

LETTER FROM THE PRESIDENT

THE HEART OF A BUCKEYE

No one competes like a Buckeye. The fire of competition is key to excellence and championships.

But, another big part of the Buckeye spirit is kindness. This was on full display this past November 22, as Joe Burrow went down on the field with multiple torn knee ligaments.

Former Buckeye quarterback Burrow was the starting QB for the Cincinnati Bengals, who were playing the Washington Redskins. Shortly after the injury, three members of the Washington team, all former Buckeyes, came over to console Burrow.

Chase Young, Dwayne Haskins, and Terry McLaurin offered support and compassion for their past teammate. After the game, a reporter asked why fierce opponents would go over and talk with a downed foe.



"Still got that Ohio State brotherhood," said McLaurin. "Under that jersey, you still got that Block O close to your heart."

Social media around the country was abuzz for a week about this "remarkable" event. Not so in Buckeye Nation. We know this is exactly what we expect from Ohio State athletes.

Former Buckeye head football coach Jim Tressel wrote in *The Winner's Manual for The Game of Life* about "The Block O of Life". In discussing "purpose", Coach Tressel talked about Caring and Giving; the responsibility to reach out and care and make a difference to others. He wrote, "True winners who are part of a winning team will care more about the people beside them in the trenches than they will about the trophy at the end of the journey. True winners will have compassion for their teammates and desire the good of others as well as their own."

The heart of a Buckeye beats strong with kindness.

Author Henry James said it over a hundred years ago, and Mr. Rogers said it more recently: "There are three ways to ultimate success. The first way is to be kind. The second way is to be kind. The third way is to be kind." The Dalai Lama said, "Be kind whenever possible. It is always possible."

Kindness is at the heart of the notion popularized by Woody Hayes of "paying forward". And, it is central to our core mission at Varsity "O" of "Athletes Helping Athletes". We respect others. We have concern for all. Every day, we exhibit tenderness, thoughtfulness, generosity, and empathy. We treat others as we would want others to treat us. We see something good in everyone. We help others when they are in need.



LETTER FROM THE PRESIDENT (CONT.)

Kindness is fairness, respect, and comfort. It is making people feel valued, cared for, and loved. Kindness can be as simple as a smile, or a nice word.

We live in troubled times. People all around us are suffering from hardships. Some we know about. Others we don't. We can look for opportunities to be kind.

The OSU Alumni Association has a recent program called "Buckeyes Helping Buckeyes" which awards grants to deserving Ohio State alumni who find themselves set back by natural disasters, job losses, unexpected injuries and more. If you know fellow Varsity "O" members who might qualify for and benefit from this relief, please [share this application](#).

We need to be kind now. We can't wait until tomorrow. Ralph Waldo Emerson wrote, "You cannot do a kindness too soon because you never know how soon it will be too late."

My personal resolution this January is to be more kind. I have many great Buckeyes to look to as role models.

Go Bucks!

Go Bucks!

Steve Chappellear

Varsity O President

Wrestling ('71-'74)



THE HOOPS LIFE OF BETH HOWE

By Tami Kamin Meyer

It is not an understatement to say basketball has been the primary passion behind Beth Howe's life, and she wouldn't have it any other way. The Jackson, Ohio native also views The Ohio State University with that same level of fervor.

"There is not a day that goes by that I'm not extremely grateful for The Ohio State University and women's basketball," says Howe, who played hoops for the Buckeyes from 2001-2005. Howe's senior year was capped by the team winning the Big Ten Championship, which was made all the more special because her teammates elected her captain that season, too.

Her experiences as a team captain shaped her life past those glory days on the hardwood. "That's an honor you don't take lightly. You represent a lot more people than yourself, both on and off the court," says Howe. She keeps in contact with fellow players, coaches and support staff from those years of playing basketball at Ohio State, and her current job gives a great assist to that endeavor.

As Director of Operations for Women's Basketball, Howe oversees team travel, the program's budget, equipment and more. She has been in that post since May 2013. Prior to that, Howe worked in the Athletic Department's Ticket Sales for 4 ½ years.

Growing up in Jackson, Ohio, a small town in Southeastern Ohio, also proved a boon for Howe's love of Ohio State. She grew up in a family of Buckeye Lovers, so, as her basketball prowess increased, so did her desire to play college hoops on Lane Avenue.

Howe was such a talented basketball player that she committed to OSU during her junior year of high school. Several other teams, including a handful from the Big Ten, tried to recruit her to play for them, but once she received OSU's offer, she knew where she would play basketball, she says. It was Ohio State's community, culture, traditions and the fact she is a lifelong Buckeye that led her to commit early and never waiver. And, she wasn't the only successful hoops player in the family, either.

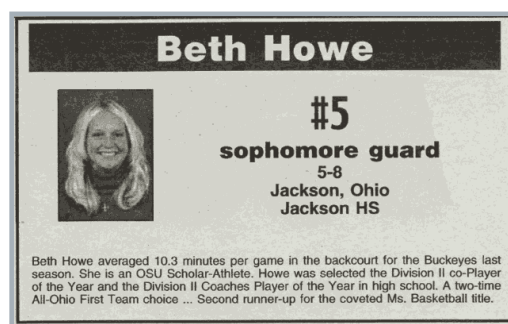
Her brother, Brad, who is 4 ½ years older than Beth, played college basketball at Capital University from 1996-2000. Because of their mutual love of the sport, Brad proved to be an excellent role model for Beth, both on the court and off.

Howe enjoys her job, and is thankful she is able to work at her alma mater. She says her work is ideally suited for her because of her experiences as a student-athlete, and now adult.

"I have been in these girls' shoes and have worn the scarlet and gray jersey. I've lived their lives as a student-athlete on the OSU campus. The role I have with our program gives me the opportunity to give back what I was so fortunate to have been given. I absolutely love what I do and it is a true honor to be able to do it at my alma mater," says Howe.

Because 2020 was a year like no other, professionals like Howe have had to learn to adapt and be flexible. "The pandemic can change things at any given moment," she says. Whereas in a normal school year, Howe's calendar is regularly planned several months in advance, COVID has altered that. "Now you go day-by-day, hour by hour, and even minute by minute."

Tami Kamin Meyer is an Ohio attorney and freelance writer. She is also editor of Write Now Columbus, a website focused on the literary scene in the capital city. She tweets as @girlwithapen.



NEW BLACK ATHLETE ALUMNI COMMITTEE

Black Athlete Alumni Committee (BAAC) is a new subcommittee of Varsity "O" T.E.A.M. (Together Engaging All Members). The BAAC will serve our members with the purpose to be an effective link for the university and the Black athlete alumni community in addition to promoting fellowship and professional relationships among Black alumni, student-athletes, and friends of Varsity O.

The BAAC is committed to providing a platform for student-athlete alumni who identify as Black to find community through their shared identity and experiences within Ohio State Athletics. The BAAC will assist in the pursuit of Athletes Helping Athletes, while fostering collaboration with campus and community members who place value in their unique journey.

Our goals include:

- ❑ Maintaining key university relationships as they relate to the Ohio State experience for Black Athlete Alumni, including collaboration with RAS and SHEROS.
- ❑ Being a vehicle for professional and social networking among Black alumni.
- ❑ Being a cultural connection to Black Athlete Alumni in the community and Ohio State.

Anyone that is a member of Varsity O who claims kinship to the Black family is a member of the Black Athlete Alumni group and eligible for formal representation on the Committee. The committee is led by Varsity O members who identify as Black and supplemented by Varsity O members at-large, with the intent to include members who represent a variety of generations. The 2020-21 BAAC Committee Members are:

Chair: Cassie Dickerson – Soccer '11

Jason Singleton – Basketball '99

Alexis Allen – Field Hockey '15

Antonio Smith – Football '07

Kyle McKinney – Track & Field '20

Vaughn Broadnax – Football '84

Ashley Prior—Rowing '11

Anyone who wants to know more or be involved with the Black Athlete Alumni Committee please reach out to Cassie: dickerson.142@osu.edu.



Varsity “O” Membership Renewal

Important: the deadline to renew for 2021 is February 5, 2021 for Season Football Ticket Access.

Thank you for your continued support of Varsity O, and our mission of Athletes Helping Athletes. Every dollar contributed helps support the 1,000 Buckeye student-athletes participating at the highest level of intercollegiate athletics. Your support is critical to the success of the Ohio State athletic program and ensures collegiate sports experiences for your fellow Buckeyes.

- Anyone who is interested in doing the \$75 membership and getting two single game tickets can join or renew up until April 30, 2021.
- If you are a Grandfathered football Member and miss the February 5 renewal deadline, you will need to pay \$250 to be eligible for season tickets in 2021, and every year thereafter.
- If you are Lifetime Football and currently do not pay anything to Varsity O, you are eligible for season tickets, so this deadline does not impact you.
- For all other Letter winners currently paying \$250, the deadline to renew is February 5th. If you do not renew by this date, you can still get access to season tickets, but renewing or joining after February 5th could impact your selection window and when you are able to select/purchase your season tickets.

TO RENEW

1. Log onto go.osu.edu/VOrenew
2. Click “Contribute at the LETTERWINNERS Level”
3. Enter your account numbers:

Donor ID:

Ticket #:

4. Complete the renewal form

MEMBERSHIP OPTIONS

Sustaining Level (\$75) – Opportunity to purchase two (2) tickets to a single football game and be seated with our Varsity “O” members from your sport.

Letterwinner Level (\$250) – Opportunity to purchase two (2) full season football tickets.

DISCRETIONARY SUPPORT:

Any additional giving above the minimum contribution requirement (\$75 or \$250) will be directed to the discretionary fund of your sport.

If you have any questions or concerns, please contact the Buckeye Club office at (614) 292-9908. Buckeye Club will email members in January with your Donor ID and Ticket #.

LIFE LESSONS IN LEADERSHIP AND CHARACTER

I registered in Program60 to exercise my mind. In so doing I was introduced to some life pillars, character and leadership related, that engaged me deeply and persist still.

Spring Semester, 2020, BUSMHR 3211, Leadership and Character. Its faculty: course leaders Charles Buchanan and Urban Meyer; recitation leader Sarah Mangia, Anthony Schlegel and Michelle Brown; guest speakers and collaborators. Collectively, all talked the talk and walked the walk about leadership development and delivery, all elite.

What a team of educators to be coached by. What an important skill set to live and grow with, especially so long after a mid-70s technical computer science engineering degree. Rachael Friedman, MBA, proffered this when guesting about culture.

"There is nothing techy about this course and leadership. This course and all its leadership and character tenets are without any doubt THE most important you ever, and forever, will undertake!"

It was a privilege to be asked by Varsity O to share my LC3211 experiences, despite its dauntingly deep and broad scope. In turn, I seek to highlight key L&C fundamentals in a Level-101 like, form. Perhaps, more context could and should follow in later newsletters. For now, here are select gold nuggets of leadership and character wisdom from elite educators more routinely called coaches.

Nugget #1

He, the recently retired one, began his LC3211 lecture with credits given to the legendary one. He, the recently retiree, was Urban Meyer. He, the legendary was Coach Woody Hayes. Both elite leaders, both elite head football coaches, and both extraordinarily elite educators. Professor Meyer introduced himself as follows.

"First and foremost, all you dudes in the back rows come down and forward to the front please, plenty of seats here in the first row. And take your darn hats off ... you're not outside now. Sit upright and engaged ... that's better, thank you all. Now for starters, I'm not here to present; I'm here to teach. I'll tell you what I will cover, then I'll cover it, then I'll tell you what we covered. And lastly, we'll confirm our understandings - I'll ask questions and randomly call on one of you to answer. If I happen to point at 'you, in the stripped shirt...'; then you will be expected to answer. If I make you feel uncomfortable, or feeling on the edge of your seat, that's a good thing. That's a good sign you're engaged, and that's a great sign you're learning. That was Coach Woody Hayes' way of teaching, that's how I learned, and that's my way of teaching too. And we'll go fast, like with football drills, fast-fast. So, everybody got it? Okay, 'you, in the blue shirt ... don't ever wear blue to class again ... who was Woody Hayes? You don't know, that's okay, he was well before your time ... you in red behind blue, who was Woody Hayes? Ahhhh, very good, this is fun!"

And fast-fast like, a culture for engaging and learning in class was defined and established. I became hooked and thought 'yep, this will be fun'.

Nugget(s) #2

Elite character development is prerequisite to elite leadership delivery. Derived from Aristotle's twelve virtues and vices of the human soul, nine pillars of character are deemed essential by Professors Buchanan and Meyer: i) Drive and Work Ethic, ii) Discipline, iii) Humility, iv) Selflessness, v) Adaptability, vi) Loyalty, vii) Courage, viii) Integrity, and ix) Love and Respect. Together, Buchanan and Meyer professed these supporting thoughts. Credits due Tim Kight too.

"Aspire to be great, aspire to be elite ... Elite achievement is characterized by degrees of separation over average ... Nothing is better than achieving the American Dream ...

Build trust, lead by example ... Be the 'One', the truly trusted one prepared for '4th and 1' (recall 2x OT, 2016?) like events in life ... With trust, you cannot lose ...

Leadership's hallmarks are in the affirming actions of those who follow ... People will follow only as far as leaders are trusted ...

LIFE LESSONS IN LEADERSHIP AND CHARACTER (CONT.)

Motivation is transactional, not sustainable ... Inspiration is transformative ... Lead to inspire ...

Believe in and foster positive relationships, always Listen to connect ... Connect to communicate ... Communicate and do so clearly, cleanly, concisely, directly ...

Reflect, in solitude ... Hold true to your core values and objective truths ... Cor is latin for heart, where your core values emanate ... Core values beget core beliefs beget core behaviors beget core habits ...

Leadership is situational, difficult ... Only our character can guide our leadership ... Only our behaviors can define our character ... Intentions cannot be judged ...

Avoid and discount the subjective truths of the many, concept values and mob narratives ... Temper to the mean of your core values, without extreme excess or deficiency ...

Subscribe to the 10-80-10 principle ... The already elite top 10% players can and should remain elite ... The average mid 80% players can and should develop into elite players ... The defiant bottom 10% players should wash out, by choice or chance ... Build / lead to elite culture from the middle ...

*Control your responses to only that which you can control, own and are accountable to ...
E+R=O, all Outcomes are derived from an Event + the quality of a Response ...*

Leaders deal direct with adversity ... Options when obstructed include breach, bypass, or block ... Leaders don't quit, but act with will to breach and fight thru adversity ...

Define and document your leadership philosophy, keep it simple, share it, prove your true integrity... structural integrity and character integrity, beware both carry violation payloads ...

Distinguish ownership accountability from responsibility ... Two approaches to leaders of love and respect ... The bad: enable via entitlements ... The good: enable intrinsic hope and opportunity via 5 essentials: engage, envision, equip, execute, encourage"

Nugget #3

Another elite educator and former Ohio State head football coach recently spoke as part of the 30th Anniversary of OSU's Leadership Center. He was Jim Tressel, current President of Youngstown State University. He professed as follows.

Absolutely critical to leadership is relationships. Relationships are discoverable, and develop over time with intentionality. Leaders must listen to what others are thinking. Leadership is different from leaders, actions are more important than titles. President Tressel credits Ohio State Olympian Jessie Owens, motivational speaker Zig Ziglar and others for his leadership passion but the best leader he ever knew was his totally selfless mother. Four quotes from President Tressel reflect his leadership philosophy.

"People don't care how much you know until they know how much you care." said Teddy Roosevelt, often reiterated by Coach Lee Tressel, Jim Tressel's father

"First you listen, then you learn, then you help, then you lead." said George Washington, underscoring President Jim Tressel's will and priority to serving before leading others.

LIFE LESSONS IN LEADERSHIP AND CHARACTER (CONT.)

"Concern for man and his fate must always form the chief interest of all technical endeavors. Never forget this in the midst of your diagrams and equations." said Albert Einstein. As a schemer and diagrammer of football X's and O's, this moved Coach Jim Tressel deeply.

"I am only one, but I am one. I can't do everything, but I can do something. The something I ought to do, I can do. And by the grace of God, I will." wrote Edward Everett Hale. This, Coach Jim Tressel noted was the very last thing always spoken before emotionally, sometimes nervously, leaving the locker room to play the game.

Nugget #4

Lastly I would be remiss to not share the spirit of one last lesson in leadership from Coach Dom Starsia, the now retired University of Virginia head coach, one of the greatest head coaches ever in college lacrosse. Both in his book, *I Hope You Will Be Very Happy*, *Leadership Lessons From A Lifetime In Lacrosse*, Coach Starsia wrote about relationships and directly inscribed my copy as follows:

"At the end of the day, it has always been about how you treat people."

Go Buckeyes,

Dennis Swanson, Lacrosse



VARSITY O



OSU SPORTS HISTORY: CLARA FISHER



By Robert J. Roman

No one alive can say how good an athlete was Clara Fisher (class of 1886), but she was a pioneer in Ohio State sports. And she was a champion, the first woman to represent the university in athletic competition and the first to defeat her opponent. Clara Fisher played tennis.

Tennis arrived at Ohio State in the early 1880s. In spring 1881, the male students were forming an athletic association, out of which Ohio State sports as we know it grew. The female students responded by forming a Lawn Tennis Club. They were led in their efforts by Alice Williams, an instructor in French and German languages. Matches were played within-club. The following year, the club became co-educational. Alice Williams remained a club member but a new professor, William Rane Lazenby, out of Cornell, took over as club president.

By the fall of 1882, the club was ready to play off-campus opponents. Professor Lazenby arranged a mixed doubles match, to be played Tuesday, October 24, on the university court. The opponents were a Columbus resident named Frank Comstock and a partner, mentioned in the *Lantern* only as "Miss Smith." (An "F.D. Comstock" and his wife would be part of the Columbus tennis community for the rest of the 19th century, and may have been the same two people.) This match seems to be the first time that Ohio State athletes represented their university in any sport other than baseball or cricket.

Lazenby was still the best tennis player in the Ohio State club, so he selected himself to compete, but he still needed to choose a partner. He picked Clara Fisher, a freshman. Fisher would remain a member of the tennis club for her entire four years on campus. The *Lantern* reported on that October 24, 1882, tennis match only "It resulted in favor of our side."

Clara Fisher would go on to very active as a member of the Ohio State community. She would join the staff of the *Lantern* and she helped found the Browning Literary Society. She also joined the Gymnastics Club. After college, she taught Latin at Columbus North High School, and she married James Milligan, who had been her teammate in the OSU Lawn Tennis Club. James Milligan later became a minister, often performing the benediction at Ohio State graduation ceremonies. Clara Fisher Milligan participated in alumni affairs the rest of her life.

In 1903, she looked back on her time as a student, and she spoke of the importance of student engagement in campus life. She observed, "College Spirit was that which gave the University its aroma, tone and soul."

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

INSIDE THE ATHLETIC DEPARTMENT: JULIE VANNATTA

As Senior Associate Athletics Director and Senior Associate General Counsel for Athletics, Julie Vannatta provides legal advice and counsel on a wide range of issues for the OSU Athletic Department.

Ms. Vannatta received her B.A. from Miami University (Ohio) in 1984 (where she competed on the gymnastics team), and her J.D. from The Ohio State University Moritz College of Law in 1987. Ms. Vannatta was a member of the Ohio State Law Journal and received the Rebecca Topper Memorial Award for outstanding writing contribution to the Law Journal.

Ms. Vannatta has been the Chair of the Young Lawyers' Committee of the Columbus Bar Association, the Chair of the Ohio State Bar Association's Sport and Entertainment Law Committee, the Co-Chair of NACUA's Athletics' section, and is currently a member of the NCAA's General Counsel Advisory Board. In 2009, she was named one of Columbus' "Top Lawyers" by Columbus C.E.O. magazine.

Ms. Vannatta joined OSU in 1992, giving her 28 years as legal counselor for the Buckeyes.

Ms. Vannatta has spoken on numerous athletics topics including Title IX, Legal Issues in Intercollegiate Athletics, Legal Issues Regarding Bowl Games, Coaches' Contracts, Coaches' Compensation Systems, Equipment/Apparel Contracts, Legal Issues in NCAA Bowl Games, Litigation with a Coach, the Tax Aspects of Corporate Sponsorships in Athletics, Licensing Athletics Multi-Media Marketing Rights and Medical Issues and Student-Athletes. She has spoken regularly to local law school classes and at Ohio's Annual Conferences of Public College and University Attorneys, National Association of College and University Attorneys Conferences, the NCAA Convention and the Division 1-A Athletic Director's Annual Meeting. She has served on NACUA's Program Committee and its Strategic Planning Committee.

She is married to Mark Vannatta, a Columbus attorney, and they have two sons, Eric and Kevin.



A MINDFUL APPROACH TO HOLIDAY NUTRITION

Nutrition is a key contributor to our overall health and well-being. Trying to maintain adequate nutrition levels can be a struggle during the holidays. You may be looking to avoid gaining the extra “COVID- 10” pounds during the holidays, you may need to control your blood sugar or you may wish to continue or start building good eating habits - the holiday season can make those goals challenging!

Mindful Eating is a practical tool that could help you achieve your diet and nutrition goals.

Mindfulness refers to the practice of being aware and paying attention to what is happening in the moment. All too often we navigate our days, especially during the holidays, preoccupied with everything except for what we are actually doing in the present moment. Mindfulness encourages us to notice these preoccupations, and then to gently bring ourselves back to the present.

Mindfulness can help transform the experience of eating and allow you to enjoy holiday meals with moderation and restraint. Studies suggest that mindfulness-based practices help improve eating habits. These studies have shown that most of us often eat for reasons other than hunger - such as comfort or stress.

Mindfulness offers many benefits throughout the year and can be especially helpful during the holidays. In a year unlike any other, being present is more important ever. Our gatherings may be smaller but we can practice being purposeful in focusing our attention on what really matters: embracing companionship, connecting to family and friends, and contentment in the present which will make this season meaningful for you.

Ohio State Wexner Medical Center has some suggestions to get you started in your practice of mindful eating:

www.wexnermedical.osu.edu/blog/do-you-practice-mindful-eating

Feel free to treat yourself to a delightful holiday treat! This recipe is provided by our sports dietitian Kacie Vavrek, RD.

All foods can fit into a healthy diet, even dessert! The key is balance and portion control. There are no foods that are “bad” or that we should eliminate completely. It is best to focus on a healthy balanced diet but you should also include foods that you enjoy. If you are looking for a treat that will keep you feeling full all day long then look for foods that include nutrients like fiber and protein. Foods high in fiber and protein are some of the most filling foods that you can consume due their slow rate of digestion. Try the recipe below for a high fiber, chocolatey dessert that will satisfy your taste-buds but also keep you feeling full.

AVOCADO CHOCOLATE MOUSSE

5-10 minutes preparation and assembly

Serves 4 (180 calories, 3g protein, 20g carb, 7g fiber)

- 0 2 ripe avocados
- 0 ¼ c regular cocoa powder
- 0 ¼ C melted chocolate chips
- 0 3-4 Tbsp milk of choice
- 0 ½ tsp pure vanilla extract
- 0 1/8 tsp salt
- 0 Sweetener of choice to taste (maple syrup)

Directions: Combine all ingredients into a blender or food processor until completely smooth.

Contact OSU Sports Medicine to work with one of our registered sports dietitians:

614-293-3600

Kacie.vavrek@osumc.edu



WHY I GIVE: ELIZABETH MILY

Elizabeth Mily (BA '90) is a former Ohio State rower who has continued to support Ohio State Athletics, providing new opportunities for those who don the Scarlet and Gray today. Her most recent gift supports the Rowing International Tour Program Support Fund, which helps provide the rowing team with international travel opportunities. In the summer of 2017, the team traveled to England in order to participate in the historic Henley Royal Regatta. The generosity of letterwinners like Elizabeth Mily make these opportunities a reality for our Ohio State student-athletes.

Mily walked-on to the rowing team as a sophomore in 1987. Born and raised in Columbus, she was proud to be able to represent the university of which she had always been a fan. At that time, the team would row along the Olentangy River and had no purpose-built facility to call home. She still vividly remembers the grueling practices, made easier only by imagining that the marching band, who practiced at the same time outside of Ohio Stadium, were playing the fight songs for them.

Since then, much has changed. The rowing team now has a world-class boathouse along the Scioto River and an indoor training room within the Schumaker Complex. Mily expresses the pride she feels as she witnesses the program being elevated to new heights and was proud to be a lead supporter of the Boathouse development. Ohio State rowing is now a powerhouse program, thanks in part to supporters like Elizabeth. In the past decade, the Buckeyes have won seven Big Ten Championships and three National Championships.

Elizabeth chooses to support student-athletes because she is a believer in both paying back and paying forward. During her time as a Buckeye, she benefited from academic scholarships and learned skills that continue to benefit her to this day. As a double major who graduated in four years, she learned about grit, perseverance, organization and teamwork. In recognition of this, she pays back. Division 1-A Athletic Director's Annual Meeting. She has served on NACUA's Program Committee and its Strategic Planning Committee.

But she also pays forward. She invests in the student-athletes of today and tomorrow. She hopes that they are provided unrivaled opportunities and that they too can be proud to represent the Scarlet and Gray. Elizabeth Mily is a champion for our Buckeyes and we are grateful for her generosity and commitment to pay forward.



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



VARSIY O

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/**](http://varsityo.alumni.osu.edu/membership/)

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

BOARD MEMBER PROFILE: JOE BUDDE

VARSITY SWIMMING 1972-74

CAPTAIN 73-74

Former Varsity Swimmer and team captain Joe Budde graduated from OSU in 1975 with a BSBA from the now Fisher College of Business and furthered his education at Capital University Law School graduating in 1983 and joining the Ohio Bar on November 1, 1983.

After a 30-year career in banking and insurance, Joe entered private practice of law in Westerville, just outside Columbus. He specializes in real estate, probate and estate planning.

Joe is most proud of his three children, two step-sons, and seven grandchildren – ages 1 through 9. With wife Tammy their active life includes snow skiing, biking, and the newest recreation – RV travel. They are long time men's Basketball Huntington Club season ticket holders and miss home games in this COVID 19 year.

In 2013 Joe was elected to the Board of Directors of the Ohio State University Varsity "O" Men's Alumni Association and was promptly elected treasurer of the organization.

In January of 2015 Men's Varsity O and Women's Varsity O joined forces and were chartered under the OSU Alumni Association as The Ohio State University Varsity O Alumni Society where he serves as Treasurer of the newly constituted group. Our slogan is "Athletes Helping Athletes", which we accomplish by programs geared to help current, future, and former Buckeye athletes.



MEET THE BOARD

Varsity O Alumni Society Board of Directors



STEVE CHAPPELEAR

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TOM LEVENICK

Board Member

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



RON MACIEJOWSKI

Board Member

Football ('68-'70)
Executive Vice President, Greer
Steel Company
rmace3166@outlook.com



LIBBY (GRAF) O'BRIEN

Board Member

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



JASON SINGLETON

Board Member

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



KEVIN E. GRIFFIN

Board Member

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



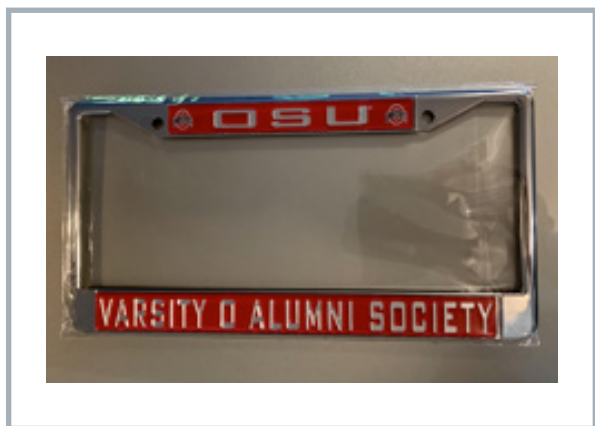
KATY (CRAIG) SWATHWOOD

Board Member

Track & Field ('99-'02)
Executive Sales
Representative, Eli Lilly &
Company
kcs swathwood@gmail.com

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

Questions? 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

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

Name: _____

Company Name: _____

Street: _____

City/State/Zip: _____

Email Address: _____

Daytime Phone: _____

Fax: _____

Name: _____

Company Name: _____

Street: _____


City/State/Zip: _____

SKU #	DESCRIPTION OF PRODUCT	QTY	PRICE EACH*	TOTAL	OFFICE USE ONLY
CC Number: _____ Exp Date: _____ Zip: _____			SUBTOTAL		
			Ohio Residents add 6.75% sales tax		
			SHIPPING CHARGES		

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OHIO STATE UNIVERSITY
VO WINTER SALE 2021



\$48.00

**Nike Women's
Dry Victory Short
Sleeve Polo**


Available in 1
other color.



\$64.00 Nike Dri-FIT Polo Available in 1 other color.



\$41.00 **Nike Club Fleece Pant**
Available in 1 other color.



\$48.00 Nike Academy 20 Full Zip Jacket

Available in 1 other color.




\$55.00 Nike Dry Victory OLC Half-Zip

Available in 2 other colors,




\$45.00 Nike Dry Victory Solid OLC Polo

Available in 2 other colors.



\$29.00 Nike Dry 3/4 Sleeve Raglan Tee

A red Nike Women's Legend Veneer LS Hoodie is displayed. To its left is a white square containing the Ohio State University logo, which features a red 'O' with 'OHIO STATE' in black text inside it, and 'VARSITY O' in black text below it.

\$35.00 Nike Women's Legend Veneer LS Hoodie



\$48.00 Nike Women's Short Sleeve Windshirt

Available in 2 other colors.



\$48.00 Nike Short Sleeve Windshirt

Available in 1 other color.

A pair of red Nike Women's Dry Tempo shorts with white side panels and a white Nike swoosh on the right leg. A white rectangular box with the Ohio State Varsity O logo is overlaid on the left side of the shorts.

\$28.50 **Nike Women's Dry Tempo Short**
Available in 1 other color.



MTS Customer Support - ref # 4782439
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Varsity O varsityosociety@osu.edu

UPCOMING EVENTS

LEARN TO BAKE!

Join us January 28th at 6:30 P.M. for a live cooking show via Zoom with OSU cheerleading alumnus Dillon Wilson, owner of Wilson Family Bakery! Learn to bake delicious Buckeye Cookies with this local baking event hosted by Varsity O member and Cheer and Brutus Alumni Society President, Tina Provost. Register online or by calling in, for \$5, which will cover all ingredients! (Watch for details on how to register in an email coming soon.) The baking ingredients will be mailed to all registrants the week of the event, and prizes will be raffled off during the event.



For a complete listing of upcoming Alumni Association events, visit 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! varsityonews@gmail.com