the other Varsity O members who have committed so much to our athletic program and our institution. So I'm going to keep working hard for you and try and make you proud.

# JOHN B. ECKSTORM



By Robert J. Roman

John Bernard Christian Eckstorm was the Ohio State football coach for three years. It was same amount of time that Paul Brown, forty years later, would be Ohio State coach. Just like Brown, however, Eckstorm left behind a legacy far greater than would be expected given the brevity of his time with the team. Eckstorm coached from 1899 to 1901.

Ohio State students had always believed that success in football was both their right and their destiny. As early as 1891, following a six-game losing streak, the *Lantern* complained, "Our place is at the head of Ohio's athletics, not at the foot." The student newspaper also demanded, "As the first institution in the State in the point of mental education, let the University also be first in athletics." After nearly a decade of playing, however, Ohio State football had a losing record.

Then Coach Eckstorm arrived. Eckstorm had earlier been a halfback at Dartmouth, and in 1898 he served as coach for the Kenyon College football team. Kenyon defeated Ohio State that year 29-0. Eckstorm's training and game plan were brilliant, and the Ohio State administration decided to steal him before the 1899 season.

Under Eckstorm's guidance, Ohio State football finally reached its potential. In 1899, the team finished 9-0-1, shutting out every opponent but one. In the process, they earned the state title, which was as high a goal as could be achieved by an Ohio team in that era. In 1900, Ohio State repeated as state champion. As thrilling as that achievement was, the fans were equally energized about another accomplishment: the team also pulled off a 0-0 tie against Michigan, universally regarded as the best team in the west.

In 1902, John Eckstorm entered Ohio Medical University, where he received training to become a physician. He gave up his job as coach at Ohio State and became coach of the Ohio Medics team. Amazingly, he led that team to a 9-1 record and another state title. The move set back progress of football at Ohio State for over ten years. The irony was that Ohio Medical would eventually merge with Ohio State to form the OSU College of Medicine, and if that move had happened just a few years earlier, Eckstorm could have stayed on.

The lasting effect of Eckstorm's time at Ohio State, however, was to expand the ambition of the campus. The Ohio State students now saw a destiny of having the best football team not just in the state but in all of America. In 1902, the *Makio* – the school's yearbook – published a vision of life in a possible future, when Ohio State would be regularly beating the nation's greatest teams, while the other schools in Ohio would be played just for practice, and Michigan would consider itself lucky to even achieve a tie. It is a vision that still energizes Ohio State football.

Robert J. Roman is the author of *Ohio State Football: The Forgotten Dawn* where additional stories such as this one can be found.

## FROM MOVIE STAR TO OLYMPIAN: GÖRAN CARL OSCAR “KRAX” LUNDQVIST

Diving was Göran Lundqvist’s second love, but one that changed his life forever.

“If it wasn’t for diving,” said Lundqvist, “I would probably have been an actor as I spent a lot of time as a child actor in radio and movies.”

As a youngster in Sweden, he performed in many productions, including five films by famed Swedish director Ingmar Bergman. Being the son of famed Swedish singer Margareta Kjellberg, and Capt. Carl Lundqvist, it was natural to pursue performing. He performed in “Marianne” (1953), “Sawdust and Tinsel” (1953), “A Lesson in Love” (1954), “Last Pair Out” (1956) and “Wild Strawberries” (1957). His most notable performance was as Benjamin in Bergman’s Oscar nominated “Wild Strawberries.” Many film critics claim “Wild Strawberries” is the director’s best film. It was nominated for an Academy Award for Best Original Screen Play.

However, it was Lundqvist’s performance in the 1960 Rome Olympics that caught the eye of Ohio State coach Mike Peppe. In Rome the blonde 19-year-old Swede was a double threat finishing 14th in the springboard and 11th in the platform. After a short stint at a community college, he was off to Ohio State in 1962 where he was coached by Don Harper and Ron O’Brien. Within a year he became an All-American on the springboard. In addition to his All-American status, he was a nine-time Swedish diving champion. In the 1964 Tokyo Olympic Games, Lundqvist had his best showing finishing fifth in the springboard competition.

Following his career at Ohio State he pursued a career in marketing in San Francisco before returning to Sweden to fulfill his military obligations. After leaving the service he was the European Marketing Manager for Lipton’s Tea for 12-years before moving to Scandinavian Airlines as Vice President in 1981. From 1995-2001 Lundqvist was president of Absolut Vodka. Since then, he has been the chairman of the Wine & Spirits History Museum Foundation. He and his wife Birgitta have three children.



## FROM THE ATHLETIC DEPARTMENT: CAREY HOYT

Carey Hoyt is Ohio State's Associate Athletic Director, Sport Administration and Student-Athlete Development.

A native of Canton, Ohio, and graduate of Hoover High School, Carey competed as a varsity gymnast at Penn State University, winning three varsity letters. She was a specialist on the uneven bars, and served as a team captain.

Carey was a successful assistant and head coach of the Buckeye women's gymnastics program, and earned recognition as Big Ten, Regional, and National Coach of the year. She produced five of the eight All-Americans in the program's history, and led the Buckeyes to the NCAA National Championships for the first time in 23 years in 2012.

Carey moved into athletic administration in 2017. She works to maintain awareness of team cultures and dynamics to provide guidance, programming and education where needed and acts as a mentor for all student-athletes and coaches.

She leads the Eugene D. Smith Leadership Institute, including the Wolstein Leadership Academy, the Huntington Bank Bucks Go Pro program, and the Lead Like a Buckeye program.

The Institute focuses on three pillars: "real life" focuses on career readiness and workforce preparation; "live life" addresses social awareness and educating student-athletes on relevant topics involving a team or the community, such as the power of a first impression, fine dining etiquette or financial literacy; and the "leadership" pillar trains coaches and student-athletes to develop individual leadership styles, learning from one another and other experts in the field.



# ARE YOU STRONG ENOUGH? ADVICE FROM THE TEAM DOCTOR

## Are you Strong Enough?

Are you doing enough work - strength training in particular - to ensure your ability to be independent, functional in life and continue with your favorite hobby or sport? Strength is diminished with aging, but it is trainable and loss is preventable.

The loss of skeletal muscle mass and strength with age is associated with increased risk of functional impairment, poor quality of life, physical frailty and premature death. But muscle weakness isn't an inevitable part of aging.

While many people use resistance exercise, the actual work they do can be inadequate to give them the benefits they seek or need. Some people don't do any resistance exercise, especially as they get older, thinking, "I'm getting older, I need to take it easy." This couldn't be further from the truth.

Basically, muscle is made up of two types of fibers, type I and type II. Type I is more aerobic in nature and type II is more about strength and power. Type II fibers are most affected by the aging process

## Getting Better with Age

Research shows that at about 50 years old, your type II muscle fibers significantly decrease. This leads to a progressive decrease in your ability to overcome gravity (which never goes away), making it difficult to get out of a chair, climb stairs, walk and complete many daily activities. As this advances, you may find yourself significantly limited in your ability to be independent.

The good news is that this can be avoided with proper strength training. Everyone has a baseline level of function. Layered on top of that baseline is your level of strength and fitness. The combination of those factors will determine how much above baseline you function.

For example, a very weak and deconditioned person is functioning just above this threshold. If that person sustains an injury, the additional deconditioning and strength loss from the injury may cause them to drop below this baseline of function, affecting their ability to be independent. Compare that to a person with a high level of strength and fitness. The same injury will cause them to drop in function but, because they have a greater reserve, they may recover faster and maintain their independence.

While strength can be improved at any age, the older or more deconditioned you are the harder it is to regain optimal strength and fitness. The moral of the story is don't fall so far down the rabbit hole and become so deconditioned and weak that when unpreventable circumstances occur (illness, aging) you lose the ability to enjoy life the way you once did.

## Fighting against Gravity

Our bodies handle a significant amount of force throughout the day with basic activities. The question is, are we maintaining/increasing our muscle strength in a way that optimizes our body's ability to produce and reduce forces against gravity? Are we lifting and, if so, are we lifting heavy enough?

Let's use walking as an example to illustrate how much force you encounter during the day. Every time your foot hits the ground, you're encountering forces one and a half to three times your body weight. If you're taking 6,500 steps in a day and you weigh 150 pounds, your body is subjected to almost 2 million pounds of force. (150 pounds X two times your body weight = 300 pounds of force for each step. 300 pounds X 6,500 steps = 1,950,000 pounds of force for the day.)

If you don't regularly engage in resistance training as you age, you're going to feel the effects of those daily 2 million pounds of force a lot more. If you do strength train, it's not enough to say "I lift weights." Are you lifting heavy enough and with the correct exercises/technique to maintain the strength required for daily living? Are you doing enough work (sets x reps x weight = total work) to make a real difference?

## ARE YOU STRONG ENOUGH? ADVICE FROM THE TEAM DOCTOR (CONT.)

Take a 150-pound person doing three sets of 10 reps of squats with a 20-pound weight (600 pounds total work) with the goal to increase lower extremity strength for improved function, and compare that to the same person doing squats for three sets of 10 with 100 pounds. That would equate to 3,000 pounds of total work in that one exercise. You could do this type of calculation with each exercise to get the total work for all the exercises you did in that session. Who's doing more work and who's going to improve function faster?

You need to consider other factors and limits, such as fitness level, pain, previous injuries, arthritis etc., as you approach strength training and the need to continually train throughout your life. How much resistance training is enough for us to combat the effects of aging? I'm not sure we know the exact answer to that, but what we can do is ensure we're utilizing basic strength and conditioning principles and progressions required for true strength gains. That means moving into the lower repetition range with heavier loads approaching 80 to 90% of your maximum. Progressing from three sets of 12 in the initial phase to three to four sets of six to eight repetitions to ultimately using three to five sets of three to five repetitions gives you an idea of progressing from light weight to heavy weight.

### How to Get Started

You shouldn't start with these high workloads, but you need to consider challenging yourself with heavier weight lifting. Don't be afraid to load on the weight. Most people can do more work than they think. They just need a little push. Feel free to reach out to Ohio State Sports Medicine for a qualified professional to assist you as needed at 614-293-3600 or [www.wexnermedical.osu.edu/sports-medicine](http://www.wexnermedical.osu.edu/sports-medicine)

*Chris Kolba is a physical therapist at the Ohio State University Wexner Medical Center.*



# VARSITY O



## WHY BE A VARSITY “O” MEMBER?

The Ohio State University Varsity “O” Alumni Society is an exciting, active alumni organization consisting of former Ohio State varsity athletes who earned at least one letter in their varsity sport. We enjoyed our time competing for the Buckeyes and we strive to help current and former Buckeyes. Our slogan is “Athletes Helping Athletes”, which we achieve by creating programs designed to help current and former Buckeye athletes. We are proud of our rich history and tradition and celebrate our legacy through our Athletics Hall of Fame, team reunions, and sales of Varsity “O” apparel, rings, mugs, and flags. We support current athletes through fully funded scholarships, post graduate scholarships, recognition of team captains, a first-time letter winners’ ceremony, and awards to the teams with the highest and most improved grade point averages. We provide Buckeye networking opportunities through social media, including Facebook, Instagram, Twitter, and LinkedIn, the Varsity “O” website, quarterly newsletters, our annual Homecoming Tailgate, pre-game football tailgates, receptions at football and basketball games, and receptions at select away football games and other sporting events.

Benefits of membership:

- 0 Ability to purchase OSU football tickets
- 0 Free admission for two to OSU Olympic sports events
- 0 Invitations to exclusive Varsity “O” events
- 0 OSU golf course walk-on privileges
- 0 Access to Varsity “O” Store for exclusive goods and apparel
- 0 20% discount on goods at Ohio State Team Shop
- 0 Quarterly Varsity “O” Newsletter
- 0 Sustaining membership in OSU Alumni Association
- 0 Buckeye Club Membership



Be a part of The People, The Tradition and The Excellence and become a Varsity “O” Member today! Go to [varsityo.alumni.osu.edu/membership/](https://varsityo.alumni.osu.edu/membership/)

Questions? Write [buckeyeclub@osu.edu](mailto:buckeyeclub@osu.edu) or call **614.292.9908**

# BOARD MEMBER PROFILE: KATY SWATHWOOD

## TRACK & FIELD TEAM 1999-2002

Katy (Craig) Swathwood is a past President of the Varsity O Alumni Society (2017) and a past President of the former Women's Varsity O (2015). Katy was a member of the Track & Field team from 1999-2002 and specialized in the Hammer and Weight throws. A three-time All-American, she held the Big Ten records in both events upon her graduation and was inducted into the OSU Athletics Hall of Fame in 2011. Her greatest competition memory is her Senior Year, when she set the Big Ten Record by beating her Michigan opponent on her final attempt.

Katy completed her bachelors in Business Administration and worked for Cardinal Health for several years before moving to a sales role at Eli Lilly where she has spent the last 14 years. Katy is very involved in her community serving as a throwing coach for the Hilliard track club with her husband, and she is also a Cub Scout leader and PTO officer.

Katy met her husband, former Purdue standout shot putter Nick Swathwood, at a track meet in 2001. They have two boys, Abe who is 12 and Ike who is 10. Their boys are (not surprisingly) kind of giant for age and already compete in shotput and discus like their parents. In fact, Abe became a junior All-American after finishing 8th at the USA Track and Field Junior Olympics in 2018.

As the first female President of the combined Varsity O society, Katy enjoyed helping to continue to build the bridge between the Men's and Women's organization. She currently co-chairs the Hall of Fame Committee. She has thoroughly enjoyed seeing several of her teammates join her in the Hall of Fame in the last decade. Katy loves serving Buckeye Athlete alumni and also feels grateful to have made many dear friends through Varsity O board service. Katy loves to watch all Buckeye sports, but especially loves to watch football!

**GO BUCKS!**





# MEET THE BOARD

## Varsity O Alumni Society Board of Directors



### STEVE CHAPPELEAR

President

Wrestling ('71-'74)  
Attorney, Eastman & Smith  
[sechappellear@eastmansmith.com](mailto:sechappellear@eastmansmith.com)



### JILL (VINCENT) BURKE

President-Elect

Synchronized  
Swimming ('76-'80)  
Administrator, Virtual  
Learning Academy  
[jillyvburke@gmail.com](mailto:jillyvburke@gmail.com)



### LIZ (HELLICKSON) LUCAS

Secretary

Rowing ('97-'01)  
High School Teacher,  
Hilliard City Schools  
[ehellickson@hotmail.com](mailto:ehellickson@hotmail.com)



### JOE BUDDÉ

Treasurer

Swimming ('71-'74)  
Private Practice Attorney  
[Joe@BuddeRealEstateLaw.com](mailto:Joe@BuddeRealEstateLaw.com)



### CANDACE DARK

Past-President

Basketball ('03-'07)  
Director of Outreach &  
Engagement at The  
James Cancer Hospital &  
OSU Wexner Medical  
Center  
[candace.dark@osumc.edu](mailto:candace.dark@osumc.edu)



### IAN BETTS

Board Member

Swimming ('12-'14)  
Attorney, Vorys, Sater,  
Seymour and Pease  
[imbetts@vorys.com](mailto:imbetts@vorys.com)



### GARTH COX

Board Member

Football ('74-'77)  
Attorney, Harris McClellan  
Binau & Cox PLL  
[gcox@hmbc.com](mailto:gcox@hmbc.com)



### CASSIE DICKERSON

Board Member

Women's Soccer ('06-'10)  
Intellectual Property Strategy,  
Ohio State Technology  
Commercialization  
[dickerson.142@osu.edu](mailto:dickerson.142@osu.edu)



### MATT FINKES

Board Member

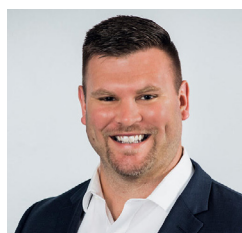
Football ('93-'96)  
Director of Development  
Wexner Medical Center  
[Finkes.1@osu.edu](mailto:Finkes.1@osu.edu)



### TOM LEVENICK

Board Member

Football ('78-'82)  
President, PowerPlay  
Strategies, Inc.  
[tom@powerplaycorp.com](mailto:tom@powerplaycorp.com)



### BEN PERSON

Board Member

Football (04-08)  
Financial Advisor,  
Signature Financial Group  
[Bperson@sfg4you.com](mailto:Bperson@sfg4you.com)



### LIBBY (GRAF) O'BRIEN

Board Member

Women's Lacrosse ('05-'09)  
Special Needs Preschool  
Teacher in Southwestern  
City Schools  
[libbygraf@yahoo.com](mailto:libbygraf@yahoo.com)



### JASON SINGLETON

Board Member

Men's Basketball ('95-'99)  
Athletic Director  
Columbus Academy  
[singletonj@columbusacademy.org](mailto:singletonj@columbusacademy.org)



### KEVIN E. GRIFFIN

Board Member

Football ('95-'98)  
Senior Vice President,  
Marketing Strategy  
Adcom  
[kgriffin@theadcomgroup.com](mailto:kgriffin@theadcomgroup.com)



### KATY (CRAIG) SWATHWOOD

Board Member

Track & Field ('99-'02)  
Executive Sales  
Representative, Eli Lilly &  
Company  
[kcswathwood@gmail.com](mailto:kcswathwood@gmail.com)

# SPECIAL VARSITY "O" ALUMNI SOCIETY LICENSE PLATE FRAMES, CHENILLE AWARD FRAMES, FLAGS & BANNERS AVAILABLE FOR YOU TO PURCHASE

Questions? [Joe@BuddeRealEstateLaw.com](mailto:Joe@BuddeRealEstateLaw.com)



**ITEM #1**  
Varsity O License Plate Frame



**ITEM #2**  
Framed Chenille Award

## LICENSE PLATE FRAME

\$30 - includes shipping when delivered to a business address  
\$35 - includes shipping when delivered to a residence due to UPS charges

## FRAMED CHENILLE AWARD

\$75 - includes all shipping costs



## ORDER FORM

**ITEM NUMBER REQUESTED:** \_\_\_\_\_

\*If requesting item #2, please list name, varsity sport(s) and year(s) participated how you would like it to appear on the award.

**VO MEMBER NAME:** \_\_\_\_\_

**VARSITY SPORT(S):** \_\_\_\_\_

**YEAR(S) PARTICIPATED:** \_\_\_\_\_

**SHIPPING ADDRESS:** \_\_\_\_\_

Mail this order form and your check payable to: OSU Varsity "O" Alumni Society to:  
*Joseph E. Budde, ESQ, 259 W. Schrock Road, Westerville, OH 43081*



# VARSITY "O" ALUMNI SOCIETY FLAG & BANNER ORDER FORM



## DESCRIPTION

SKU # FLC -2008	Varsity O Alumni Society Printed Nylon Flag	\$ 130.00
SKU # FLC -2009	White Varsity O Alumni Society Printed Nylon Flag	\$ 130.00
SKU # FLC -2010	White Varsity O Alumni Society Printed Nylon Banner	\$ 107.00
SKU # FLC -2011	Red Varsity O Alumni Society Printed Nylon Flag	\$ 130.00
SKU # FLC -2012	Red Varsity O Alumni Society Printed Nylon Banner	\$ 107.00

**BILL TO**

Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Street: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

**SHIP TO**

Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Street: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

*Note: please provide street address for all shipments. We can not ship to P.O. Boxes.*

SKU #	DESCRIPTION OF PRODUCT	QTY	PRICE EACH*	TOTAL	OFFICE USE ONLY
<b>SUBTOTAL</b>					
Ohio Residents add 6.75% sales tax					
<b>SHIPPING CHARGES</b>					

CC Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_

Zip: \_\_\_\_\_

**SHIPPING CHARGES**

The following charges are for shipping in the continental 48 states. Please call for orders to Alaska, Hawaii, and international destinations, as these will include air freight charges.

For quick delivery, we can ship UPS 2nd-day and UPS next-day services for an additional charge. Please call and we will be able to quote you the special charges.

**SHIPPING CHARGES**

Add to all orders

MERCHANDISE VALUE	S&H
Up to \$50.00.....	\$7.75
\$50.01 - \$100.00.....	\$10.00
\$100.01 - \$200.00.....	\$16.50
\$200.01 - \$499.99.....	\$23.00
\$500.01 - \$1000.00.....	\$36.00
\$1000.01 and over.....	\$ CALL














Email Completed form to: [patricia@flagladyusa.com](mailto:patricia@flagladyusa.com)

Call with any questions! 614-263-1776 x 306

# VARSITY "O" STORE

ORDER BY  
APRIL  
**19**

## OHIO STATE UNIVERSITY VARSITY O SPRING SALE 21

 <p><b>\$52.00</b> Nike Academy 20 Full Zip Jacket</p>	 <p><b>\$52.00</b> Nike Women's Short Sleeve Windshirt Available in 1 other color.</p>	 <p><b>\$52.00</b> Nike Short Sleeve Windshirt Available in 3 other colors.</p>	 <p><b>\$80.00</b> Nike Element Dry Half-Zip Top</p>	 <p><b>\$62.00</b> Jordan 1/4 Zip Top</p>
 <p><b>\$69.00</b> Nike BP Crew Available in 1 other color.</p>	 <p><b>\$58.00</b> Nike Women's Dry Element 1/2 Zip Top Available in 1 other color.</p>	 <p><b>\$65.00</b> Nike Women's Hybrid Long Sleeve Top Available in 1 other color.</p>	 <p><b>\$41.00</b> Nike Epic Knit Pant 2.0 Available in 2 other colors.</p>	 <p><b>\$30.00</b> Nike Women's Dry Attack Short Available in 2 other colors.</p>
 <p><b>\$37.00</b> Jordan 23 Alpha Dry Short Available in 1 other color.</p>	 <p><b>\$25.00</b> Nike Team Dry Visor V2 Available in 2 other colors.</p>	 <p><b>\$41.00</b> Nike Women's Epic Knit 2.0 Pant Available in 2 other colors.</p>		



MTS Customer Support - ref # 4782439  
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Team Coordinator Varsity O varsityosociety@osu.edu



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**SHOP NOW**

Order 4/5 to 4/19

No orders will be accepted after the deadline.

## EVENTS

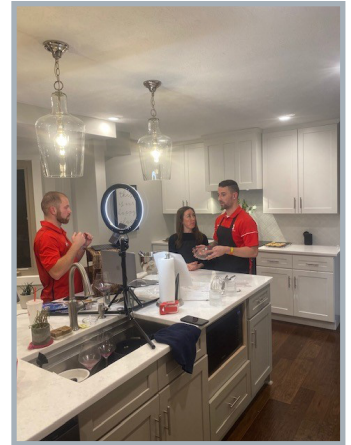
### BAKING SHOW

Baking Show in January was a huge success! Below are comments from some of our 50 participants.

"My daughters and I had fun and learned how to bake something new, all while being able to show them a new side of the Ohio State family."

"I loved it!! Having recently moved to the east coast from Columbus, spending an hour doing covid-safe buckeye themed activities with fellow former athletes and alumni was so much fun, and it allowed me to introduce my roommate to some of the things I love about Ohio State! The recipe is great, and it was so exciting to have the raffle and a surprise visit from Brutus. The show was incredibly well-done and the perfect speed and length. I would love more activities like this! Other virtual interactive sessions I've seen groups doing lately are online escape rooms and virtual trivia nights as well as baking events like this one."

"It was fun and I got a good recipe for Buckeye tailgates when they are permitted post-COVID-19." "It was well planned out, communication beforehand was excellent, and the event was enjoyable."



### MEET THE COACH NIGHT WITH RYAN DAY MAY 18, 2021 @ 5:30 -7:00 EDT

Active Varsity O Members are invited to meet Ohio State Head Football Coach Ryan Day and hear about his vision for the 2021 Buckeye Football Team. Prior to this ZOOM meeting, which is sponsored by Varsity "O" in collaboration with the Ohio State University Alumni Association, registered attendees will be able to submit questions for Coach Day, which he can address during the meeting.

Varsity "O" active members will be receiving an e-mail invitation in the coming weeks to register for this free event. Please be looking for your registration e-mail as you won't want to meet this exciting "inside the ropes" discussion with Coach Day!



### BUCKEYE WORKOUT WEEK

We are planning a work out week in May and are looking for fitness instructors of all levels and types to lead us through 1 of several classes. If you are one of those people, get in touch! We would love to support you and your studio or gym. You would host a 30-45 minute virtual course during the week during several options of days and times. Please connect with Tina Provost by April 12th: [Christinaprovost85@gmail.com](mailto:Christinaprovost85@gmail.com).

For a complete listing of upcoming Alumni Association events, visit [osu.edu/alumni/activities-and-events/events](https://osu.edu/alumni/activities-and-events/events)

Alumni events are filled with fun, festivities and, yes, sometimes football. The Ohio State experience doesn't stop with commencement, so come together with your fellow alumni to enjoy more time as a #BuckeyeForLife.

## NEWS

SHARE YOUR NEWS WITH US to be shared in future newsletters! [varsityonnews@gmail.com](mailto:varsityonnews@gmail.com)



## VARSIY “O” / BUCKEYE CLUB CHANGES COMING FOR THE 2022 SEASON

For more information on the upcoming changes to Varsity O and the Buckeye Club please visit:

<https://ohiostateBuckeyes.com/buckeye-club/psc/>

If you have specific questions about your account please contact the Buckeye Club via email to [buckeyeclub@osu.edu](mailto:buckeyeclub@osu.edu) or by calling **(614) 292-9908**.

*The Department of Athletics continues to work with state and local health officials on protocols surrounding fan attendance at games for the 2021 season. Once more details become available, information will be sent regarding 2021 season ticket renewals and seat selection timelines and processes.*



# VARSIY O

