

PORTFOLIO

Katherine Kallergis



KATHERINE KALLERGIS

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EXPERIENCE

THE INDEPENDENT FLORIDA ALLIGATOR

AUGUST 2013 - PRESENT

COPY DESK CHIEF

Manage about 15 copy editors, write headlines and cutlines, and participate in daily budget meetings.

MAY 2013 - AUGUST 2013

BLOGGER

Wrote blog posts relating to food, internships and student living.

JANUARY 2013 - MAY 2013

COPY EDITOR

Copy edited articles for grammar, spelling, punctuation and AP style for the nation's largest student-run newspaper. Daily circulation: 35,000.

WUFT

AUGUST 2013 - PRESENT

WEB MANAGER

Manage web reporters and producers enrolled in Editing: edit stories and approve story ideas. Collaborate with telecommunication students and faculty, report and edit breaking news.

JANUARY 2013 - MAY 2013

WEB EDITOR

Collaborated with telecommunication students and faculty, worked with web producers and reporters on story ideas, reported, wrote and edited stories.

THE MIAMI HERALD

MAY 2013 - AUGUST 2013

REPORTER

Reported and wrote stories for South Florida's leading newspaper, which together with El Nuevo Herald draws 1.5 million readers on a weekly basis.

COPY EDITING INTERN

Copy edited national and local sections, wrote headlines and cutlines and formatted stories.

ORANGE & BLUE MAGAZINE

JANUARY 2013 - MAY 2013

MANAGING EDITOR

Tracked all drafts of stories, set deadlines, managed a system for proper copy flow and wrote features for the Applied Magazines capstone course.

TOWER PUBLICATIONS

DECEMBER 2012 - MAY 2013

FREELANCE WRITER AND PHOTOGRAPHER

Reported and wrote full-length features and shot pictures for Our Town and Senior Times magazines.

THE GAINESVILLE SUN

AUGUST 2012 - DECEMBER 2012

CORRESPONDENT AND PHOTOGRAPHER

Reported and wrote about three stories on a weekly basis, with a circulation of 50,000. Stories were also published in The Ocala Star-Banner and The Guardian.

INSITE MAGAZINE

MAY 2012 - JANUARY 2013

STAFF WRITER AND PHOTOGRAPHER

Pitched story ideas and completed assignments. Circulation: more than 30,000.

LES DAMES D'ESCOFFIER MIAMI

JUNE 2012 - JULY 2012

CO-WEBMASTER

Created and uploaded www.lesdamesmiami.org using HTML and CSS.

SOCIAL NEWS DESK

JANUARY 2012 - MAY 2012

SOCIAL MEDIA INTERN

Wrote blog posts and researched social media technology and client services within the news industry, specifically television news.

EDUCATION

UNIVERSITY OF FLORIDA

MAY 2014

BACHELOR OF SCIENCE IN JOURNALISM, EDITING

CORAL REEF SENIOR HIGH

MAY 2010

INTERNATIONAL BACCALAUREATE DIPLOMA

SKILLS

CCI NEWSGATE; ADOBE CS6: INDESIGN, PHOTOSHOP; CSS, HTML; WORDPRESS, TUMBLR
BILLINGUAL IN SPANISH

AWARDS/ACTIVITIES

SCHOLARSHIPS

MAY 2013

PETER AGRIS MEMORIAL JOURNALISM AWARD

AUGUST 2010 - MAY 2014

BRIGHT FUTURES FLORIDA ACADEMIC AWARD

LEADERSHIP

DIRECTOR OF EXTERNAL AFFAIRS

UF Journalism and Communications Ambassadors: Run the college's tutoring lab and the organization's website.

WRITING

Miami, Fla.
Gainesville, Fla.

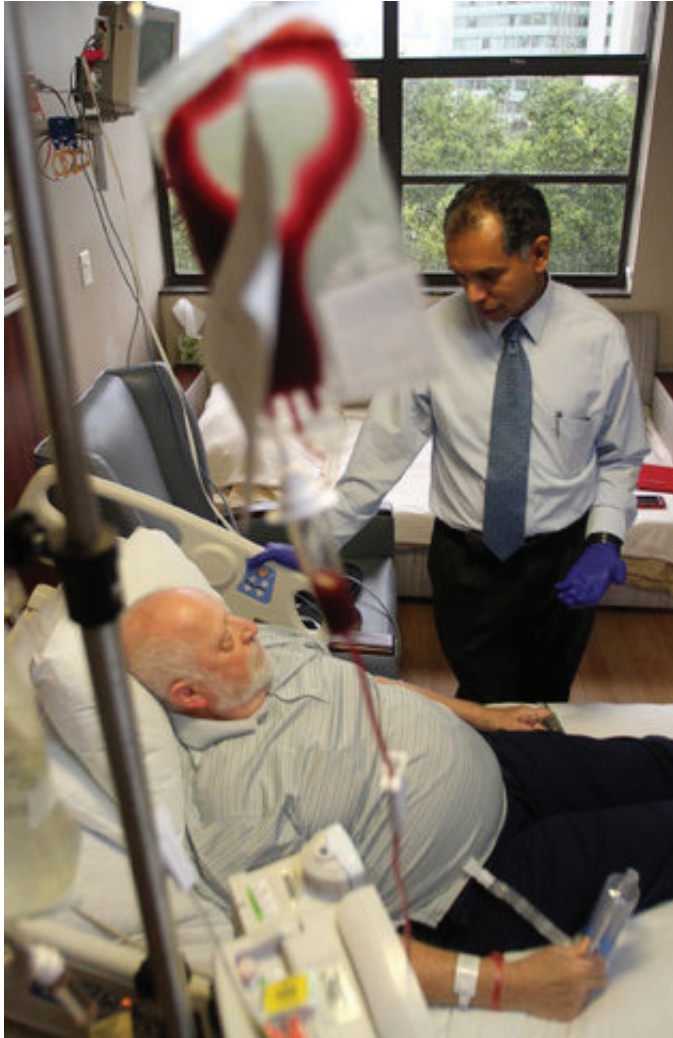
The following clips were published in the Miami Herald, The Gainesville Sun, The Ocala Star-Banner and Our Town Magazine from August 2012 through August 2013. For more clips, visit www.katherinekallergis.com.



Stem cell transplant aids blood cell recovery

By Katherine Kallergis

kkallergis@MiamiHerald.com



Allison Diaz / For the Miami Herald

Stem cells drip in the foreground as patient Laszlo Schwartz, age 70, talks to his doctor Krishna V. Komanduri, M.D., director of the Adult Stem Cell Transplant Program, during Schwartz's autologous stem cell transplant to help treat his multiple myeloma at the University of Miami Health System on Thursday, July 18, 2013. Schwartz is the 200th stem cell transplant patient in the hematology department at the University of Miami Health System.

"Today is my second birthday," said George Schwartz, 70.

Schwartz was celebrating after undergoing an adult blood stem cell transplant at the University of Miami's Sylvester Comprehensive Cancer Center about 10 days ago. Schwartz had been diagnosed with multiple myeloma, a cancer that targets the blood cells in the bone marrow, about a year and a half ago.

Adult blood stem cell transplants allow for healthy blood cell production after a patient receives high doses of chemotherapy.

"I got a second chance of life back," Schwartz said, hours after his transplant. He was the 200th patient to receive a transplant in the 2-year-old inpatient unit.

The Adult Stem Cell Transplant Program at Sylvester treats people with acute and chronic leukemia and multiple myeloma, cancers of the blood. In multiple myeloma, abnormal plasma cells called myeloma cells multiply in the bone marrow. When the cancerous cells multiply, the result is fewer healthy blood cells: red blood cells, white blood cells and platelets.

Dr. Krishna Komanduri, director of UM's Adult Stem Cell Transplant program, has directed the program, established in 1992, since 2008. Before that, he spent nearly a decade at M.D. Anderson Cancer Center in Houston.

At Sylvester, Komanduri works to find novel therapies and transplants.

"Blood stem cell transplants are the preferred therapy," he said, stressing the program does not work with embryonic stem cells, but adult stem cells.

Adult blood stem cells are coaxed out of a patient's or donor's bone marrow into the bloodstream with medication, and then are removed. Once the stem cells have been removed from the body, the patient can receive high doses of chemotherapy, without destroying the stem cells.

After the chemo has worn off, the stem cells are transfused back into the patient through an IV, which allows the bone marrow's blood cell production to recover more quickly.

There are two types of transplants: Allogeneic transplants use donor cells, while autologous transplants use the patient's own cells.

Positive outcomes for donor transplants have increased significantly, Komanduri said. One-year survival rates for the most common leukemia treated with allogeneic, or donor, transplants are now more than 70 percent. Deaths in these circumstances have dropped from more than 30 percent to around 10 percent.

That statistic doesn't take into account older patients who would have been excluded in the past, such as Schwartz. Today, they're being treated and surviving.

In addition, the risk of dying after an autologous transplant like the one Schwartz received has dropped from 5 to 10 percent to around 1 percent, Komanduri said.

Komanduri's research focuses on T cells, a type of white blood cell that coordinates an immune response. He focuses on how the T cells function in healthy individuals and in stem cell transplant recipients. He's particularly interested in why the transplanted donor cells can sometimes attack the recipient's body.

Idania Diaz, who was the program's 100th patient, received her transplant nine months ago.

Diaz, 60, was diagnosed with multiple myeloma around January 2012 and was treated at the inpatient unit in October 2012. She said she was devastated when she was diagnosed, but Komanduri explained everything to her.

"He told me the good, the bad and the ugly," Diaz said. "But I had to decide whether I was going to do the transplant."

Diaz, a third-grade teacher at Fienberg-Fisher K-8 Center in Miami Beach, was in the hospital for two weeks after the transplant and then confined to her home for a couple of months to reduce the chance of infection.

She was able to return to work this April.

"To be able to leave your job and come back as if you'd never left is great," she said. "I'm back to my normal, healthy lifestyle. I'm happy."

Florida teen with cancer designs clothing line

By Katherine Kallergis

kkallergis@MiamiHerald.com



Courtesy 3d PR and Marketing

Urbana Chappa and Talia Joy Castellano designed a fashion collection for teenage girls in about two weeks. All of the proceeds will go toward Talia's medical expenses.

Talia Joy Castellano's YouTube channel has nearly 600,000 subscribers. She also has a growing following on Twitter, Facebook and a number of other social networks.

The Orlando native is a beauty and makeup video blogger who's also battling two forms of cancer. Some videos are for updates on her cancer treatment, and some are for interacting with fans, friends and family.

Talia, 13, an honorary CoverGirl, is fulfilling her dream of becoming a fashion designer with her recently completed collection, "That Bald Chick."

She was first diagnosed with neuroblastoma in 2007 and diagnosed with pre-leukemia in July 2012. She started posting beauty and makeup videos on YouTube in 2011, and has more than 41 million views. Talia's gravatar on YouTube is a photo of her with "Makeup is my wig" painted on the side of her head.

After appearing on The Ellen DeGeneres Show in 2012, DeGeneres announced she was an honorary CoverGirl.

"Personally, I'm able to meet a lot of really cool people," Talia said. "Professionally, I'm growing my business and making a difference in the world. I want to keep living and enjoying my life as much as I can."

On screen, she's honest, positive and realistic. While she hasn't stopped fighting cancer, she has decided against more painful or toxic treatments.

"Having cancer has been an amazing yet horrible journey, but every journey has an end," she said in a press release. "I will enjoy every minute I have with the world."

Since then, Talia has continued as an advocate for a cure for childhood cancer, video blogger and fashion designer. "It makes me very happy when I can do something to make others — my family, friends and subscribers — happy," she said in an email.

One of the best responses she's gotten from her videos is when she motivated an ailing girl to keep living. "That's why it's important that people get inspired by my fight," she said.

Los Angeles-based designer Urbana Chappa came across Talia's Instagram account one day when her children were using her phone. Chappa found Talia's bucket list online, sent her an email and flew to Orlando to create a fashion line with her.

Chappa took her a bag full of pencils and fabrics, and she sketched 16 pieces in four days. They finished the collection in two weeks.

Chappa, who was diagnosed with breast cancer at 19, said Talia reminds her of herself — spunky, funny and serious when she needs to be. "I didn't feel like I was working with a 13-year-old," Chappa said. "She's a businessperson."

Talia said she wanted the collection to represent her. Chappa described it as boho chic, with fun buttons and sheer fabrics. They used her Instagram name, "That Bald Chick," to name the line.

"I wanted to create a line where teens could express themselves through fashion," Talia said. "I love getting creative and thinking of what fabrics to use, what buttons to pick, where studs will look good — all of it."

The pair clicked after their second meeting. "It took us to the second trip to really bond," Chappa said. "She really hugged me. I didn't want to let her go."

Chappa and Talia's mother, Desiree Castellano, communicate daily. "Talia taught me to see life in a different way, and I've taught Talia to take a negative and turn it into a positive, Castellano said.

Now that the collection is finished, Chappa is working on getting it into stores that will make it affordable for kids.

"It would be awesome to see a celebrity wearing 'That Bald Chick,' but then again, it would be awesome to just see anyone wearing it too," Talia said. "I would really love to see my collection in Target and of course, Paris."

Teaser T-shirts and tank tops will be sold through www.goodworks.com in about a month. Proceeds from the collection will go toward Talia's expenses.

For UM debate coach, teaching means helping students learn on their own

By Katherine Kallergis
The Miami Herald



David Steinberg (left) with Gregory J. Shepherd, dean of UM's School of Communication.

At the start of every semester, David Steinberg tells his classes more or less the same thing.

Most of you, he'll say, are going to look back on this class and find that you learned really valuable skills. You formed great memories, you use what you learned on a daily basis.

"And you won't remember me," he says. "I'm a facilitator."

Steinberg, director of the University of Miami's debate team, received the 2013 Robert and Christine Staub Faculty Excellence Award for Outstanding Achievement in Effective Teaching

at the University of Miami School of Communication. The award recognizes effectiveness in teaching, advising, mentoring and service roles in and outside the classroom.

Steinberg joined the university in 1990 and has been the school's debate director for 23 years. He's also an expert in political debates, rhetoric, speeches and political campaigns.

His approach to teaching is the opposite of intrusive. "They learn by what they do, not by what I say," he said. "(The students) conduct their own learning environment. I do not call the plays from the sideline. I empower the debaters and assistant coaches to design their strategies."

Steinberg said over the years, he's noticed the best students don't always make the best grades.

"A lot of students find it frustrating, but each individual student has to find their own way," he said. "I won't impose myself on them."

Regardless, he's set high expectations for his students and his debate team.

"I expect them to be prepared. They have the responsibility and freedom to approach debate in their own way, as long as standards are being met," he said.

As passionate as he is about debate, it's clear that Steinberg cares about the relationships he's built and maintained over the years. On an average year, he and the team travel as many as 15 times together for debate tournaments.

“They are my family,” he said. As for his two children and wife — they’re also part of the team. “My boys travel with me, and my wife is a mom to the debate team.”

For Steinberg, teaching isn’t work; it’s pleasure. His father valued the profession and instilled that in him at a young age. “I really love teaching,” he said. “I certainly learn way more from my debaters than they do from me.”

Winning the excellence in teaching award has been humbling and satisfying, he said. His name will be displayed permanently in the school of communication’s reception lobby. He’ll also receive \$2,500.

“It means a lot to me because my parents would honor and respect it,” Steinberg said.

The bookshelves in his office are stacked with books covering politics, debate and critical thinking. Debate makes you better in every aspect of your professional and academic career, Steinberg said. “You’re less likely to have a knee-jerk reaction to a political policy.”

He finds his students are more capable of making “good decisions,” are more open-minded and form well-informed opinions.

“Influential people across the country come out of debate,” he said. “Debate puts people in a world where they’re often defending what they do. They have to really love it. It creates a perspective that has real value to the people who do it.”

During the school year, he meets with the debate team at least three days a week, in addition to most weekends. “It’s so intense and difficult and challenging to be able to compete with some of the best debaters in the country,” he said. “The less I do, the more they learn. I just have to present them with appropriate challenges and feedback.”

Ryden Butler, president of the debate team, said that Steinberg always makes sure the team is ready to compete successfully. “He really understands and remembers what it is to be a student,” Butler said.

Butler, a junior majoring in political science, history and economics didn’t participate in debate competitively until college.

“Debate really helps you in all of your classes,” he said. “It helps you talk about a number of subjects, and it teaches you valuable lessons about training and leadership.”

Under Steinberg’s leadership, Butler and his partner Ali Jessani won the Delta Sigma Rho-Tau Kappa Alpha national championship held in March at the University of Florida.

Butler and a group of students nominated Steinberg for the award. They filled out forms, wrote essays and encouraged others to nominate him as well.

“If we could do anything to give back to Dave, it was a no-brainer,” Butler said. “We certainly tried as best we could.”

Although it’s clear that debate is his passion, his family — both immediate and debate-team — is most important to him. Photos of his family are visible in his office everywhere you look.

Debate team member Renee Reneau said that he’s been a father figure for her and the team. “I

was the only girl, especially second semester. I never felt singled-out.”

Steinberg values a combination of effort and talent. “The level of respect he gives his students makes him different from other teachers,” Reneau said. “He’s also very good at providing constructive criticism.”

Reneau, a sophomore majoring in political science and intercultural communication, said her ability to solve problems has improved since she joined the debate team.

“His style is very much to throw his students into the deep end and watch them swim,” she said. “He assumes your intelligence is at a certain level. I’m (now) able to approach things with a different viewpoint.”

UF discovery of mouse that regenerates tissue could help advance limb care

By Katherine Kallergis

Correspondent

Published: Tuesday, October 2, 2012 at 1:54 p.m.

Scientists are now one step closer to understanding the regeneration of scar-free skin and hair.

University of Florida researchers published a study in the Sept. 27 issue of the journal *Nature* describing a mammal with salamander-like regenerative abilities.

Ashley W. Seifert, who led the study, found that African spiny mice recovered quickly and scar-free from massive hair and skin loss.

Seifert, a postdoctoral fellow in the biology department at UF, began investigating the skin weakness of two species of rodents about three years ago.

Two major findings were made, he said. First, Seifert went to Kenya to investigate whether the African spiny mice had weaker skin than laboratory mice and if that's a predator-avoidance tactic.

Malcolm Maden, a biology professor at UF and collaborator on the study, gave the example of a snake tearing the skin off of an African spiny mouse's back in attempts to catch the mouse.

"If you do that to a normal mouse, it'll die," Maden said.

This "skin-shedding phenomenon" has been documented with geckos, said Megan Seifert, who participated in field-based research at the Mpala Research Centre in Kenya.

"It's better than being eaten by the predator," she said. "Compared to lab mice, these mice were able to cope with really large-scale tissue loss induced by the weakness of the skin."

After researchers tested the rodents' skin strength, Ashley Seifert and his team made large circular punches in the ears of the African mice. "Over 40-50 days, we were able to regenerate that tissue that had been removed, which included hair follicles, skin and cartilage," he said.

The processes occurred without scarring, which is rare in humans.

As the ear began to heal, the cells started to differentiate, marking a major similarity between the mouse and the salamander, which can regrow functional limbs.



This African spiny mouse specimen was collected in the field near Nairobi, Kenya.
(Photo by Ashley Seifert/Courtesy of UF)

Salamanders are known to shed their tails as a defense mechanism.

“The salamander is the king of regeneration,” Maden said.

Following injury, similar processes occurred in the African spiny mouse. A blastema, which is a formation of dedifferentiated cells, formed in the mouse's ear. The dedifferentiation of cells lost their characteristics so that later they could become specialized.

Blastemas are crucial to regrowing functional tissue, researchers said.

“If we can figure out how the ear is reforming, we could potentially grow back a digit, such as a toe or finger,” Ashley Seifert said.

The next step for the researchers is to perform a genomic comparison of the regenerative non-scarring African spiny mouse and that of the laboratory mouse.

The study also will open the opportunity to investigate other mammals that might have regenerative abilities, Maden said.

“Using this one mouse, we could potentially find out how to regenerate hair and skin scar-free after damage,” he said.

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Ed Braddy responds to Lowe's arrest

By [Katherine Kallergis](#) on *March 21st, 2013*

Former City Commissioner Ed Braddy has responded to [Mayor Craig Lowe's arrest](#).

Lowe was arrested Thursday morning on suspicion of DUI, according to the Florida Highway Patrol.

Braddy, who will compete in a runoff election with Lowe on April 16, said he hopes Lowe has a healthy recovery.

"I join many in Gainesville in hoping he has a healthy recovery here, and I'm grateful no one was injured in the incident," he said. "I hope he gets the help he needs."

Braddy referenced his own [DUI arrest in 2006](#) and said he hopes Lowe has a similar experience.

"Many years ago, I dealt with a [similar incident](#). As I look back, I can say with sincerity that I am grateful to the law enforcement community for their actions. I'm grateful for a merciful God, a supporting family and a forgiving public," he said.

Braddy is encouraging the community to allow Lowe time to deal with the issue.

"He needs his space so he can deal with this matter as he sees fit," Braddy said. "We still have a race to run."

He expects the race to go on and remains focused on the issues and getting voters back to the polls on April 16.

Maggie Schwartzman contributed reporting.

GRU Manager Bob Hunzinger Announces Resignation

By **Katherine Kallergis, Heather van Blokland, Rebekah Geler and Max Mattern** on *October 16th, 2013*

Original Story, Wednesday: Gainesville Regional Utilities General Manager Bob Hunzinger announced his resignation in a letter signed by him and Mayor Ed Braddy on Wednesday.

Hunzinger will remain with GRU until Nov. 15, according to the letter.

He and Braddy began meeting in early September to discuss the transition and long-term plans for GRU, the letter states.

Hunzinger's resignation comes after the "pending completion" of the Gainesville Renewable Energy Center (GREC).

Hunzinger has not commented.



GRU

GRU General Manager Bob Hunzinger submitted his resignation letter Oct. 16.

Johannes Brahms' *A German Requiem*

Gainesville Chorus Sings About Hope and Comfort in Times of Death

BY KATHERINE KALLERGIS

Imagine the snapping of fingers, then silence.

One, two, three, four, five, six, seven, eight. Silence.

Imagine the tapping of feet, the keeping of the beat, then silence.

As the silence fades away and the sounds of the Gainesville Civic Chorus rehearsing fill the room, it is easy to hear what is not there but what easily could be — the tolling of church bells — and what is there — the warm and holy voices that make up the chorus. This is the Gainesville Civic Chorus, and its members are

rehearsing for one of their biggest concerts of the year, Johannes Brahms' "A German Requiem."

The chorus and philharmonic orchestra are performing the concert with the University of Florida Choral Union on April 20 at 7:30 p.m. UF graduate and Metropolitan Opera singer Nicholas Pallesen will return to sing the baritone solos.

Created in 1976 under the direction of Elwood Keister, the Gainesville Civic Chorus and Philharmonic Orchestra is now in its 37th concert season. Over time, the chorus has performed at Carnegie Hall, with the Jacksonville

Symphony and Chorus, and has been recognized as the community's best organization in the performing arts by the City Commission and the Alachua County Commission, according to its website.

The chorus' 2012-2013 season began in December with its annual Sounds of the Season concert with the UF Choral Union, followed by Handel's Messiah less than a week later. Between January and April, the chorus rehearses weekly. After Brahms' requiem, the group performs its 7th Annual Spirit of America concert on May 25, dedicated to veterans in the community.

PHOTOS BY KATHERINE KALLERGIS

During a pause in rehearsal, Kesling joked with chorus members and said, "I want you to sound like a Russian potato peasant."

**The Gainesville
Civic Chorus &
Philharmonic
Orchestra**
with the
**University of
Florida
Choral Union**

presents

**Johannes Brahms' "A
German Requiem and Tragic
Overture"**

Saturday, April 20 at 7:30 p.m.
Phillips Center for Performing
Arts, 315 Hull Road

Tickets can be purchased
through Ticketmaster. Visit
www.gcchorus.org or the GCC
Facebook page for updates.



Music conductor and director Will Kesling began working with the Gainesville Civic Chorus eight years ago and has been the director of choral activities at UF for ten years. Before that, he was with the Utah State University Chamber Choir.

"When I put that civic chorus and that university choir together, it's as good as anybody's," Kesling said.

Brahms' "A German Requiem" is

unlike most in that it is sacred but non-liturgical.

"When we think of a requiem, we think of a Catholic rite [of death]," Kesling said. "The text is not Catholic, and it's not in Roman."

The text is in German and from the Luther Bible. Brahms chose a set of seven texts from various locations in the Bible and set it to music, which are referred to as the

seven movements. The requiem is meant to be a work that comforts the living of the dead.

Brahms was inspired by the death of his close friend Robert Schumann. After witnessing Schumann's wife suffer, he created the requiem with six movements. He added the seventh movement when his mother died a year later.

Kesling has performed the masterpiece many times, but he has never performed it with Nicholas Pallesen, a world-class baritone and one of Kesling's former students. The two of them met in 2000, and have remained close ever since.

"He walked into my office one cold January and said that he wasn't sure why he was there, but that he thought he was supposed to be a singer," Kesling said.



PHOTOS BY KATHERINE KALLERGIS

ABOVE: The conductor uses his arms as the music becomes more uplifting.

LEFT: “Breathe all of the punctuation marks as if you were reading them,” Will Kesling said.

RIGHT: The chorus is made up of a variety of members of the community, and they perform together at least four times a year.



Pallesen started singing professionally at 17 years of age but studied under Kesling to become a conductor.

“I went to UF specifically to conduct like him.” But, he said, “my singing voice was my primary instrument. Eventually, I had to settle on something.”

Pallesen sang in the chamber and university choirs while studying conducting. He graduated

from UF in 2005.

After winning the district level of the Metropolitan Opera competition every year that he was at UF, he decided to strike while the iron was hot. Pallesen, now 34, is on the roster of the Metropolitan Opera and is making his official debut during the spring of 2014. He is returning to sing under Kesling for “A German Requiem” in April. Since he graduated from UF, Pallesen has attended

and graduated from the Juilliard Opera Center, he has performed at the Los Angeles Opera and the New York City Opera, and he recently made his Carnegie Hall debut.

“The morning of [my debut], we had a dress rehearsal. I walked out on stage and just had an ‘Oh my God’ moment,” Pallesen said. He will be performing at Carnegie Hall again in March before returning to Gainesville for the concert in April.



PHOTO BY KATHERINE KALLERGIS

The pianist for the Gainesville Civic Chorus follows Kesling's instructions, repeating measures so that chorus members understand which notes should be stressed.

"Overall, the Brahms' requiem is my favorite requiem because I think that the music is just gorgeous," he said. "Very often the Brahms' requiem gets subtitled as a human requiem," focusing on death and peace and hope in troubled times.

Out of the work's seven movements, Pallesen will be performing the baritone solos in the third and sixth movements. In the third movement, the baritone soloist is realizing that his days are numbered and he is coming to terms with death. He is praying to God for a sense of understanding and comfort, Pallesen said, asking, "Where is my comfort?"

The sixth movement uses scriptures about death and the moment when Christ returns. The baritone

sings those phrases with the choir. It is the most exciting, Pallesen said.

"It definitely gets your blood going."

In addition to rehearsing on his own and with coaches, Pallesen will return the week of the concert to rehearse with Kesling, who tries to bring him back as a guest alumni soloist when he can. Both of them have talked about performing this masterwork for years. Pallesen said that it is easy to rehearse with him because they are always on the same page, both literally and metaphorically.

"I know him really well. I know his standards, and I know his expectations," Pallesen said. "It makes rehearsal a lot smoother."

During rehearsal, Kesling

maintains the group's morale while being meticulous. At one point, he joked that "This might be easier to do in German."

It is Kesling's attention to detail that has struck Pallesen the most.

"It's formed how I work," he said. "It's the key to excellence. It's not just learning things on the surface level, but it's also digging deep. The more richness, vividness, honesty and truth you can give to a performance, the better."

Pallesen called Kesling one of his dearest and most special mentors in his life. Both said that their relationship is much like that of a father and son.

"Coming back to UF has always felt like coming home," Pallesen said. ■

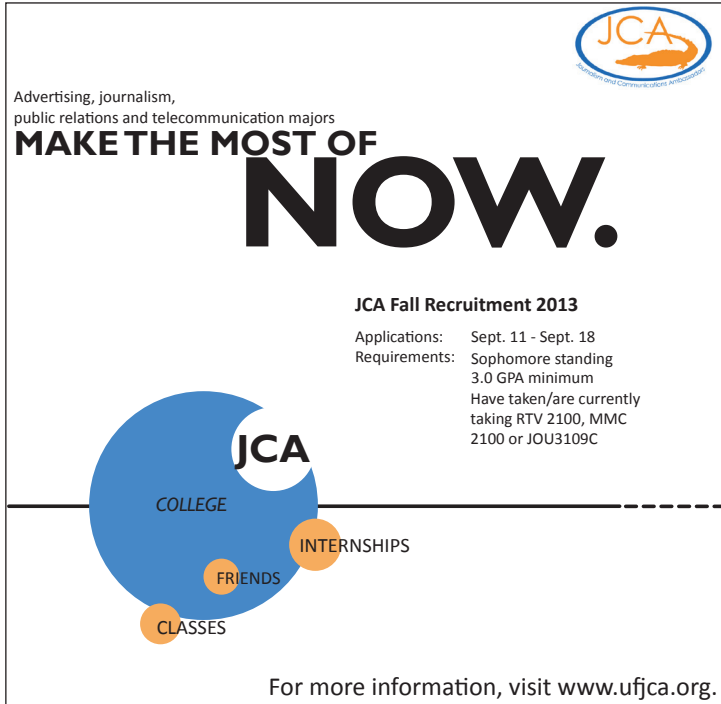
DESIGN

Gainesville, Fla.

The following fliers are samples of my design work. The fliers were distributed throughout the College of Journalism and Communications electronically and in print from 2011 to September 2013.



I designed and created the recruitment logo and flier below for the ambassadors' Fall 2012 and Fall 2013 recruitment campaigns.



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public relations and telecommunication majors

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COLLEGE OF JOURNALISM AND COMMUNICATIONS


INTERVIEWING DAY WORKSHOP

Wednesday
10/12
7-9 p.m.
Weimer 1074

hosted by: The Journalism and Communications Ambassadors, College of Journalism and Communications

student panel: A student panel consisting of ambassadors will share their internship experiences and offer interviewing advice.

resume critique/cover letter session: There will also be a resume critique and cover letter session during the event.
Snacks and refreshments will be served.



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SOCIAL MEDIA 3/19
INDESIGN 3/20
PHOTOSHOP 3/21

7 p.m. - 10 p.m. @ Arch 116

JCA WORKSHOP SERIES

ufjca.org



MULTIMEDIA

My experience with multimedia includes multi-platform blogging, website construction (CSS and HTML), and video and audio editing. My food blog, Not-So-Starving-College-Student, has nearly 200 followers, has been viewed in 27 countries and was featured on BuzzFeed's Food section.

I was also a social media intern with SocialNewsDesk, where I focused on social media technology and client services within the television news industry.



Tumblr/WordPress account: Not-So-Starving-College Student

PHOTOSET

NOV 28, 2012

@ 12:50 AM

[PERMALINK](#)

6 NOTES



Greek-style meatballs (keftedes) before, and after, served with a Greek village salad (horiatiki).

These kinds of salads are really easy to make, and don't require greens that may wilt if they're not used in time. I used mozzarella cheese instead of feta, although feta is a better choice to go along with the acidic capers, tangy green peppers, sweet tomatoes, kalamata olives, balsamic vinegar, olive oil and salt and pepper.

Tumblr/WordPress account: Not-So-Starving-College Student

PHOTOSET

FEB 4, 2013

@ 4:30 PM

[PERMALINK](#)

4 NOTES



Homemade pizza is surprisingly easy and incredibly delicious. I had a craving for [Harry's Pizzeria](#) back home and decided to finally give it a try.

I remember making pizza, dough included, from scratch back in high school. I also remember it taking hours. This time, I bought fresh dough from Trader Joe's, some mozzarella cheese, prosciutto and kalamata olives. For the tomato sauce, I used San Marzano peeled tomatoes, which gives me the best bang for my buck.

When I interned for Michael's Genuine Food & Drink in high school, I was told that if I made pizza at home, I should get a pizza stone, which evenly distributes heat. After tonight's pizza, I ordered one.

For this recipe, I rolled half of the dough for a thinner, crispier crust, and baked it with some olive oil for about 5 minutes. Then I took it out and added the tomatoes, salt and pepper, and toppings. I put it back in the oven for about 15-20 minutes at 375 degrees.

Tumblr/WordPress account: Not-So-Starving-College Student

[Ask me anything](#) [RSS](#) [Archive](#) [Likes](#)

NOT-SO-STARVING
COLLEGE STUDENT



I'm a sophomore in college interested in food journalism. I love good food, cooking and everything related. Feel free to email me!
katherinekallergis@gmail.com

<http://katherinekallergis.com>

<http://kkallergis.yelp.com>

6 days ago (2 notes)

[#beans](#)

[#beef](#)

[#Cuban food](#)

[#green peppers](#)

[#vaca frita](#)

[#onion](#)

[#white rice](#)

[#eating on a budget](#)

[#food](#)

Vaca frita

If you've ever been to Miami, if you're Cuban, or if you're connected to either of those things, you know that there's nothing like ropa vieja (read: old clothes (but actually, [this](#))), arroz con pollo and vaca frita. The list goes on (and is pretty much never-ending, which is definitely a good thing), but it leads me to my dinner tonight.



Vaca frita literally means "fried cow," but the dish itself is beef that's been marinated, cooked, shredded and then fried again with onions. It can be served with white rice, beans and/or plantains. Tonight, my roommates and I had it with white rice and black beans.

The [recipe](#) we used called for flank steak and it was boiled with chunks of onion and green pepper. What was great about this was that I got to make my first beef stock, which is now sitting in my refrigerator in a jar that had jam in it about 4 hours ago.

The beef came out to \$12 for 1 1/2 pounds and serves 6, coming out to \$2 a person – definitely reasonable on a tight budget!

Note: this is also great for leftovers, because you can fry the beef per serving in under 5 minutes.

(Source: notsostarvingcollegestudent.wordpress.com)

SocialNewsDesk

22
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JOURNALISTS AND SOCIAL MEDIA: RIGHTS AND RESPONSIBILITIES

>>> *The following is a guest post from SocialNewsDesk intern, Katherine Kallergis.*

Bill Church, executive editor of the Statesman Journal* in Salem, Ore., spoke in a recent Poynter Institute Webinar about the role of journalists in social media, including their rights and responsibilities. Here's a recap of the Webinar in case you missed it:

Social Media are:

- Expanding news organizations' reach
- Improving community engagement
- Generating a positive image of local news coverage

So, how should journalists behave? Journalists who tweet can no longer "hide behind their bylines." According to a survey, over 70 percent agree that journalists should be held responsible for comments made through Facebook and Twitter accounts.

- **But, separate blogs work best.**

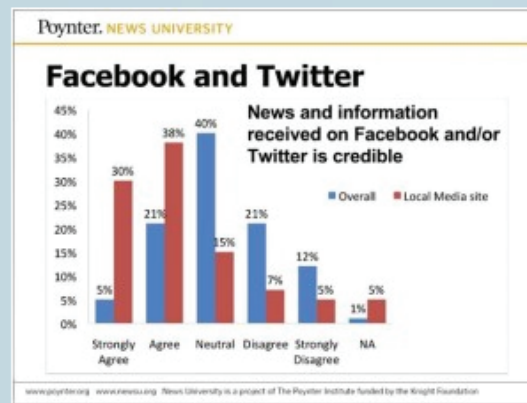
How to build credibility: Journalists should be held accountable for comments or photos they post on personal Facebook and Twitter accounts, especially if these accounts are public.

- The public expects journalists to communicate, engage and establish trust.
- "It's okay for journalists to have a life."

Little room for error. More access to information has led to a paradoxical shift in how much of that information is expected to be accurate.

- Meanwhile, most agreed that journalists face more challenges today.

- The majority of people agree that their local newspaper is the most credible source.
- Is news and information received on Facebook and Twitter credible? (see image)



How to make it happen:

- Create a social media team, but don't make it a team of one.
- Staffing: it's a priority, so media organizations should be staffing for it.
- Identify influencers in your community.

Develop a social media policy. Update ethics policies and procedures, including social media guidelines.

Here are some examples from the webinar:

- "My opinions do not reflect the opinions of my employer."
- "Retweets don't mean endorsements."
- Apologize quickly if there's a misunderstanding. Transparency should be a part of social media policy.

How is a social media policy different from any other? It isn't.


- Include guidelines on how to represent the company.
- Include how to post meaningful responses.
- Remember that the rules haven't changed.
- Conduct regular training on social media usage. Focus part of that on how to build and engage a community
- Keep conversations fresh. "Nothing kills social media like sameness."
- Target conversations to your ideal audience.
- Include segments on emerging trends.

*The Statesman Journal was a 2010 APME Innovator of the Year Finalist and 2011 winner of the Gannett Foundation Award for Digital Innovation in Watchdog Journalism administered by APME.

HTML and CSS

I created this website, along with the one displayed on the next page, in MMC 3602 (Communication on the Internet) at the University of Florida. I learned basic coding skills using HTML and CSS.

Katherine Kallergis



- Home
- About Me
- Contact Me
- Design
- Photography
- Writing
- Websites

My name is Katherine Kallergis. I'm currently a sophomore at the University of Florida majoring in Journalism, planning to pursue a double major in Spanish and a minor in food science.

I'm really interested in gaining experience in reporting, writing and editing, but also in design and multimedia journalism. A sample of my work can be found [here](#), a website that I created, about sandwiches, which encompasses those aspects of journalism. The website can also be found in the left navigation.

I'm hoping to eventually work in the field of food journalism. I also run a [blog](#), which chronicles my food adventures in college.

[Home](#) | [About Me](#) | [Contact Me](#) | [Design](#) | [Photography](#) | [Writing](#) | [Websites](#)

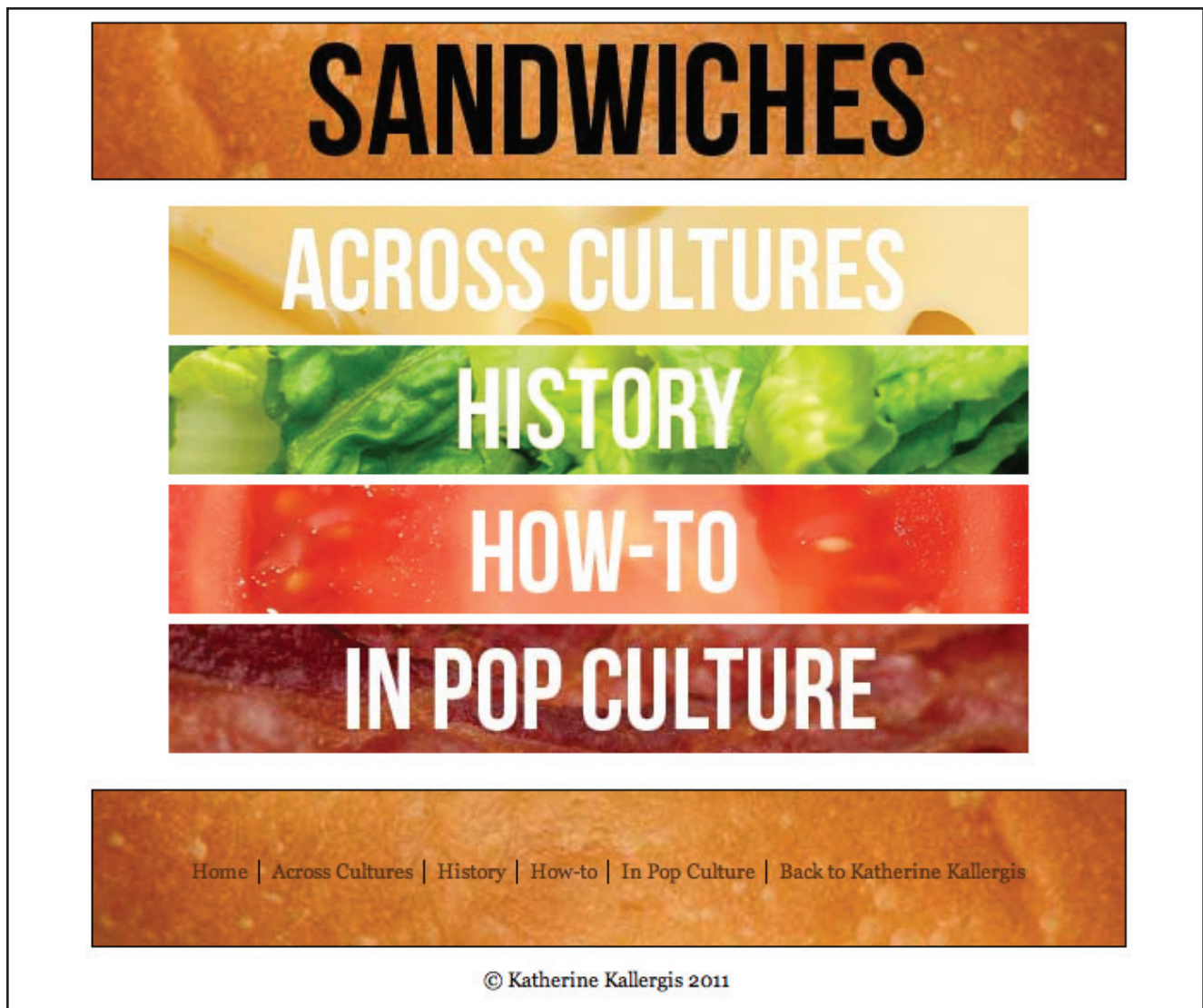
© Katherine Kallergis 2011

HTML and CSS

My assignment here was to create “a piece of explanatory journalism,” using a website. I shot video and pictures, reported and wrote about sandwiches.

The video can be found at vimeo.com/kkallergis. I interviewed a deli manager at a local gourmet market and cafe on what makes a great sandwich.

The website can be found directly at <http://katherinekallergis.com/sandwiches.html> or through my personal website.



HTML and CSS

www.lesdamesmiami.org



Les Dames d'Escoffier Miami

Home	About LDEI	Events Calendar	Green Tables Initiative	Legacy	Community Outreach	Sponsorship Information	Members Only
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The late Dame Julia Child said it best:

“Les Dames d’Escoffier is a leadership culinary organization composed of women who have not only achieved success in their professions, but who contribute significantly to their communities. Since its incorporation in 1976, Les Dames d’Escoffier has followed its mission to elevate the profession through mentoring the members and helping worthy students succeed in their culinary careers.”

—Julia Child

About Auguste Escoffier:



Les Dames d’Escoffier International borrows its inspiration from its namesake Auguste Escoffier, a legendary chef and culinary innovator in his own time (1846-1935) whose philosophy and accomplishments serve as both model and inspiration to culinary professionals today. Equally important, Escoffier was a philanthropist who marshaled his culinary resources and considerable connections to do good works. By so doing, it is believed that he was the first chef in the world to proactively enlist food and wine as fund-raising vehicles.

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Celebrating Julia at 100



ABOUT MIAMI

Les Dames d’Escoffier Miami is an invitational service organization comprised of distinguished women leaders in food, wine, hospitality and farming. Founded in 2000 under the leadership of Elizabeth Gardner Adams and 13 other charter members, the Miami chapter is now empowered by more than 50 accomplished South Florida women.

OUR MISSION

Les Dames d’Escoffier Miami is an organization of women leaders in food, wine, hospitality and farming that draws on our membership’s resources and skills to improve education, nutrition and quality of life in our community.

OUR WORK

To fulfill our Mission, LDE Miami creates a supportive culture by sharing our knowledge, goods, services and support to provide leadership, educational opportunities, career mentorship and scholarships. Through various signature fundraising events, LDE Miami sponsors agricultural programs in the South Florida classroom and schoolyard, awards scholarship monies to local college-bound Culinary/Ag female students and provides kitchen equipment and counseling services to area women and children in need. Additionally, Miami Dames teach nutritional and culinary life-lessons as part of the community services we facilitate as volunteers. Through the support of our patrons, donors and sponsors we are able to accomplish our Mission and undertake this very important work throughout the year.

CONTACT US



Follow @lesdamesMIA